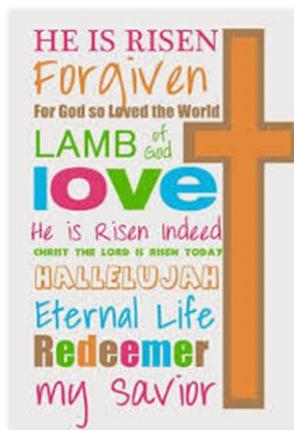


St Cuthbert's Church: Bulletin for Sunday April 26th.

THE THIRD SUNDAY OF EASTER



This Sunday we would normally be having our usual Café Church but sadly, we can't do that now. In fact, it may be a very long time before we can meet again for any kind of public worship. However, even with the Coronavirus restrictions, we can still join with others in worship. If you click on the link:

<https://www.achurchnearyou.com/> you can find live streaming of church services and prayers from many churches, or you can go to the Church of England's website:

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

If you are missing Café Church, why not make yourself a cup of coffee at 10.30 on Sunday, cut yourself a piece of fruit loaf (recipe later in this issue) and perhaps ponder this week's Easter Pilgrim message. Get it by clicking on this link

<https://www.churchofengland.org/easterpilgrim>

You can get this sent to your mailbox daily. It doesn't take up a lot of your time, but it is full of things to think about together with inspiring Bible passages. Do try it.

Whatever you choose to do, you can find the readings for this Sunday listed below. 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 third Sunday of Easter

First reading

Acts 2.14a,36-41

The Epistle

1 Peter 1.17-23

The Gospel

Luke 24.13-35



Collect for the third Sunday of Easter

Almighty Father, who in your great mercy gladdened the disciples with the sight of the risen Lord: give us such knowledge of his presence with us, that we may be strengthened and sustained by his risen life and serve you continually in righteousness and truth; 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 Jesus our Lord.

Amen.

Canon Peter Bristow, a retired Vicar now living in Ormesby, who, as most of you know, is an active member of the St. Cuthbert's congregation, has sent some reflections. These tie in well with the themes dealt with in the ***Easter Pilgrim***

THE LOCKDOWN, EASTER, AND CLIMATE CHANGE

We are hearing some terribly sad stories. I read on the BBC news site of a daughter describing how her healthy father, a mental health nurse of some 30 years, in his 50s, went to bed with the virus and self-isolated and the family found him dead the next morning. As we are constantly hearing, behind every death statistic is an individual life and every life is loved not just by family and friends, but by God and has a future. At Easter we are reminded that there will be "*a new heaven and new earth*". In the Lord's prayer "*Thy Kingdom come, thy will be done*" we are acknowledging the power and glory of God. Jesus is the first fruits of the new heaven and new earth which will finally be fulfilled when heaven and earth are joined as one.

Our focus should not be on which humans God is going to take to heaven, but on how he is going to redeem and renew the WHOLE of his creation. Our ultimate destination is not about going to heaven when we die, it is about being bodily raised into the transformed likeness of Jesus Christ. Resurrection isn't life after death, but life AFTER life after death. It is the renewed earth, joined with heaven, where God's heavenly glory and reign will take place. This is why the New Testament regularly speaks, not of our going to where Jesus is, but of his coming to where we are.

Jesus' ministry, death and resurrection has launched the beginning of God's Kingdom on earth as in heaven, which is why we follow the way of the cross. Jesus' resurrection was not about saving souls for a disembodied eternity but rescuing from the decay and corruption of the world as it is. In the lockdown we are re-discovering how interdependent life really is, how much we need one another. Many of the jobs and roles that we describe as 'key' are poorly paid. Whenever normality returns, we must remember that, in the development of our world, the values we proclaim should reflect the justice of God because it is this that will come to pass in the new heaven and new earth.

One of the positive outcomes of the pandemic has been the good changes in our environment. Apart from goats seen wandering in Cumbrian villages, lions resting on the open road in South Africa, kangaroos seen in Australian towns, there are cleaner canals in Venice and in China many have seen the Milky Way (our galaxy) for the first time. I've noticed how much cleaner is our own air. We cannot return to a 'normal' which simply resumes focus on our own self-interest. As individuals, communities, and nations we must work for God's justice. Through Jesus' resurrection the new creation is already underway, here, NOW ! Jesus wants to see his Father's justice at work in this world NOW !

