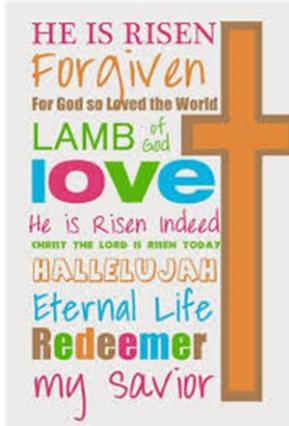


St Cuthbert's Church: Bulletin for Sunday April 12th.

EASTER SUNDAY



Sadly, this year we will not be able to meet in St. Cuthbert's Church to celebrate the festival of Easter. We will have to look forward to next year when we hope that there will once again be joyful singing of "Thine be the glory" and an egg hunt in the churchyard for the children.

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 the Church of England's website will also have details of special services.

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

Perhaps you would prefer to watch or listen to a service on the TV or radio. Whatever way you choose to commemorate the most important festival of the Christian year, you can find the readings for Easter 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](https://www.biblegateway.com/)

Readings for Easter Sunday

First reading

Acts 10 34-43

The Epistle

Colossians 3.1-4

The Gospel

John 20. 1-18



Collect for Easter Sunday

God of glory, by the raising of your Son you have broken the chains of death and hell: fill your church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ.

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.

NEWS

A message from our Member of Parliament, Jacob Young.

My message to Churches in Redcar & Cleveland

8th April 2020

I was looking forward to writing to you at this Holy time during Easter week and visiting some of the services around Redcar & Cleveland. Unfortunately, we are living in unprecedented times and what is normally an opportunity for great togetherness – we are separated from our friends and family.

At Easter we celebrate the death and resurrection of Christ, and the forgiveness of sins. This story is more pertinent than ever in the wake of Coronavirus, as we battle the question of mortality, for ourselves, for our friends and family and even for our Nation's leaders. But our current crisis also presents people of faith with the opportunity to focus our energy, and to begin to learn from Christ's lessons for us – to love.

Whenever I think of Easter, I think of John 3:16, For God so loved the world, he gave his only son. The story of Easter is one of God's selfless unconditional love for us all.

In these weeks of great difficulty, I have been overwhelmed by the same outpouring from our emerging voluntary sector in Redcar & Cleveland and the selfless love and care that they are showing to our community. And in that same act of selflessness, our key workers continue to push through the frontline; caring for us, keeping us safe, and enabling us to keep going – they are all in our prayers.

Many residents in our borough will be self-isolating in line with the Government guidance, and I want to say thank you to members of your congregation who are protecting themselves and our community at this time. I hope using modern media, you are still able to connect regularly and have found new ways to worship.

Lastly, I wanted to let you know that you remain in my prayers, and to say that I know this is an uncertain time, but we believe in a certain God and the Bible tells us cast our burdens and anxieties onto him. We will get through this together and I look forward to meeting you face-to-face when we do.

Yours ever,

Jacob

Jacob Young MP

Member of Parliament for Redcar

Important information from our Treasurer

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

As we are likely to be closed for some time please consider ways you can continue to support your Church.

- Putting the money you generously donate weekly aside, in your Envelopes, where applicable.
- Send a cheque [made payable to **St Cuthberts Ormesby PCC**], please contact me on 01642 313510 for details of where to post the cheque.
- Donate with a Debit or Credit card on the main page of the Church website via the **Give a little** icon.
- Consider donating by Standing Order; a form that can be used to setup a Standing Order [<https://stcuthbertsormesby.org.uk/pcc-documents/>] is available on the website.

Now more than ever, please consider giving generously to support our mission and ministry. Thank you for your support.

A message from Deacon Janet



For the first time in my life I have not been in a church on either Maundy Thursday, Good Friday, Holy Saturday or Easter Sunday and although I have been using television, my computer and mobile phone to see some virtual services it still feels very strange.

Some of you may feel the same. The closure of St Cuthbert's church for worship during Lent; Holy Week and Easter has been difficult for all of us especially the opportunity to come together to worship; to make our Holy Communion, to pray; to sing hymns together and to be part of the Christian community as we celebrate the risen Christ.

It has caused me to appreciate more fully a regular pattern of prayer, of bible reading and the discipline of reading the daily office at home and using all the different ways of keeping in touch with you all.

Reading the resurrection accounts from St Johns Gospel (John 20 1-18) and St Matthews Gospel (Matthew 28: 1-10), I was comforted by the fact that we are not the first to be treading strange and unfamiliar ground. When Mary Magdalene and another woman named Mary went to find Jesus's tomb and found it empty, they were shocked and afraid. They had so recently witnessed the death of Jesus and now seeking comfort from visiting his tomb, were instead confronted by an angel telling them he had been raised. In St John's gospel, Mary Magdalene did not even recognise the risen Jesus at first thinking him to be a gardener.

The Easter message for us, even in these uncertain times remains the same; that Jesus who once was dead, is now alive and has risen. Sometimes we may not recognise Him he appears in many guises – the one who smiled at you today or said good morning, or sent you a message, to those working day and night in our hospitals, cooking meals or doing their neighbours an act of kindness May the joy, love, hope and peace of Easter be with us always.

Happy Easter
Janet.

Safeguarding

While you are at home and perhaps have time on your hands why not complete a safeguarding course. The details are in last week's newsletter which is still on line. Access through <https://dioceseofyork.co.uk/safeguardingtraining>
Let me know when you have completed a course so I can keep a record.

We are all living through quite stressful times at present. While some are able to deal with this others don't do so well. Mental health and domestic violence may become an issue. If you suspect someone needs help here are some contact numbers you can ring for advise/action.

