

Coastlife Issue 1
May 2012

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

Given our employment, we're all familiar with the joy of travelling – going on journeys, be they for work or pleasure. It struck me when thinking of what to say in this first 'A thought...' column for *Coastlife*, to ponder on 'journeys'.

I came across a beautiful, inspirational quote by Paulo Coelho: "There is only one journey worth making – the journey deep into your own soul."

It can be a hard thing to do, taking a deep look into your own heart and soul, seeing the things you locked away in there from the past, some good and some bad. It can be painful, exciting, challenging or simply reassuring. Whatever it is, take comfort in the knowledge that in embracing such a journey, you may come to find a peace, a stillness and a longing in your heart for something deeper and more meaningful. And may that bring you the opportunity to follow your joy.

Ring the Rev: contact Stephen on 07891 082037, or email stephen.sorby@eastcoast.co.uk

Coastlife Issue 2
May 2012

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

It was a privilege to attend the East Coast Business Excellence Awards 2012 in May. It got me thinking about my next *Coastlife* column, and what 'Thought' to share with you all. Hard work, long hours, lots of travelling, difficult decisions, strategy, policy, timetables, delays, PPM and budgeting...sounds familiar, doesn't it?

Yet with these demanding elements comes a real sense of worth, of value, of reward. This was so evident at the awards evening, with the competitive and well-spirited teams and individuals all reaping the joy of nominations and success because they've challenged themselves to achieve the best.

Take pride, be the change you want to make, and take heed of the following, which I think sums up the heart of it: *"The only race you have to win is the race against yourself – there will always be someone faster and stronger but there will never be another you, so look within and push your own personal boundaries."*

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Coastlife Issue 3
September 2012

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

Well, we have all seen the joy and excitement of the Olympic and Paralympic Games, the triumphs of Team GB, and the determination and motivation of many. Do we have that Olympic athlete mentality? Do we 'Go for Gold' in our everyday working practices?

You see, it's not just about sport! It's about excelling at whatever we do, and ensuring we set the bar for others to reach too. Teamwork and hard work are the two motivating factors that help us achieve the best to be the best. So every day as you start work, decide – are you 'Going for Gold'?

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Coastlife Issue 4 December 2012

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

"Really busy, can't stop sorry!" ... How many times do we say or hear this phrase in our daily lives? Dashing around, phone in hand, bulging briefcases, or shopping bags full to bursting!

With the hustle and bustle of home, social and work demands, we very rarely have precious time to just stop, pause, reflect and recharge fully.

As the countdown to Christmas begins, the pressures it brings, the panic buying and huge demands it places on us, let's remember to just stop – to think – to reflect – to remember its true meaning and what that means to so many, as do the various religious festivals in other faiths/denominations. Let's not, in the madness of merriment, take Christ out of Christmas.

May every blessing be to you and yours, and for those working over the season, may it be peaceful and joyful.

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Coastlife Issue 5 February 2013

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

"Life's too short..."

All too often we either use or hear this expression. Sadly, for many, this rings true. The recent spate of suicides on the railway made me reflect on this and think of the men and women who see no other way out than to take their lives. Pain, despair, questions, statements, invasion of privacy to families/friends, not to mention the delays and costs to the railway itself.

Often, all that was needed was support – personal or professional. Someone to help or a listening ear. Reflect on this. Can you help or support a family member, friend or colleague? Do you need it yourself? If so, act on it. Seek to assist or be assisted. Use myself or let me signpost to other agencies. Don't ever struggle and feel you are alone, for you are not.

Let's make it our business this year to ensure that we care for and support each other and those close to us.

PS – I'm now getting trendy and can be found at [@RevStephenSorby](https://twitter.com/RevStephenSorby) on Twitter

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Coastlife Issue 6

May 2013

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

The recent East Coast Business Excellence Awards have got me thinking. Hard work, long hours, lots of travelling, difficult decisions, strategy, policy and planning, delays, PPM, flooding/weather, budgeting, Mrs Jones! Pressure at its best!

Yet with these demanding elements come a real sense of worth, value and reward. The Awards evening honoured this, with competitive and well-spirited teams and individuals all reaping the joy of nominations and success through challenging themselves to achieve and be the best.

Take pride, be the change you want to make, and take heed of the following, which I said last year, sums up the heart of it: "The only race you have to win is the race against yourself – there will always be someone faster and stronger but there will never be another you, so look within and push your own personal boundaries."

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[@RevStephenSorby](#) on Twitter

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Coastlife Issue 7

August 2013

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

There has been significant coverage of late regarding 'equality' – be it in marriage, the 'women bishops debate', education, workplaces or across the globe with distribution of resources.

As this issue of *Coastlife* has a feature focus on both women and innovation, it is only right to address the significant contribution that women make and always have done within industry, historically and now. As a former nurse, working in a female-dominated profession, may I ask us to celebrate and be thankful for our female colleagues, their inspiration and innovation, and balance to debate.

