

The Benefice of Mitford and Hebron Newsletter April 2022

Dear Friends

The struggle is real, but I'm choosing to count my blessings this Lent.

Apologies that the opening words of this article sound depressing, but please read on and discover how being thankful can be uplifting for both ourselves and those around us.

The statement was made at the beginning of an article in the Credo section of the Times newspaper recently. The writer then went on to explain that she was a new mother and was finding parenthood the hardest thing she had ever done. While recognising the huge privilege she had to cope with poor mental health, extreme sleep deprivation and crippling indecision.



In the midst of all of this she decided she would practice being grateful. The writer acknowledged that this was not an invitation to ignore our problems, in fact we are encouraged to vocalise our pain. With war in Europe, rising inflation and an uncertain future, we need to acknowledge that life is challenging for so many. *There is, however, significant merit in observing thankfulness. It takes hard work, but even trying this can dramatically lift our mood. Acknowledging what we are thankful for may reverse what psychologists call our "negative bias" — that negative events tend to have a greater impact on our brains than positive ones. Practising gratitude is good for us.*



Saint Paul urges the Thessalonians to “give thanks in all circumstances” Challenging, but we need to start somewhere. She began by each day, listing five things she was thankful for e.g., the weather, a friend’s kindness, minimal nappy leaks!!!! (Not sure that applies to many of us). She also encourages sharing thankfulness at mealtimes.

Research from Stanford University suggests negativity may shrink the area of our brain that deals with problem solving, emotion, memory and knowledge. As we become more aggravated, the stress hormone cortisol floods our bloodstream and results in further frustration.

Practising gratitude is also good for those around us. Spending time with a perpetual complainer can be draining. The more negative we are, the more self-absorbed we become, and conversations revolve around us and our situation. On the other hand, gratitude is directed away from self to others. By intentionally counting our blessings, we become more thankful to those around us (and God) and are more likely to see the best in them.

We cannot always control our situations, nor can we help the way we feel, but we can choose how we respond and regulate what we say. This can have a huge impact on others. Since the beginning of Lent, the writer has tried to curb negative comments, smile at everyone she saw and thank individuals at every opportunity. This has caused some strange looks, but people had largely responded positively.

Practising gratitude isn't easy, but she found that the more she gave thanks for what she had, the less she dwelt on what she didn't.

Apparently, it takes an average of 66 days to change or create a habit, so expressing gratitude will not likely become second nature overnight.

The writer concludes. *Practising gratitude hasn't removed my problems or changed my situation, but it has dramatically shifted my perspective. By choosing to look up this Lent I have found myself profoundly comforted by a loving God who promises to draw close and bring overwhelming hope even in our darkest moments.*

Although Lent is drawing to a close, we can accept the gratitude challenge, cross from negativity, gossip and complaining to gratitude. When we put into practice regularly acknowledging what we are grateful for, every one of us is impacted. Our outlook on life and attitudes change. Our face tells a different story. What story could our faces tell after 66 days?

DATES FOR YOUR DIARY



Palm Sunday

Sunday 10th April – Mitford Church – 9.30 am Morning Praise

Maundy Thursday

Thursday 14th April – Hebron Church – 7.00 pm Holy Communion

Good Friday

Friday 15th April – Hebron Church – 10 am Good Friday Meditation

Friday 15th April – Mitford Church – 12 noon – 3 pm Vigil (please arrive/leave on the hour and/or half hour)

Coffee Mornings

Saturday 16th April – Hebron Church 10 am until 12 noon (see later in the Newsletter for further details)

Saturday 16th April – St James Church 10 am until 12 noon (see later in the Newsletter for further details)

Easter Sunday

Sunday 17th April – Mitford Church – 9.30 am Holy Communion

Visit by Richard Sanderson

Tuesday 26 April – Mitford Stable Room – 7 pm (see later in the Newsletter for further details)

Service of Worship and Fellowship

Thursday 28th April – Hebron Church – 2.00 pm

This is primarily for our older members of the church family who find it difficult to access an early morning service, but of course all are welcome. The service will be followed by a short time of fellowship.