Childline 08001111

Women's Aid National Helpline 08082000247

Rape Crisis Helpline 08088029999

Samaritans 116123

In an emergency, call the police

Denise Lewis

Other Useful Telephone Numbers if you need help during the crisis

Middlesbrough Residents

01642 729777

Helpboro@Middlesbrough.gov.uk

Redcar & Cleveland Residents

01642 771122

support@redcar-cleveland.gov.uk

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.

Cuthbert Bear Club

If your children and grandchildren are missing Cuthbert Bear Club, Denise would like to point you in the direction of a website that will help.

The Diocese of York have a website with readings and activities for Holy Week. The main activity is to build an Easter Garden. This builds the children's knowledge of Holy Week in a really fun way. Obviously by the time this information reaches you it will be Easter Sunday, but there are other activities and ideas and you will still be able to access and use the site.

<https://dioceseofyork.org.uk/schools-and-youth/children-young-people-churches/resources-for-covid-19-isolation>

Denise Lewis

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. The Tuesday Fellowship Group continue their prayer circle if you have a name to pass on please contact **Elizabeth Furnell on 01642 293108**

Thanks to:

Thank you to those who contributed articles of dry goods tinned stuff to those in need our next collection will take place on 19 April, if you have any items please contact Elizabeth, Lesley, Janet, Hilary or Denise so we can collect them or arrange for them to be collected. Congratulations to Joan Thomas who spent her 92nd birthday (in isolation of course) on 2 April.

Best Wishes

Elizabeth

Readers' Contributions

Janet Danks writes:

There is no doubt about it, despite lock down & social distancing Mother Nature is forging ahead as though to say - my world - my rules.

I think most of us approached self-isolation alternating between rising & diminishing panic not knowing what lay ahead – now ask me how long we had been in lockdown & I would have to work it out – time has changed our behaviour, not just the perception of time but in the way that we perceive what we hear, what we see & what we feel.

At first all that we heard were the daily figures not fully able to comprehend the enormity of what is happening in our world but before too long we realise that we need a break from it & we begin to gravitate towards minute sounds, sounds that give us hope & joy – all the ones that we were too busy to notice until our world stopped.

This morning I walked off up into the fields with my camera, Spring from afar has never looked better, marching nonchalantly past every border & frontier in defiance of what is happening out there & we welcome its warmth. A picture-perfect blue sky with fluffy clouds without the hint of a vapour trail while the birds hopped freely from tree to tree singing louder than ever. Like the birds we will fly again but I rather think that the world will be a slightly different place.

Time has changed & there is a newfound tenderness in everything. Our dreams keep us afloat & we carry on regardless all struggling our own struggles.



Easter Garden at St. Cuthbert's Church

May we all draw from this experience the power to be humble, the strength to be meek & the guidance to be true to ourselves & each other.
Wishing you all A Happy & A Holy Easter, Love& God Bless – Janet D

Debbie Bristow has sent this reflection. She says:

"I often read Anthony De Mello for inspiration etc and the attached is one of my favourites."

Song of the Bird

A man found an eagle's egg and put it in a nest of a barnyard hen. The eagle hatched with the brood of chicks and grew up with them.

All his life, the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would thrash his wings and fly a few feet in the air.

Years passed and the eagle grew very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among powerful wind currents, with scarcely a beat of its strong golden wings.

The old eagle looked up in awe. "Who's that?" he asked.

"That's the eagle, the king of the birds," said his neighbor. "He belongs to the sky. We belong to the earth -- we're chickens." So the eagle lived and died a chicken, for that's what he thought he was.

Anthony De Mello

Debbie Bristow.

Anthony de Mello (4 September 1931 – 2 June 1987) was a Jesuit priest, psychotherapist and writer who became widely known for his books on spirituality. If you look him up on the web, you will find many other inspirational passages.

A recipe from Denise, our cookery correspondent.

Here is a recipe to use up veg approaching its use by date. If you don't have some of the items substitute for what you do have. Quantities are not hugely important. If you don't have small pasta break up larger pieces of pasta, substitute long grained rice or pulses.

Minestrone Soup



In a large pan heat 3 tbsp of oil. Fry 3 rashers of chopped bacon. Add 2 medium chopped onions and a crushed clove of garlic. Fry until onion is soft.

Add a large diced carrot, 2 sticks of diced celery, a sliced leek and a diced large potato. Mix well, fry couple of minutes.

Add 2 tbsp tomato puree, 2 tsp dried herbs, 2pts hot stock. Simmer until veg is almost cooked.

Add pasta and 4oz shredded cabbage. Simmer until pasta cooked. Season.

Elaine Boyle often puts material on facebook, bit I know a lot of people don't use it so I would like to pass on a message from her to everyone. *Editor*

A message from Elizabeth:



A sign of our times. These rainbows of hope are all over my area. Showing love and support for the NHS. Could we all give thanks for the selfless work our doctors and nurses do, not forgetting the work of carers in care homes?

God Bless

Elizabeth x

And one from Elaine:

.....please just wish everyone a happy Easter and stay safe lots of love

Elaine xxx

And finally,

(be prepared to groan!) 2 more jokes from our comedy correspondent, Kath Hoggarth's grandson.(Please tell us his name Kath)

- Singer Marti Pellow has been diagnosed with arthritis. He said "I feel it in my fingers, I feel it in my toes"
- A dermatologist who lost his job said "I've been handed my E45"
(are these sick jokes?-ed.)

And the last word from somewhere on the Internet:

"You realise what a boring life you led when a pandemic happens and you have to make zero changes to your lifestyle!"

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.