As a society we must re-evaluate what is really important, and the most pressing issue is climate change; this has to include addressing the wars which are causing hundreds of thousands to flee. Addressing the obscene imbalance in the world's resources between the global north and south. We must come together, as one world, to protect and share water resources, restore the forests, and improve air quality. Individually, we must seek to cut down on waste. The pandemic is a tragedy, it is also a wakeup call and we must make governments listen. The Easter message reminds us that God's new creation has already started with Jesus and nothing is impossible for God. Enjoy the warmth of the spring sunshine; enjoy the colours and bird song, for the new heaven and new earth is underway.

Canon Peter

Thank you!

Denise Lewis writes:

As acting chairperson of the PCC, I feel I need to write to thank those people who, despite the current difficulties, are still very active within the church.

A big THANK YOU goes to:

Our Deacon Janet and Elizabeth our Reader in Training who, I know, have been going about their church business as usual.

To the church wardens Janet and Hilary, Lesley our secretary, Ian our treasurer and the PCC members. Although the church is closed, at present, these people are still working to ensure the church is ready to reopen.

To Carol and Larry* who are making sure we have our weekly pew sheet. Not an easy task getting everyone to submit articles, edit and produce the sheet on time!

Our Parish Profile is now ready, and we will be able to advertise for a new vicar very soon. There has been a huge involvement from so many people to put this together and so many people to thank. Janet C. for her work with the profile, Lesley for putting everyone's thoughts together and Ian for formatting the document ready for advertising. To Janet D for her photographs which really enhance the profile and to

the PCC for their input. I'm sure I will have missed someone so to anyone who has helped with the Parish Profile, a massive thank you.

There are many people working behind the scenes keeping us in touch with one another. To those people we all thank you for carrying on.

Denise

** Larry says he doesn't have anything to do with the editing. Carol says that without the plentiful supply of tea and biscuits, the meals he cooks when she is bent over the keyboard, plus the helpful suggestions he makes, there would definitely not be a bulletin at all!*

A 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 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

What's happening in the Parish during the crisis.

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. Read on to find out what's going on at St. Cuthbert's.

Food Bank

If you have any items for the food bank could you get them to Janet Caldwell by May 2nd. please. Janet reports that 15 bags of food kindly donated by our congregation have already been delivered to the bank.

Safeguarding

We are all feeling the effects of lockdown and, as this is extended, it becomes a little harder to deal with. We need to keep in touch with one another. I tried a video call for the first time. You can see the person you are speaking to and yourself in the lower corner of the screen. I've got to say it wasn't a good look, (I really need the hairdressers!). It was good to see the person I was speaking to, but an ordinary phone call can do just as well.

Keeping in touch with people is not only good for yourself, but you can judge if they need help.

Here are some useful phone numbers:

Childline 08001111

Womens Aid 08088029999

Samaritans 116123

Mind 03001233393

In an emergency ring the police.

Remember you are not being a nosy neighbour/an interfering relative, you are being a concerned person whose actions may help someone in a really bad situation.

Stay safe

Denise Lewis (Safeguarding Officer)

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, on **07715298711** (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

Cuthbert Bear's Corner

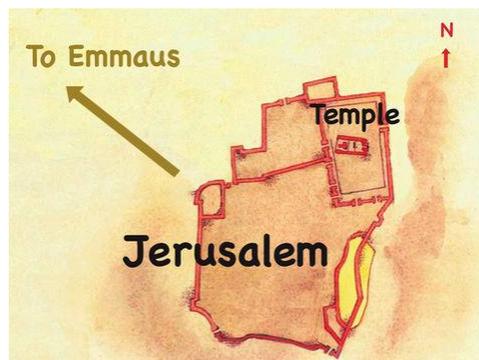


The Bible reading for today is about one of the events that happened after Jesus rose from the dead. (If you haven't got a children's Bible, you might like to ask a grownup to read the story to you.) You can find it in St. Luke's Gospel, chapter 24, verses 13-35

Two men are walking to the village Emmaus. They are talking about the rumour that Jesus was alive. A stranger joins them. They tell him about Jesus, "He was a prophet, sent from God. He did amazing things. We thought he was the one to save us from our enemies. The religious leaders sentenced



him to death. The Romans killed him on a cross".