Spring Ciderfest – Bjorn Again

Hebron Community Association Saturday 30th April – Hebron Church – 6.30 pm – Tickets £12 from Alyson Wigfield a.wigfield565@btinternet.com Tel 516565

Annual Parochial Church Meeting

Thursday 26th May – Mitford Church – 7 pm

Jubilee Celebrations

Saturday 4th June – Mitford Village (see later in the Newsletter for further details)

Sunday 5th June – Mitford Church -Celebration Sunday (see later in the Newsletter for further details)

Message from the Wardens

Appointing a new Priest in Charge

Work progresses well on appointing a new priest in charge. On 14 March we met with Archdeacon Catherine and our neighbouring benefice to our west who will be sharing our next priest in charge. It was a good meeting and we foresee many exciting opportunities for collaboration in the service of Christ. The parties are now completing various documentation so that the post can be advertised in early May. Shortlisting and interviews of candidates can then take place during June. Please keep all concerned in your prayers, particularly the person who God is preparing to send to us!

Sean

On behalf of the Wardens

Message from the Treasurer

Mitford and Hebron Joint PCC have a new joint bank account!

If you give by standing order (or would like to) you will need to cancel your existing mandate and set up a new one in favour of the bank details below. This can be done at your bank or through online banking. Those of you familiar with online banking will know additional checks are now in place which match the account name, number and sort code with those held by the bank - unfortunately this is currently only used by the top six major banks and CAF is not one of them. If you are worried about this, transfer £1 to the details below and contact Carol Thompson who will be able to confirm that the £1 has been received. You can then set up your standing order for your usual amount. Any questions, contact Carol on 07801 600807, carolthompson@hotmail.co.uk.



Bank Name:	CAF Bank
Account Number:	00034906
Sort Code:	405240
Account Name:	Mitford & Hebron JPCC

Revision of Electoral Rolls – Mitford and Hebron Parishes - Reminder



As you are hopefully now all aware, the 2022 revision to the Mitford and Hebron benefice Electoral Rolls is currently underway. The revision will close on April 28th ahead of the Annual Parishioners (APM) and Annual Parochial Church (APCM) meetings being held on May 26th.

If you are not already on one of the two parish Electoral Rolls, please give this, plus participation in church life in general some thought. As mentioned earlier, the Roll is important as it defines not only the size of the Joint Parochial Church Council, i.e. the number of volunteers who can help with the management of the two churches, but also the size of our representation on the Morpeth Deanery Synod. As a reminder, in order to be able to vote at the upcoming APMs and APCM, you will need to be on the relevant Roll.

To qualify to be on the Electoral Roll, you must meet one of the following criteria;

(a) be baptised,

(b) be aged 16 or over, and

(c) have made one of the following three declarations

- be a member of the Church of England or of a Church in communion with it and be resident in the parish;

- be a member of the Church of England or of a Church in communion with it, be not resident in the parish, but have habitually attended public worship in the parish during the preceding six months;

- be a member in good standing of a Church which is not in communion with the Church of England but subscribes to the doctrine of the Holy Trinity and is also a member of the Church of England and have habitually attended public worship in the parish during the preceding six months.

If you would like to be added to one of the parish Electoral Rolls, details on how to do this are shown on the Revision to Electoral Roll Notices on the relevant church noticeboards, or in the March Newsletter.

If you are already a member of the Electoral Roll, please note that no further action is required.

Thanks in advance,

Nigel Jobson

Electoral Roll Officer for Mitford and Hebron



Anna Chaplaincy Blog

Anna Chaplaincy News

Mothering Sunday – Thank you to those who made the posies and to those who delivered them. A real joint effort. Thank you, Tracey, for the card design.

Easter – Our news is brief this month, we are busy preparing Easter cards, prayers, small crosses and various goodies, to be delivered to our older members of the Church Family. If that's you listen for someone calling at your door.

Fellowship Service – Please join us for the Fellowship Service on Thursday 28th April at 2.00 pm in Hebron Church – refreshments are served afterwards and give us all an opportunity to chat and catch up.

We send love and prayers to you all as we journey to Easter Sunday

Janice and Mary

Coffee Mornings

Saturday 16th April 2022

Hebron Church – 10 am until 12 noon

Coffee Morning, Cake Stall and Raffle

Proceeds to be donated to the Disasters Emergency Committee
Ukrainian Appeal.



Please support this event, enjoy some delicious cake and a chat while raising money for a worthy cause.

Contributions for the Raffle and Cake stall would be welcome as well as offers of help. Please contact Janice Robinson – contact details at end of the Newsletter.

Saturday 16th April 2022

St James Church Morpeth – 10 am until 12 noon

Coffee Morning and Toy Stall

Proceeds to be donated to Christian Aid

Any offers of cakes/tray bakes and/or 'pre-loved toys', please contact Carol Napper on 07732223117

Looks like there will be some baking sessions for us all, as well as enjoying what someone else has made.

