

## St Cuthbert's Church: Bulletin for Sunday April 5th.

### PALM SUNDAY



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](http://BibleGateway.com)

#### Readings for Palm Sunday

##### Old Testament

Isaiah 50. 4-9a

##### The Epistle

Philippians 2 5-11

##### The Gospel

Liturgy of the Passion

Matthew 26. verse 14 to end of Matthew 27.

#### Collect for Palm Sunday

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; 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. Amen.

#### 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



## Some reflections from Revd. Peter

### LENT AND HOLY WEEK 2020

We will remember this time of self-isolating for the rest of our lives; a time of fear and apprehension for many; a time of desolation for those suddenly taken ill and for those bereaved. But it is also a time that shines a light on what should be important in our lives. The Judean wilderness where Jesus spent forty days alone at the beginning of his ministry is barren, isolated, sandy, extremely stony and hilly. For those of you who have never been, I have often compared it with the Yorkshire Dales but without the green. It is an amazingly beautiful place in its starkness, stillness and simplicity. Throughout the Scriptures the physical desert is used as an image of spiritual desolation but also as a place of opportunity and renewal, where an individual can rediscover the reality of his/her spirit and therefore the reality of the God who lives within each one of us.

Few of us can enjoy the starkness of the real desert but we can all find a "lonely place" and in so doing create the space without which we simply cannot 'grow' or renew our spirits. These surreal times have reminded us that in normal times life today is frenetic and our ancestors would be amazed at what we achieve. But I doubt whether they would be impressed by our values. We busy ourselves with so many things, for the world expects much of us. But what is really important in our lives and what does God expect and want from us? There is no need to be a killjoy with regards to the good things of life, but the truth is perhaps it is easier not even to ask these questions and so we won't be challenged or frightened by the answers? These answers force us to look at ourselves as we really are.

Our enforced isolation is not just a challenging but also a humbling experience. Lent, literally means 'spring' or 'new life' and gives us an annual opportunity to stand aside from the rush and bustle of life to give ourselves time to reflect on who we are, why we are here and what our life and destiny is all about. In normal times many of us say "but I haven't got the time to be apart, I'm just too busy." What we really mean is that we are too busy to live properly, to listen to our spirits as well as our bodies! We feed our bodies, but what about our spirits? Take the opportunity of self-isolation to see Lent and Holy Week in a new light, in a way that enables to become more aware of dimensions of 'being' that can make us feel truly whole and alive. For what we find ourselves doing in common with so many of our contemporaries is denying the profound reality that we are at one and the same time as much 'spirit' as well as 'body'. The desert experience of self-isolation lays bare our inner weaknesses and vulnerabilities in a way that can enable us to really appreciate that we are utterly dependent on a loving and healing God for forgiveness and restoration. In Holy Week and at Easter we celebrate the healing and restoration which God has accomplished for us through the person of Jesus Christ.

At the beginning of this most unusual of Holy Weeks take just fifteen minutes of your day, find a quiet place in your home and become aware of the God who surrounds you and fills you and who dearly wishes you to "grow your spirit", who makes your spirit rejoice in him. Read just a few verses of the Bible, perhaps a favourite psalm or passage, ponder on each word or phrase and its meaning for you. Seek God's enlightenment. He is after all what your life is all about. He is your destiny and end. In our enforced self-isolating through quiet prayer and reflection we can experience His powerful healing love in a quite startling and new way. By creating space for God we can hear Him calling us by our own names and addressing the realities of our lives.

We have moved into summertime and the created world is bursting into new life all around us. Our spirits can be doing the same. Deserts, material and spiritual are tough and demanding places. They are also places of amazing self-discovery. In the midst of this great crisis, by creating space for God you will aid the renewal of your spirit's energy and the God within you will refresh you in such a way that your knowledge and joy of the crucified yet risen Christ will fill you beyond measure and expectation.

