

St Cuthbert's Church: Bulletin for Sunday March 29th. 5th in Lent –

Regular worshippers at St. Cuthbert's will be familiar with our weekly "pew sheet" which gives the Bible readings for the current Sunday, contact details for the church, news, and messages from the ministry team. Since all church services have been suspended until further notice, we will not issue the usual printed "pew sheet". Instead, we will be putting a "mini-bulletin" on this website each week. For those of you who would like to participate, even at a distance, in some form of common worship, we will be giving the collect and the references for the current Sunday's Bible readings. For copyright reasons, we will not be printing the full texts of the readings so if you have not got your own Bible, you can get all the texts from the Bible Gateway website. You can even choose which version of the Bible you prefer! Here is the link: BibleGateway.com

Readings for the Fifth Sunday in Lent (*Passiontide begins*)

Old Testament: Ezekiel 37.1-14

Psalm 130

New Testament: Romans 8.6-11

Gospel: John 11.1-45

Collect for the Fifth Sunday in Lent:

Most merciful God ,who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

A prayer for all those affected by coronavirus

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ



Changes?

It has been suggested that the bulletin changes from being a simple "pewsheet" to a forum or a kind of online parish magazine or Newsletter so we can all keep in touch during the current crisis. So, if you would like to contribute material, or comment on any of the subjects raised in the bulletin, please email any suggestions and/or copy for the bulletin to me at: carolmbruce@yahoo.co.uk (We could do with a few jokes to cheer us all up.)

If you know someone who might like to read the bulletin, but hasn't got a computer, would you be able to print one out for them and put it through their letterbox? Or email me and I will arrange it.

Finally, perhaps we should think of a new name for our "pewsheet"; after all we may not be back in our pews for a while. ~~Cuthbert's Coronavirus Chronicle~~ perhaps. I am sure you can think of a better one!

An important message from our Treasurer:

Ian Hart pleads: "Please will you keep your donations coming"

With the Church closed for all Services **we have no income**, apart from the 12 members of our congregation who make their Planned Giving donations by Standing Order. The church still must be maintained and secured and unless things change, we still need to pay our Freewill offer to York Diocese each month (£2,750.00 per month). We still have many bills to pay. If you go back to the Home Page you will find all the information and easy to complete forms that you will need to make regular contributions to St. Cuthbert's

News and comments:

Safeguarding:

Trading standards are reporting an increase of scams selling "cures" and tests for the coronavirus. Don't be fooled, there isn't a cure and if you need a test you certainly won't be charged for it.

To make the public more aware of scams and dealing with these, trading standards have a 20minute course you can complete online.

<https://www.nationaltradingstandards.uk>

There is a bit explaining what it is and why and a link passing you on to the course.

Denise Lewis

A message from our Reader in Training, Elizabeth Furnell

Thoughts from my wonderings

As the present crisis restricts our lives more and more for our own safety and that of others, we are all feeling afraid and isolated. Today on my walk around Normanby, I passed a shop on Flatts Lane. As I waited (2 metres apart) for the ATM machine, a young man approached the shop with two big Greyhound dogs.

The man was very upset and angry. He shouted at the shopkeeper who was trying to keep customers apart and got quite aggressive. He wanted a fight and said so frequently. It was quite scary. There were gents around, but they were filming on their phones and looking forward to "entertainment". But I was looking at the dogs. These Greyhounds were big but beautifully kept glossy coats, nice collars and name tags. These dogs were well looked after. No one who cares for dogs can be that bad. And the man was not, he was very frightened. It was all playground sabre- rattling and soon calmed down.

We are all afraid of sickness and enforced changes of our routine. I find it hard not to be able to go to church, but instead of thinking of our own distress think of those who find life hard in normal times the homeless, the addicts a people who find it hard to fit in in society. These difficult times we as a church must all try to help those around us where we can even a friendly phone call to the housebound can brighten a sad day for the isolated and lonely and for those who are able there is the Government volunteer scheme www.goodsamapp.org. Let us all try to be good Samaritans.

Keep safe and God Bless.

Elizabeth

The telephone can be a real lifesaver at this time. Even those of us who are classed as vulnerable can help by ringing friends who are having to self- isolate, for a chat. They will probably be delighted to talk to you. Those of us who have someone to share their incarceration with may not realise that for a lot of people a text or email is now not quite enough to cheer them up.