Tuesday 26 April – a date for your diary!

If you missed him back in October – and even if you didn't – there will be **another chance to hear from Richard Sanderson** of New Hope for Children on the evening of Tuesday 26 April at our first in-person prayer meeting since the start of the pandemic. 2 great reasons to put the date in your diary now!



Richard will bring us the latest news from Columbia and we will then have an opportunity to participate in his work through our focused prayers. The meeting will take place in the **Stable Room** at Mitford. **Refreshments will be served from 7 pm** and the formal part of the meeting will start at 7.30 pm (finishing by 9 pm). If possible, come along at 7 and seize the chance to catch up with each other over a cup of tea or coffee and a slice of cake!

New Hope for Children is the UK arm of **Children's Vision International** (or CVI) headed up by Richard and Jeanene Sanderson. Richard is originally from the northeast of England.

CVI runs children's homes in Bogata looking after around 100 children at a time from babies up to young adults. In addition to this, CVI runs the Beginning of Wisdom School which educates children from nursery to the end of high school. Every child in the school comes from a needy family and receives not just lessons but also uniform, meals and extracurricular activities. The Beginning of Wisdom School has helped break the cycle of poverty in the lives of the children and their families opening up opportunities for work or higher education or both.

In addition to running the children's homes and school, CVI also runs humanitarian and medical missions to some of the most poverty-stricken parts of Columbia. They do this in conjunction with the Columbian government and military who help with logistics. For more information (and lots of pictures!) go to <https://www.newhope4childreuk.org/>

We look forward to seeing you on 26 April!

Alice Lane

PASTORAL CARE

"A new commandment I give unto you that you love one another as I have loved you"

We must indeed care for each other as he commands us.
If you need help, support, advice, or prayer, or know someone who does.

PLEASE know that you can contact the Pastoral Care Team.

Dick Quinby 07960792198

Mary Dowswell 07890269028



Jubilee Celebrations

Saturday 4th June 2022

Plans are well underway for a celebration event at Fontside, Mitford. So far, the details are as follows:

Date: 4th June 2022

Time: 2 pm until everyone goes home!

Location: Fontside Village Green.

Events: Hog Roast (there will be a charge for this): Bouncy Castle: Live band 4 pm until 6 pm.

There will be more information to follow, but in the meantime **please save this date**.

Sunday 5th June 2022

Service of Thanksgiving and Celebration – Mitford Church 10 am

Over the Bank Holiday weekend at the beginning of June, we are being encouraged to celebrate the Queen's Platinum Jubilee. We have decided that in our Benefice we will widen our celebrations. We want the occasion to acknowledge and mark all the special events we as a church family have not been able to celebrate together, all the birthdays, anniversaries, births, new jobs, retirements, new homes, graduations, exam results etc.

There will be a service of thanksgiving and celebration starting at 10 am in Mitford Church, this will be followed at 11 am by cake, bubbly and coffee.

Please save this date for this very special family occasion.



Ukraine

As you will all be aware the situation in Ukraine is still critical, with the death toll rising, reports of atrocities and the ever-increasing number of refugees. The two keyways to support Ukraine at the present moment is by prayer and by cash donations.



Many of you will include the Ukraine situation in your prayers and the Tuesday Prayer Group always contains a section devoted to praying for Ukraine and Russia.

Please continue to pray for Ukraine and perhaps consider joining the Tuesday Prayer Group. The group meet online but are planning to resume face to face meetings after Easter. Contact Alan Travis for further details. alantravis10@hotmail.com.

Again, many of you will have made contribution to the Disasters Emergency Committee Ukraine Appeal or your own nominated charity working to bring relief and aid to all those affected by this war.

The Benefice is also coordinating a financial response. Many thanks to all who contributed to the special collection on Sunday 3rd April, a grand total of £526 was collected. This money together with the money raised from the Coffee Morning on 16th April will be sent with a donation from the Benefice's World Mission Group to the DEC.

As the situation unfolds there will be other ways, we can offer help both as a church and on a individual level. The Church of England Ukraine Toolkit contains useful information and links.

Link to toolkit - <https://www.churchofengland.org/resources/community-action/war-ukraine-responding> .

A Prayer for Ukraine

Jesus, Prince of Peace

Bringer of Peace to our broken world,

You call us to participate in the family business of peacemaking,

So we come to pray for peace in Ukraine.