May we be ever mindful of 'teamwork' and embrace each other for all we contribute professionally.

[@RevStephenSorby](#) on Twitter

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Coastlife Issue 8

October 2013

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

Recently I experienced the sudden illness of someone close to me and inadvertently, with it came real stress.

As a member of the clergy, many people see me as a tower of strength and the rock in hard times and yet, like each of you, I often need someone to turn to. In this situation I recognised the emotional effect it had on me and sought appropriate support. It isn't a weakness or a failure to recognise stress in yourself, it is a strength to then seek the help you need.

Talking to me as Chaplain is obviously one of the options of help available to you, and there's also Care First (see page 10), or we can signpost you elsewhere.

Be assured we are here for you in whatever situation you find yourself – be strong in using available support.

[@RevStephenSorby](#) on Twitter

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Coastlife Issue 9

January 2014

A thought

Rail Chaplain Rev Stephen Sorby shares his musings...

Many of us make resolutions to get fitter, eat less, seek promotion or change jobs... we know the drill!

But – let's just pause for a moment... Let's not consider ourselves, but others – the poor, the afflicted, the lonely, the sick, the dying, the abused, the homeless, the elderly... How can we seek to help, support, reach out?

Consider making a resolution to help those less fortunate, putting others first and self last. Who knows – you may just find a happiness you didn't know you would have in sacrificing time for others in need.

A blessed 2014 be yours this year

[@RevStephenSorby](#) on Twitter

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East Coast News

Issue 51

26/11/2010

Dame on a Train

Well done to Reverend Stephen Sorby who last week raised an amazing **£5,115.27** for Children in Need.

Dressed as a pantomime dame, and travelling on our trains around the North East region, Stephen received generous donations by passengers and staff. Stephen smashed his 'BBC Vicar's Challenge' target and importantly raised a significant amount for charity.

Thank you to everyone who was involved.

East Coast News

Issue 52

03/12/2010

Christmas Carol Services

Join the Reverend Stephen Sorby who will be holding 'Carols by the Christmas Tree' at Newcastle station on Wednesday 15 December, between 11.30 and 12.30.

Stephen will also lead a service of lessons and carols with a nativity play at All Saint's Church, York on Tuesday 21 December at 13.30.

East Coast News
Issue 98
28/10/2011

Remembrance Service 2011

Acts of Remembrance will be taking place along our route on Friday 11 November 2011, led by the Reverend Stephen Sorby. All staff are welcome to attend.

Remembrance Service and re-dedication of the War Memorial Cenotaph, Station Rise, York at 10.40 (Civic Party attending)

Remembrance Service at Darlington station at 13.00

Remembrance Service at Newcastle station at 15.00

There will also be a Celebration of Life Service for Ann Edgar in York Minster on Thursday 24 November at 14.00.

East Coast News
Issue 150
03/11/2012

Remembrance Service

Railway Chaplain Stephen
Sorby invites you, your family and friends to a remembrance service and laying of wreaths

Newcastle Station: 8 November at 11.15
York War Memorial: 9 November at 10.50
York Station: 9 November at 11.45

We hope you will join us in remembrance.

East Coast News
Issue 151
10/11/2012

Dame on a Train

On Friday 16 November, our very own Reverend Stephen Sorby will be collecting donations on East Coast's trains dressed as a Pantomime Dame to support BBC Children in Need.

Stephen is pictured here with Alex Mannifield and Michael Starling, Station Customer Service Assistants at York, practising for next week's capers!

If you see Stephen out and about next Friday, please give generously to this great cause.

East Coast News
Issue 202
09/11/2013

Remembrance Services

Starting Sunday 10 November all interested employees are invited to join us for one of a number of Remembrance services and Laying of Wreaths.

Services will be held at the following locations:

- Remembrance Service, 10 November, 10.55 at York station
- Laying of Wreaths, 11 November
- 10.50, York Railway Cenotaph, station Rise
- 11.00 at Darlington station
- 11.00 at Newcastle station

If you are able, wherever you are, remember to mark the occasion with a two-minute silence at 11.00.

East Coast News

Issue 205

30/11/2013

Carols in York Minster

Get into the Christmas spirit with our very own Martin Stonehouse (Stations Project Manager, York) and Tom Hanham (Head of Stations, York, on sabbatical).

Martin and Tom (pictured) will be singing with the York Musical Society for their annual Christmas Concert in York Minster on 7 December at 7.30 pm. For tickets and more information please visit:

www.yorkmusicalsociety.org.uk

East Coast News

Issue 207

14/12/2013

Railway Carol Service

Get into the Christmas spirit with some good-old fashioned festive sing-along.

Next week, Railway Chaplin, Reverend Stephen Sorby, is hosting a Railway Carol Service – and you're all invited.

The service will be held on 18 December at the National Railway Museum in York from 15.00 to 16.00.

Everyone is welcome!