*Peter Bristow*

## **#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. Or follow this link for the you tube version [.https://www.churchofengland.org/livelent](https://www.churchofengland.org/livelent).

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## **NEWS**

### **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

### **A message from Janet Caldwell**

Deacon Janet sends greetings to everyone and adds that she is praying for all of us and she hopes to have a Middlesbrough Deanery Prayer Diary to share soon.

She has also provided a link to the website "A church near you" where you can find live streaming of church services, prayers etc. <https://www.achurchnearyou.com/>

She also received the following letter from the diocesan secretary, which is reproduced in full. You may find it useful. Janet says that Lesley has been constructed an Easter garden, as suggested in the letter. (Perhaps we might put a photo in next week's bulletin.)

### Dear Colleagues

As church families begin to adjust to changed ways of ministry and worship there are questions emerging about how collective worship can be replicated or developed in new and challenging contexts. The internet connects some of us (but not all) in ways to which the church had not fully adjusted before the present 'lockdown' situation; we are now on a steep learning curve and **our Bishops and Archbishop have issued some guidance (attached) to clarify some of the issues for those congregations accustomed to a regular eucharistic service**, and who are seeking how best to acknowledge this during this period of worship at home.

**This Sunday – Palm Sunday** – the national church is offering a service led by (and from the home of) the Bishop of Manchester. You can read all about it – and the suggested activity around palm crosses to place in windows – on our website at [www.dioceseofyork.org.uk/palmsunday20](http://www.dioceseofyork.org.uk/palmsunday20).

Also on **Palm Sunday** the bishops of Hull, Selby and Whitby will again be offering short prayers at 12.00 noon, 4.00pm and 8.00pm, while on **Maundy Thursday** (9 April) at 11.00am, **the Archbishop of York and Bishops of the Diocese of York will offer a short online service including renewal of vows** for lay ministers, deacons and priests, and a renewal of commitment and baptismal vows for all the faithful. You can find all these via Facebook ([facebook.com/dioceseofyork](https://facebook.com/dioceseofyork)), Twitter ([twitter.com/dioceseofyork](https://twitter.com/dioceseofyork)) or Vimeo ([vimeo.com/dioceseofyork](https://vimeo.com/dioceseofyork)). No account or login is required by Vimeo. Recordings of these services will be available for people to catch up later if they miss the service.

A growing number of links to churches in the Diocese of York who will be offering **online worship during the Holy Week and Easter period** can be found at [www.dioceseofyork.org.uk/about-us/coronavirus-home/yourchurchonline](http://www.dioceseofyork.org.uk/about-us/coronavirus-home/yourchurchonline), and if you would like to add your church to this list please contact [comms@yorkdiocese.org](mailto:comms@yorkdiocese.org).

This year Holy Week is going to be different for all of us. Where for many of us our focus would have been in our churches, this year we will be observing Holy Week at home. **Our Education and Children & Youth colleagues have prepared some new material** designed to help families reflect and celebrate together. Starting with Palm Sunday we are encouraged to explore the events of Holy Week through the creation of an Easter garden. Every day there are suggestions for things to do and think about, ideas for (and links to) crafts and activities that help you to explore each day's themes, and a short prayer or liturgy to say together. This is available to download at [bit.ly/hwhomeresources](https://bit.ly/hwhomeresources). Further links to materials for use with children and young people are being collated on the diocesan website and there is a link to it from our [main coronavirus page](#).

**As the Diocesan Office team** comes to the end of our second full week of home-based working, I would like to thank you all for your messages of understanding and support. We are glad that many

of you have found these regular updates helpful over the last month. Our expectation is that we are likely to be able to reduce their frequency in the coming weeks, but please continue to contact your bishop or archdeacon, or indeed myself if you have questions that you feel we can help with.

Please remember to keep an eye on our developing resources for this outbreak of Coronavirus COVID-19 at [www.dioceseofyork.org.uk/coronavirus](http://www.dioceseofyork.org.uk/coronavirus), and the Church of England's page at [www.churchofengland.org/coronavirus](http://www.churchofengland.org/coronavirus).