We pray against those who want to bring fear, violence and destruction, restrain them Almighty God.

For troops on both sides, we pray for restraint.

For those negotiating, give them courage and humility to put the lives of the vulnerable and innocent at the centre.

For those who are living in fear, who are contemplating fleeing their homes or who already have, protect them, be their shelter, bring your peace to their hearts.

For churches, for our brothers and sisters who are currently stocking up on food, water and medicines, ready to turn their buildings into hostels or hospitals, supply them with all the resources they need as they bring your presence.

For families in Ukraine who are already taking in refugees fill their homes with love and patience and healing.

For the people of Russia who don't support the path of their government, protect them from harm as they speak and live courageously.

Prince of peace, bring peace in Ukraine we pray, show us how we can love and make peace from where we are. Amen.

A Message from Ian

Plunge Your Mind into the Ocean of God's Sovereignty

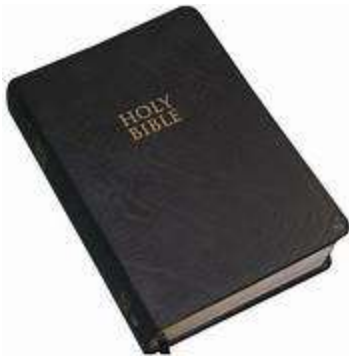
Article / Meditation by John Piper, adapted by Ian lane

Sometimes we need to plunge our minds into the ocean of God's sovereignty. We need to feel the weight of it, like deep and heavy water pressing in against every pore, the deeper we go. A billion rivers of providence pour into this ocean. And God himself gathers up all his countless deeds — from eternity to eternity — and pours them into the currents of his infallible revelation. He speaks, and explains, and promises, and makes his awesome, sovereign providence the place we feel most reverent, most secure, most free.



Sometimes we need to be reminded by God himself that there are no limits to his rule. We need to hear from him that he is sovereign over the whole world, and everything that happens in it. We need his own reminder that he is never helpless, never frustrated, never at a loss. We need his assurance that he reigns over terrorism, special operations in Ukraine, Russia, China, India, Nigeria, France, Poland, Saudi Arabia, the United Kingdom and the United States of America — every nation, every people, every language, every tribe, every chief, president, king, premier, prime minister, and politician, great or small.

Sometimes we need to hear specific statements from God himself about his own authority. We need God's own words. It is the very words of God that have unusual power to settle our nerves, and make us stable, wise, and courageous.



So let's listen. Let's treat the Bible as the voice of God. Let's turn what the Bible says about God into what God says about God — which is what the Bible really is — God speaking about God. So these are not direct passages of scripture but interpretations – a move from a third person account to a first person account.

As we read, let us meditate on God's word and ask him to speak to us through it.

We praise you, O God, that all authority in the universe belongs to you.

“There is no authority except from me, and those that exist have been instituted

by me.” (Romans 13:1)

“You, Pilate, would have no authority over my Son at all unless it had been given you from me.” (John 19:11)

We stand in awe, O God, that in your freedom you do all that you please and all that you plan.

“Whatever I please, I do, in heaven and on earth, in the seas and all deeps.” (Psalm 135:6)

“I work all things according to the counsel of my will.” (Ephesians 1:11)

“I am God, and there is no other; I am God, and there is none like me, declaring the end from the beginning and from ancient times things not yet done, saying, ‘My counsel shall stand, and I will accomplish all my purpose.’” (Isaiah 46:9–10)

We submit with reverence to you, O God, because, through your Son, you remove and install the rulers of the world.

“Wisdom and might belong to me. I change times and seasons; I remove kings and set up kings.” (Daniel 2:20–21)

“I sent my angel and struck Herod down, because he did not give me glory, and he was eaten by worms and breathed his last.” (Acts 12:23)

Indeed, O God, you not only raise rulers and put them down; you govern all their deeds in every age.

“The king's heart is a stream of water in my hand, says the Lord; I turn it wherever I will.” (Proverbs 21:1)

“I have given all these lands into the hand of Nebuchadnezzar, the king of Babylon, my servant, and I have given him also the beasts of the field to serve him. All the nations shall serve him and his son and his grandson, until the time of his own land comes. Then many nations and great kings shall make him their slave.” (Jeremiah 27:6–7)

“As I have planned, so shall it be, and as I have purposed, so shall it stand. I will break the Assyrian in my land; and his yoke shall depart from my people.” (Isaiah 14:24–25)

“I will make the nations the inheritance of my Son, and the ends of the earth will be his possession. He shall break them with a rod of iron.” (Psalm 2:8–9)

We acknowledge with wonder, O God, that no plan of man succeeds but those which you, in unfathomable wisdom, permit.