All our regular church - based activities have come to a standstill of course, but happily it is still possible to carry on caring for others, albeit in a limited way as the following entries will demonstrate.

Telephone Service

While we are self- isolating the church is running a telephone service. This is a means of keeping in touch with the congregation, especially those who do not have regular contact with others. We are telephoning as many as possible. Inevitably there are those who slip through the net. If you have not had a call or know someone who would appreciate a call, contact the church mobile phone leaving details, (voice message or text), we will get back to you. If you cannot leave your home and need a prescription or shopping let us know. We can help you. Perhaps you just need a chat, it's always good to hear a friendly voice.

Denise Lewis

Telephone prayer group

Anyone afraid, lonely or in need of fellowship can join me in prayer daily/weekly as preferred. Just because we are isolated as Christians, we should never feel we are abandoned.

Best Wishes Elizabeth

07807416007

Elizabeth Furnell

Thornaby Dementia Outreach Group. Update-

Our outreach group at Thorntree Hub for people living with dementia and their carers and others living in social isolation had to cease with the progression of the Corona virus.

We have built up social network where they all contact each other by phone, text or email and Lesley rings at least weekly to give any other support.

Bags of activities, exercise and goodies have been made up and the quizzes sudoku etc are all laminated with a whiteboard marker to fill in answers as this can be rubbed off and the item use again.

The bags are paper carriers all hand drawn with something meaningful to each of them that is bright and cheery, the goodies are boxes of juice, tea bags and biscuits, lollipops etc and a blessing.

These are being distributed on Monday (on my way to day to work). And all are looking forward to this and to future drop offs of surprises and activities. A difficult time for all

Lesley Tart.

Food for body mind and spirit.

#LiveLent

Sue Warren recommends the #LiveLent course which can be emailed to you daily. (it is very good) You can just "Google" it and all the details will come up. If you prefer,

the booklet is still available from Amazon price £1.99, but you might have to wait a while as I believe Amazon are finding it difficult to cope with the increased demand for on-line orders.

A Good Read

If you have been reading more during the crisis, you might like to recommend any books you have especially enjoyed to others. Of course, with the libraries closed, unless you want to order on-line, you might have to wait until times get back to normal. Still a good book is always worth waiting for. Here are some of Deacon Janet's choices

Books I've enjoyed recently are: -

'The Offing' by Benjamin Myers published by Bloomsbury.

Story about a young man from Durham who spends a summer in the late 1940s on a walking tour of the northeast coast. Visits Robin Hoods Bay and meets Dulcie an eccentric old woman who changes his life for ever. It's a lovely read with excellent descriptions of our beautiful coastline.

'Felix the Railway Cat' by Kate Moore published by Penguin is one for animal lovers.

It is a gentle and humorous story about Huddersfield Station's cat which will warm your cockles.

For those of you interested in spiritual reading try

'Finding your hidden treasure' by Father Benignus O'Rourke (think he's Irish!) published by Ligouri. A short book with brief chapters on The Way of Silent Prayer which can be read in sort bursts or picked up when you feel like it. It's an accessible, non churchy sort of book about prayer and listening to God in silence

Janet Caldwell

Now if you fancy trying something a little different, why not try this (if you can get the ingredients!)

A recipe to try

Denise, our cookbook compiler, has contributed a recipe which sounds an easy and delicious way of producing the full English!

She says:

"As we are stuck indoors at the moment, we won't be getting our vitamin D from the sun. Here is a quick recipe to redress the balance.

Lovely as a breakfast/brunch"

Mix together one slice of chopped bacon, two chopped tomatoes and chopped, skinned sausage per person. If you have fresh thyme add couple of sprigs. Pile on top of two flat field mushrooms. Bake in oven, 180 °C, 15 to 20 minutes. This will depend on thickness of sausage and mushroom. Top with a poached egg. Keen cooks might like to try some of the cake recipes from the COOP's current magazine, a magazine that usually has brilliant recipes.

Banana and spinach doughnuts (with lemon icing) vanilla and pea cake, and parsnip and ginger bars. I do not think this is a joke! Presumably they would help towards your five a day. If there is anyone more adventurous than me who would like to try them out and review them for this page, go to [Coop.co.uk/food magazine](http://Coop.co.uk/food_magazine) where you can find the recipes.