With my renewed thanks and prayers for all that you are doing,

Peter

**Canon Peter Warry**  
**Diocesan Secretary and Chief Executive**

## **Safeguarding**

While you are at home and perhaps have time on your hands why not complete a safeguarding course. Access through

<https://dioceseofyork.co.uk/safeguardingtraining>

Anyone can take the basic course. Perhaps you welcome people, are a server, make teas and coffees, help at weddings and funerals, then this is the course for you. The site explains the course and how to access it.

If you have a DBS form for the church, or have applied for one, now is a good time to do the required online training. There are two courses you should complete, C1 and C2. Each take about 45/60 minutes to complete and are very easy to follow.

These courses are free to take.

Let me know when you have completed a course so I can keep a record.

*Denise Lewis*

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*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..*

## **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 at Christians we should never feel we are abandoned.

Best Wishes

Elizabeth

**07807416007**

*Elizabeth Furnell*

## **Readers' Contributions**

### **Open the Book.**

The Open the Book Team have had to put our school visits on hold for the duration of the crisis, which means that not only have we had to cancel our school visits, but that the scheduled schools' visit to St. Cuthbert's for services, where we were due to present the Crucifixion and Easter story, have also had to be cancelled.

We are all feeling quite bereft as we really love going into schools, where we always get a great welcome from staff and children alike.

You may have seen some of our productions at Café Church, so you will know that we have fun while conveying the Bible message to children. This year as we were a little in advance of the Church Year, we had already presented the story of Palm Sunday to our schools before the great lockdown.

Preparation for this presentation started badly, as when I went to the store to collect the plastic palms, they were missing, as was the donkey. Elaine thought that there might be some paper cut outs in the vestry, but there were only a few, and the thought of making about 50 or so palm leaves did not really appeal. (I had leaf-fatigue after making dozens of sycamore leaves for Zacchaeus' tree)



Luckily our garrya bush needed trimming, so we took in a few bags of prunings for the kids to wave, which they did most enthusiastically. We had to tell them that the branches were a substitute for palms, these not being easily available in England in February - we didn't want them to get botanically confused! We did manage a donkey after all. Made from a recycled duvet and some leftover camel material (do you remember the camels at Christmas?) and a headcollar made from an old bell rope, she was a great hit with the children. Even though she looked more like the donkey from Shrek than a real Biblical one, she still

did the job perfectly. She is currently keeping the camels company in their stable, where they are all eagerly awaiting the summons to appear in this year's Nativity Play.

We are hoping however, that we will be able to return to our usual school visits long before then as, even if it's a bit late, we would like to restart with the most important story in the Christian year. Not Christmas of course, but Easter. Let's pray that it will be possible.

*Carol Bruce*

### **This week's recipe**

Denise says " I would just like to state I thought of this before Jamie Oliver who currently has a programme on channel 4 giving similar recipes to my own. Really I thought of it first!" 😊

*Did you buy dried pasta and are now wondering what to do with it. Wonder no more:*

Cook, according to packet instructions, enough pasta for four people.

For the sauce:

Fry a finely chopped onion until soft. Add a chopped clove of garlic, fry one minute. Add a tin of chopped tomatoes (or passata) and cook until tomatoes break down. If you have some oregano or basil throw that in too. You can now add whatever flavourings you have to hand. Here are some suggestions.

1. Black olives and a tin of tuna.
2. Cooked chicken and peas.
3. Add chopped courgettes, celery and bacon with the onions.
4. Skin 4 sausages, break into pieces and add to the onions. Add tomatoes cook 15 minutes.

Season the sauce, add the pasta toss together and serve.

*Denise Lewis*

### **A joke from Kath Hoggarth's grandson**

What do you do for a living?

I'm a spy.

Why are you dressed like a shepherd?

I'm a shepherd's spy!

### **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](mailto: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.*