



# St Francis High Heaton

*Worship - Community – Service*

**Notices, Readings & Prayers**

***21<sup>st</sup> June 2026 The Third Sunday after Trinity***

***150<sup>th</sup> Anniversary of the founding of the Mothers' Union***

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## Mothers' Union 150 years anniversary

Mothers' Union is a worldwide charity of more than four million women and men working in 84 countries. As a global movement of women and men, MU support their local churches with the prayers and service of its branch members, their local communities through social outreach and projects and it is an international campaigning organisation particularly concerned with the plight of women in the world. Projects include literacy and development, parenting, micro-finance and campaigning against gender-based violence and the trafficking of women. Its vision is a world where God's love is shown through loving, respectful and flourishing relationships. Its aim and purpose is to demonstrate Christian faith in action by the transformation of communities worldwide, through the nurture of the family in its many forms.

Mothers' Union was founded by Mary Sumner 150 years ago and this year we celebrate the past, present and future work of this movement in local, national and worldwide places. In June all local branches were asked to have a '*Take over Sunday*' where their church service focused their worship and prayers on the work of MU. At St. Francis we are holding a service on 21<sup>st</sup> June to recognise this work. The diocesan MU chaplain Anne Marr will be preaching and we will also be baptising baby Hazel in the 10am service!

From mid-July to mid-August there will be a display in St. Nicholas Cathedral telling the story, history and work of MU and on July 25<sup>th</sup> at 12pm noon, a diocesan service will be held at the cathedral to celebrate this amazing milestone. Please come along, find out more about MU and offer your prayers and support for members and the service we provide.

Mary Sumner, the visionary founder of the Mothers' Union, deeply understood that motherhood is not merely a biological state, but a sacred Christian vocation. When she gathered parish mothers in 1876, her inspiration grew directly from the theology of baptism. She believed that the baptismal vows made for an infant require a lifetime of prayerful, intentional parenting to bear fruit. Baptism marks the beginning of a child's spiritual journey, cleansing them and welcoming them into the body of Christ. However, the water of the font requires a nurturing environment to sustain the new life it signals. Sumner recognized that mothers are uniquely positioned to be the primary custodians of this faith. In her view, a mother's daily love, patience, and moral guidance serve as the earthly extension of baptismal grace. Through everyday actions, mothers help the seeds of the Holy Spirit take root in a child's heart. By linking motherhood to baptism, Sumner elevated homemaking to a high spiritual ministry. She challenged women to see their domestic routines as holy work that defends Christian values. The Mothers' Union continues this legacy today, supporting parents globally as they raise children in the faith, which in our own generation frequently means navigating the challenges of migration, digitization and consumerism, as well as child labour, domestic violence and prostitution. Ultimately, Mary Sumner's vision reminds us that baptism initiates a divine covenant, and Christian motherhood is the dedicated hands-and-feet partnership that brings that covenant to life, and of course it is something in which we all share, whether we are mothers or not.

**The next Taizé worship will be...** Monday 22<sup>nd</sup> June at 6.30pm, a short meditative service with chants, silence, a reading and prayers.



## Lent soup lunches!

The next soup lunch will be on Tuesday 7<sup>th</sup> July 12.30pm - 1.30pm, supporting *Walking With* which help refugees and asylum seekers in North Tyneside.



## Monthly Litter Pick

**YOU ARE WARMLY INVITED TO JOIN ST FRANCIS ECO-CHURCH LITTER PICKERS** on the first Saturday of each month. The next one will be Saturday 4<sup>th</sup> July and then Saturday 7<sup>th</sup> August 10 - 11.30am, meet at church. All equipment provided, everyone welcome! (*children under 18 to be accompanied by an adult*).



## Eco Tip

## Another swap to get rid of plastic

Swap non-stick pans for stainless steel. Teflon coatings release particles which are PFAS i.e. persist forever in the body. Stainless steel pans are free of these. There are a number of these to be had from different places like John Lewis.

*Jenny Germain*

*If you have a green tip to share contact [jenny\\_germain@talk21.com](mailto:jenny_germain@talk21.com)*



## ***This week's flowers***

The flowers this week are in memory of June Falcus and in celebration of the 150<sup>th</sup> anniversary of the Mothers' Union