The men invited the stranger to stay with them for the night. The stranger blessed the food they gave him. The men recognised Him; it was Jesus.

Activities

1. How do you think these men felt when they knew it was Jesus?
2. What do you think they did next?
3. How do you think the men and Jesus were dressed? Can you dress up as these men?

More stuff for kids

Janet Caldwell writes that she has found a decent website called Together at Home

<https://www.tath.co.uk/>

which offers children's activities. Some of them are lectionary based and in age appropriate language.

It also uses Facebook, including putting some of their worksheets in pdf on it. If you have children at home, you might like to try it; it looks good.

Answers to last week's Easter Wordsearch quiz.

The odd one out was of course the Easter Bunny! I'm pretty sure it didn't appear in the Bible! Although there are plenty of conies (another name for rabbits) in the Psalms.

The missing disciple was, of course, another James. (I did say it was a bit of a trick question)

Jesus recruited two men called James. The first one was James the Elder, son of Zebedee and Salome, brother to John.

The second was James, the Lesser or Younger, son of Cleophas and Mary. He was the brother of the Apostle Jude.

Perhaps you might like to find out how many sets of brothers there were in Jesus' group of friends. Here's a website where there is a lot of information on all the disciples.

<https://www.bibleinfo.com/en/questions/who-were-twelve-disciples>

Carol

Readers' Contributions

From Churchwarden Janet Danks:

Every crisis throws up its heroes and none more so at present than our National Health Service. These workers take huge risks everyday caring for the sick & dying; but alongside them it becomes more and more apparent how many more people are essential for the running of our country:

Previously unrecognised, these often-invisible workers have achieved superstar status and become key workers.

Farmers, transport drivers, shopworkers, police, postmen, cleaners, binmen, milkmen—the list is endless, even teachers themselves continuing to teach the children of key workers.

Most of these people considered themselves minor figures and hadn't realised how dependent we are on them as well as being extremely grateful for all that they are doing.

We are all learning to cope with a new way of living, and all of these services are keeping us afloat, often with a much-reduced workforce but just proud to be serving the nation.

Even our Queen, everybody's hero with her indomitable spirit, inspired us all with her rare address when she spoke of how difficult it is to be in isolation but how as a proud nation with a driven personality trait we would all succeed.

Regardless of the difficulties this period has given us all a time to reflect; the confines of quarantine find most of us still smiling on the surface but paddling frenziedly below the waterline.

In life, beauty and darkness coexist and I do feel that against the backdrop of this pandemic we have realised our incredible ability to adjust, adapt and endure—that in itself fills me with hope and inspiration.

We are suddenly more aware and appreciative of each other and amongst this bizarre shared experience I feel a newfound sense of unity and solidarity.

We are all adapting to accommodate our own needs in order to see this out so until then, stay safe and God Bless xx

“We’ll meet again”

Janet

From our Reader in Training, Elizabeth Furnell:

There has been great excitement in our family this week, with text messages flying back and forth across the Pennines. Andrew number one son in law had found some flour in his local Tesco. Now how that helped me when they are in Liverpool and I am in Middlesbrough, I can’t work out, but they were very pleased. My daughter has been looking for the last two weeks as she wanted to bake little cakes with my grandson Michael.

Home-schooling has not been easy even though Heather is a teacher, Teaching children in a school setting is one thing, teaching them at home quite another, but this present emergency has turned everyone’s life upside down. Normally when mum and dad work full time there is not time or the will to bake. Now we have the time but finding the flour is quite another matter. The next daughter in line in Manchester was very annoyed as getting flour for baking could not be considered an essential 30-mile journey so she will keep looking in Manchester.