“I bring the counsel of the nations to nothing; I frustrate the plans of the peoples.” (Psalm 33:10)

“No wisdom, no understanding, no counsel can avail against me.” (Proverbs 21:30)

And how mighty and wise you are, O God, that no man, no nation, force of nature can thwart your holy plans.

“No purpose of mine can be thwarted.” (Job 42:2)

“I do according to my will among the host of heaven and among the inhabitants of the earth; and none can stay my hand or say to me, ‘What have you done?’” (Daniel 4:35)

“There is none who can deliver from my hand; I work, and who can turn it back?” (Isaiah 43:13)

And so it will be forever, O God. You rule over all, with an everlasting rule, for the sake of the lowly who trust your Son.

“I live forever, for my dominion is an everlasting dominion, and my kingdom endures from generation to generation.” (Daniel 4:34)

“My dominion shall not pass away, and my kingdom shall not be destroyed.” (Daniel 7:14)

“My Son will reign over the house of Jacob forever, and of his kingdom there will be no end.” (Luke 1:33)

Therefore, overflowing with praise and thanks, O precious and holy God, we rest in your absolute sovereignty over our lives. And rejoice to hear you say,

“Your times are in my hand.” (Psalm 31:15)

Diocesan News

Diocesan News

An invitation from Bishop Mark: Book launch, 4 May 2022 – Doors open at 7 pm

Bishop Mark and Ian Galloway, Director of the Free Church Track, Cranmer Hall are proud to be hosting this free event which welcomes David Ford OBE to the Northeast as he launches his new book ‘The Gospel of John: A Theological Commentary’ – a fresh, profound encounter with Jesus through John’s gospel.

The evening will include two sessions - ‘Reading and Thinking John’ and ‘Praying and Living John’ plus opportunities for a Q&A session with one of the world’s leading Christian theologians and a book signing.

City Church, The CastleGate, Melbourne Street, Newcastle, NE1 2JQ

More / book now bit.ly/AnEveningWithDavidFord

Maundy Thursday Chrism Eucharist Cathedral Service, 14 April, 11am. An invitation from Bishop Mark

I am pleased to warmly invite you, and the people of our Diocese, to the Cathedral for the Maundy Thursday Chrism Eucharist. It will be the first time we will have been able to gather together in the Cathedral for this service since 2019, and I am looking forward to being with you for the blessing of oils, and for a renewal of our shared commitment to Christ and his people. We make this recommitment as disciples living and ministering in challenging times for our nation, and for our world. The Chrism Eucharist reminds us that we are not alone in this, and that we do not do it in our own strength, but in the strength of God through the Holy Spirit.

Grace and peace,

+ Mark

CONTACT DETAILS

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Richard Addison	Stable Room Bookings	rick.addison@aol.co.uk Tel: 07714685446

Sunday Service Pattern

Sunday	Service
Sunday 1	9.30 am Morning Praise and Holy Communion MITFORD
Sunday 2	9.30 am Morning Praise MITFORD 4.00 pm Contemplative Worship HEBRON
Sunday 3	9.30 am Morning Praise MITFORD
Sunday 4	9.30 am Café Church HEBRON* 9.30 am BCP Service MITFORD
Sunday 5	9.30 am Morning Praise MITFORD

*Café Church – Breakfast at 9.15 sharp for worship at 9.30 am. A family friendly informal style of worship.

Service Times in the West

Date	Location	Service	Time
10 th April	Netherwitton	HC	10.30am
Monday 11 th April	Whalton	Morning Prayer	9.00 am
Tuesday 12 th April	Bolam	Morning Prayer	9.00 am
Wednesday 13 th April	Netherwitton	Morning Prayer	9.00 am
Thursday 14 th April	Hartburn	Morning Prayer	9.00 am
Friday 15 th April	Meldon	Morning Prayer	10.30 am
17 th Easter Day	Whalton	HC	10.30 am
24 th April	Bolam	HC	10.30 am
1 st May	Hartburn	HC	10.30 am
	Bolam	Family Service	10.30 am
8 th May	Whalton	HC	10.30 am