# High Heaton Weather and Air Quality – May 2026

**Weather** May was another month of two very unequal halves. The first three weeks were cool and wet with the wind coming mainly from the north. The temperature rarely exceeded 15°C and on some days did not even reach double figures. Almost all of the month's rain fell in this period, with the wettest day on Sunday 3<sup>rd</sup> when 24mm was recorded. However, the last ten days of the month were very different with temperatures well above average. The temperature peaked at 29.7°C at 4pm on bank holiday Monday (25<sup>th</sup>). This is the highest May temperature that I have ever recorded, beating the previous highest (in 2010) by a remarkable 2°C. There have been only four hotter days than this in High Heaton over the last 30 years, all of them in July or August, and all since 2022. The month's minimum temperature was 1.5°C at 6.15am on Wednesday 6<sup>th</sup>, and despite the cold start, May 2026 was 0.6°C warmer than the 30-year mean, with an average temperature of 12.1°C. Rainfall was 22% more than the May average with a total of 60mm. Thunder, lightning, and hailstones were heard or observed on Thursday 14<sup>th</sup>. We have now reached the end of meteorological spring. All three months were much warmer than average, and in terms of the average temperature there have been only two springs marginally warmer than this, 2003 and 2025. (The met office has reported that in England overall it was the warmest spring since their records began in 1884). Rainfall total was 121mm which is 90% of the average of the last 30 years.

**Air Quality** The Air Quality Index was classified as 'good' throughout the month. The Index was at level 2 on three days and at level 1 (best) on the other 28 days. The average PM2.5 particle concentration was 5.5µg/m<sup>3</sup> which is below WHO target of 10µg/m<sup>3</sup> and is the lowest value since last September. The worst day was Saturday 2<sup>nd</sup> when the average value was 16µg/m<sup>3</sup>. The well-publicised concern about the extremely high pollution level on Stephenson Road near the Corner House does not have any impact on the rest of High Heaton for reasons which I will explain next month.

# Worship & Prayers for The 150<sup>th</sup> Anniversary of the Mothers' Union

## Opening Rite

*If you're at home you might wish to light a candle, make sure you are sitting comfortably and take a few deep breaths to still yourself.*

The Lord is here  
**His Spirit is with us**

## Prayers of Penitence

We ask God to forgive us and transform us in heart and mind:

Merciful God

Your love sees failings -and forgives.

Your love feels pain -and wipes away our tears.

Your love knows grief - and comforts the sorrowful

Your love sees sin - and still loves the sinner.

**Forgive us when we fail to live lives  
that reflect your love.**

**Forgive us the many times when we take for granted  
all that you have done for us.**

**Transform us, through your Spirit,  
and empower us to serve you this day and all days.**

*© John Birch*

*This absolution is given*

May the God of love and power  
forgive you and free you from your sins,  
heal and strengthen you by his Spirit  
and raise you to new life in Christ our Lord. **Amen**

## **The Collect**

*You might like to keep a few moments of silence*

Eternal God,  
whose love is revealed in the mystery of the Trinity:  
help us, like your servant Mary Sumner,  
to find in our human loving a mirror of your divine love  
and to see in all your children  
    our brothers and sisters in Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

## **Psalm 127**

Unless the Lord builds the house, those who build it labour in vain.  
Unless the Lord guards the city, the guard keeps watch in vain. It is in  
vain that you rise up early and go late to rest, eating the bread of  
anxious toil; for he gives sleep to his beloved. Sons and daughters are  
indeed a heritage from the Lord, the fruit of the womb a reward. Like  
arrows in the hand of a warrior are the children of one's youth. Happy  
is the one who has their quiver full of them. They shall not be put to  
shame when they speak with their enemies in the gate.

## **Hebrews 13.1-5**

Let mutual love continue. Do not neglect to show hospitality to  
strangers, for by doing that some have entertained angels without  
knowing it. Remember those who are in prison, as though you were in  
prison with them; those who are being tortured, as though you  
yourselves were being tortured. Let marriage be held in honour by all,  
and let the marriage bed be kept undefiled; for God will judge  
fornicators and adulterers. Keep your lives free from the love of money,  
and be content with what you have; for he has said, 'I will never leave  
you or forsake you.'

Now as they went on their way, Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

This is the Gospel of the Lord

**Praise to you O Christ**

### **Reflection**

Luke shows how two women can teach disciples how to seize the moment and focus on the word of Jesus. He and his disciples continue their journey and find hospitality in the home of Martha and Mary. Perhaps they are named because they are well-known disciples. Martha is the householder: there is no mention of any men. The sisters are typical of the independent women in the Jesus movement, such as Mary Magdalene, Joanna and Chuza (Luke 8.2-3); Dorcas (Acts 9.36-43); and Lydia (Acts 16.14-15). By accepting hospitality from women, Jesus shows that, like the compassionate Samaritan in his story last week, he too is prepared to cross social boundaries. Like Abraham in this week's Old Testament reading, Martha understands her obligations as a host. She is understandably annoyed by her sister's willingness to leave all the work to her. But Mary is showing a different kind of hospitality. Unlike Sarah, who remained hidden behind Abraham (Genesis 18.10), Mary comes into the open, where she can listen to the words of her guest. By sitting at Jesus' feet, in the characteristic position of a disciple, she honours Jesus as a visiting rabbi whose word is worthy of her full attention –