During these weeks of staying at home we all can find the little things to do. Things we never got round too in our rushed normal lives. Time now to stop, pause and rethink what is really important. Time to be still and know that God is there with us, he will provide for our needs even flour. I managed to get some at Morrisons.

Elizabeth

A round of applause for the shop assistants!

Larry and I are well over 70, but since we have been unable to book a click and collect or delivery slot with any large supermarket, we are having to go out and do our shopping in person. We live in Marske and have always tried to shop locally as much as possible, (although we were guilty of using Morrisons and Sainsbury’s for our big

shop!) Now we are doing most of our shopping in our village, we have been impressed by the way that the shop owners and assistants have responded to the crisis. Even before they were equipped with any form of PPE or plastic screens, they were politely and efficiently organising the customers while remaining cheerful and helpful.

Our greengrocer, especially, has been working extra hard, not only getting up when most of us are still asleep to visit the wholesalers, negotiating with local smallholders to keep the shop supplied with fruit, veg and plants, but also putting up and delivering orders to the housebound. She looks absolutely tired out, but she keeps going.

We have made a point of saying "thank you for staying open" when we leave the shops. The first time we did this, the assistant in the bakery was obviously surprised, and when I said that I supposed everyone said that to her, she said "Oh no they don't!" Where we live, people are usually polite and friendly, smilingly stepping out of the way and saying "Hello" to total strangers, so I was quite surprised when the assistant in our Sainsbury's Local told me that she had been abused by an angry customer. Of course, people are bound to be feeling upset and frustrated with the difficulties they face when trying to buy what they need, but isn't it dreadful that they should abuse the very people who are trying their best to provide a service in order to keep us all fed and medicated?

I would like to add that in our only trip to a large branch of Tesco's since the lockdown began, the staff were all similarly kind and cheerful, disinfecting trolleys and helping bemused customers to navigate the complicated one-way system.

If you do have to shop in person and you have not yet done so, could I suggest that you start making a point of showing your appreciation to these amazing people in the shops? After all, no-one is forcing them to work; they could all find reasons to self-isolate and yet, thank God, they don't.

Carol Bruce

Cooking with Denise

Don't be put off by the ingredients; this breakfast shake tastes wonderful and it contains 3 of your 5 a day. You can buy the avocado and spinach frozen just remember to defrost before using.

Breakfast shake

Put into a blender half an avocado, 3 or 4 ready- to- eat figs (or use 4 dates) and a handful of spinach (or a portion of frozen) and add 250ml milk (try almond, oat, or coconut). Blend till smooth. If you like a thinner shake, add more milk.

A fantastic way to start the day.

Carol adds:

After you have had your healthy breakfast you can feel justified in having a piece of buttered fruit loaf for your elevenses! For those of you who didn't manage to get a copy of Denise's recipe anthology before the lockdown, here is the promised recipe.

Bellringers' teabread (as served at Café Church)

I have made this for several bellringers' teas and it goes down well. Serve thickly buttered, bellringing uses a lot of energy!)

Ingredients:

10oz. mixed dried fruit

6oz. sugar (caster, soft brown, muscovado, any kind you like)

½ pint tea (hot is best)

10oz. self-raising flour

1 large egg, lightly beaten

Method:

Put fruit and sugar in large bowl, cover with the tea and give it a good stir. Leave overnight.

Next day:

Heat oven to gas 4, 180°C or 160°C fan

line a loaf tin (approx. 22cm x 12cm x 5cm) with non-stick baking paper.

Stir mixture well, add the egg and sifted flour and stir until well mixed. The mixture will be quite runny.

Bake for about an hour and a half or until a skewer inserted into loaf comes out clean. Cool and serve buttered.

This is an easy -going recipe! You can add chopped apricots, prunes, or cherries instead of some of the dried fruit. I sometimes put a few chopped walnuts in or some mixed spice. We like a bit of cheese with it too.

Elaine has sent a message:

I'm missing everyone , stay safe

Elaine xxx

More contributions wanted

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 Keep the jokes coming-we need cheering 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 at the above address and I will arrange to have one delivered.