especially, Luke is saying, what Jesus teaches about loving God and being a neighbour. Martha and Mary demonstrate two types of hospitality that compete with each other for the limited resources of time and attention. When Jesus commends Mary's desire to welcome his teaching at this moment as 'the better part' (v.42), he is not saying that household duties are an inferior form of discipleship. But it's important for him to draw Martha's attention to the anxious activity that is currently distracting her. We are perhaps left wondering about the kinds of hospitality we offer, and the nature of our response to Jesus at each moment and in every encounter.

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### **The Mothers' Union Prayer**

**Loving Lord,  
we thank you for your love so freely given to us all.  
We pray for families around the world.  
Bless the work of the Mothers' Union as we seek to share  
your love through the encouragement, strengthening and  
support of marriage and family life.  
Empowered by your Spirit,  
may we be united in prayer and worship,  
and in love and service reach out  
as your hands across the world.  
In Jesus' name. Amen**

### **Praying for the Earth**

### ***Waste production and litter***

We give thanks for the material things of life. Help us to use them wisely, and to dispose of them thoughtfully. In business and as individuals, help us to reduce what we waste, and to remember that as the earth is our only home, nothing is altogether thrown away. **Amen**

## **From the Diocesan Cycle of Prayer for the Church**

Porvoo Communion: Diocese in Europe (Church of England)  
Diocese of Visby (Church of Sweden) Diocese of Copenhagen  
(Evangelical Lutheran Church in Denmark)

Anglican Communion: The Church of South India (United)  
Moderator: The Most Reverend K Reuben Mark

Diocese of Møre: Deanery of Southern Sunnmøre: parishes of  
Volda, Austefjord and Hornindal

Newcastle Central Deanery: Benefice of Newcastle St Andrew  
Vicar: Mike Hills Reader PTO: Michael Brown

### **For those to be ordained**

Katherine Vacher-Day

### **From our Parish Prayer Cycle this week**

Pray for all residents of Jenifer Grove, Heathdale Gardens,  
Mitcham Crescent and Cannock Drive

### **For the sick and those being cared for in hospital or at home**

Sam Cole, Sheila Sidney-Wilmot, Shirley Collingwood, Lynne  
Dryden, Liz Clarke, Corinne Harris, Jo Whittam, Veronica Brown,  
Alan Trotter, Alastair Day, Jenny Freeman, Maureen Webster, baby  
Gianna Skye & Daniel Hassan

### **For those in residential care**

Doreen Richardson, Ida Smart, Deirdré Crowe, Irene Gibson, Tony  
Bartlett, Jacqueline Pearson, Pat Bell and Pat Hindmarsh

### **For those who have recently died**

Sam Coldham and Linda Pallister

## **For those whose year's minds are this week**

June Falcus, Robert Sidney-Wilmot, Elizabeth Oakley, Dorothy Chamberlaine, Joan Robson, James Hawkesley Ireland, Edith Lenygon, Gertrude Grice, Ethel Rosemund, Alf Lacey, John Stothard, Sydney Hughes and Jack Carr

*You might like to end your prayers with The Lord's Prayer*

**Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

## **The Conclusion**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore. **Amen**

Let us bless the Lord!  
**Thanks be to God!**



Please pray for all those to be ordained this Petertide,  
among them

## Katherine Vacher-Day

to be ordained deacon by Helen-Ann, Bishop of Newcastle

3.00pm on Sunday 28th June 2026 in the Cathedral  
Church of St Nicholas, Newcastle

Please also pray for Katherine's family, the Revd.  
Benjamin Jarvis and the people of the Parishes of  
Longbenton St Bartholomew and Longbenton St Mary Magdalene,  
where Katherine is to serve as Assistant  
Curate.





# STANFEST

**FREE ENTRY!**

27<sup>TH</sup> JUNE 2026

12PM - 6PM

Fun for all ages!

## FAMILY FESTIVAL DAY

**TEDDY BEARS PICNIC TENT**

**£3.50**  
1.30PM - 2.30PM

**OUTDOOR GAMES AREA**

**RODEO BULL**  
£££

**ACROPOLIS**

**FAT KOREAN**

**CANDY FLOSS EVENTS**

**MARKET STALLS**

**MARKET STALLS**

**MARKET STALLS**

**MARKET STALLS**

**WHITLEY BAY PIZZA COMPANY**

**MARKET STALLS**

**INFLATABLES**  
12 - 5PM  
**UNLIMITED INFLATABLE USAGE**  
WITH WRISTBAND

**SHOP SELLING WRISTBANDS**

**FOOTBALL GAMES WITH HEATON STAN JUNIORS COACHES**

**BUBBLE & SQUEAK BUBBLEOLOGIST**

**STAGE AREA**  
12 - 6PM

**STANDS & SEATING**

**MEDIA HUT**

**FACE PAINTING & TATTOOS**

**SEATING AREA**

**MENS TOILETS**

**TOMBOLA FESTIVAL STALL**

**MINI SOFT PLAY**

**FUNCTION ROOM BONGO BINGO**  
6:45 - 9:45PM

TICKETED EVENT

**LADIES TOILETS**

**BAR**

**DISABLED TOILETS**

**ENTRANCE / EXIT**

**STAND**

**STAN SWEETS**

**COFFEE CART**

NOT ICED DRINKS

**WILLOW 3 CHIPPY**

**TOILETS**

**LIVE MUSIC**  
**FOOD & DRINK**  
**KIDS ACTIVITIES**  
**LOCAL STANDS**  
**FUN FOR ALL THE FAMILY!**

**HEATON STANNINGTON FOOTBALL CLUB | NE7 7HP**



### Funeral & Celebration of Linda Pallister's Life

Tuesday 23<sup>rd</sup> June 2026 at 3:15pm Saltwell Cemetery Saltwell Road South, Gateshead, NE9 6DT Followed by a wake at The Lochside Red Hall Drive, Newcastle upon Tyne, NE7 7LJ

Flowers may be sent to Harrison's Funeral Directors, Byker, NE6 2UQ. Donations in Linda's memory can be made to Maggie's Cancer Centre, with a collection box available after the service. A livestream of the service will also be available. All family and friends are welcome 🤍

## MBE for founder of Northumbria University's pioneering Business Clinic



Congratulations to one of our Assistant Lay Ministers Nigel Coates who has been awarded an MBE for services to Higher Education and to Business. Nigel founded Northumbria University's Business Clinic in 2013, developing it from initial concept into one of the most recognised real-world experiential learning initiatives in UK higher education. Under his leadership, more than 3,000 final-year undergraduate and postgraduate students who study in the University's Newcastle Business School have worked on almost 800 live consultancy projects for external clients. The Business Clinic model ensures students can gain practical experience while helping businesses, charities, and social enterprises tackle genuine challenges. Clients valued the consultancy reports developed by students during Nigel's time as Director at an average of £5,500 each, meaning Northumbria's Business Clinic provided more than £4.3 million of pro-bono support, with further benefits realised as organisations implemented recommendations over time. He has also advised more than a dozen universities in the UK and abroad on how they can establish their own version.



***Summer Fair, Saturday 4<sup>th</sup> July, 12-2pm.***

The Fundraising Committee kindly request the following donations for our upcoming Summer Fair

- Cakes (please bring on morning of fair).
- Raffle and Tombola prizes. There will be a list at the back of church for items to go towards a luxury hamper.
- Bottles of any kind. Please check that all donated drinks/foodstuffs are in date.
- Plants (see Marion Pennie for more information).
- Books.
- Toys. Pre-loved items (clean and in working condition - please speak to Dorothy Frankland if in doubt). We cannot accept electrical items. There will be boxes at the back of church for donations. Thank you for your continued support.

# Parish Directory

Vicar: Robert Lawrance 07888 693850

[robert.lawrance@newcastle.anglican.org](mailto:robert.lawrance@newcastle.anglican.org)

Honorary Associate Priest: Richard Bryant 07765 835 075,

[rkbryant28@gmail.com](mailto:rkbryant28@gmail.com)

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Churchwardens: Sue Flood 07792 830026

Dorothy Frankland 07530 813191

PCC Secretary & Jennifer Germain 0191 266 5144

Electoral Roll Officer [jenny\\_germain@talk21.com](mailto:jenny_germain@talk21.com)

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We're open every Wednesday from 2 – 4pm for visitors of all ages, some from the congregation, others from further afield. Whether you're regular or it's your first time you'll be welcomed with friendly conversation and free refreshments!

We are also very grateful to our team of volunteers who run the sessions and would welcome anyone who would like to offer help, whether that be in the form of helping to set up the hall, making and serving drinks, welcoming new people or just being there to engage and interact with people – whatever your strengths might

be, they will be highly valued! Contact Helen Swann  
[placesofwelcomehighheaton@gmail.com](mailto:placesofwelcomehighheaton@gmail.com) or 07487 842 820