

St Cuthbert's Church: Bulletin for Sunday May 31st

PENTECOST OR WHIT SUNDAY



Some more easing of the lockdown from Monday will surely cheer us all up a little. Those of us who have family living nearby will be able to spend some socially distanced time together in the garden, in the park, or on the beach. You can even have a picnic. Unfortunately, there will be no possibility of any services in church at the present time. However, thanks to the Internet, we can participate, albeit in a limited way, in some form of communal worship.

Several churches near Ormesby are regularly streaming services including St. Cuthbert's at Marton and Holy Trinity at North Ormesby. Click on the links below. <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/> and find out what is happening nationally.

This Sunday you might like to watch a very special virtual service for the feast of Pentecost.

His Holiness Pope Francis will take part in an online church service alongside the Archbishops of York and Canterbury and a number of other senior UK church leaders for the first time online.

He will deliver a special message for the virtual service for Pentecost Sunday – the day Christians celebrate the coming of the Holy Spirit and the birth of the Church.

The Pope's heartfelt message calls on all Christians to seek a fresh outpouring of the Holy Spirit in order that they might be bearers of Christ's love, light and hope, in a world "experiencing a tragic famine of hope" but also urges a turning away from the "selfish pursuit of success without caring for those left behind" and to be united in facing the "pandemics of the virus and of hunger, war, contempt for life and indifference to others."

The service can be watched on [the Church of England website](#), [Facebook page](#) or [YouTube channel](#) at 9am Sunday 31st May. Click on the links in blue.

The **Bible readings** for this Sunday, as laid down in the Church of England Lectionary, are 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 Pentecost.

First reading Acts 2.1-21

The Epistle 1 Corinthians 12.3b-13

The Gospel John 7.37-39



The Collect for Pentecost.

Holy Spirit, sent by the Father,
ignite in us your holy fire;
strengthen your children with the gift of faith,
revive your Church with the breath of love,
and renew the face of the earth,
through Jesus Christ our Lord.

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.

The Archbishop retires



Dr. Sentamu retires on June 7th, but sadly his final service as Archbishop of York in York Minster on June 7th has had to be cancelled due to the Coronavirus. Instead he is to preach as part of the national online service broadcast by the Church of England on Sunday 7th June at 9am. This will be the last day in his role as Archbishop of York. His wife the Revd.

Margaret Sentamu, will lead a time of prayer in the service.

You will be able to watch the service live or on replay via [the Church of England's Facebook page](#) or [the Church of England website](#). (click on the links)

The Diocese of York will be releasing a video tribute to Dr Sentamu online on Friday 5th June, made during the 'lockdown' response to the COVID-19 virus outbreak, and based on a series of recollections recorded by lay and ordained people from across the Diocese which has been led by Archbishop Sentamu since the 30th November 2005.

If you want to know what is going on in the Diocese, you might like to get their newsheet "The Journal" emailed to you. Subscribe, free by emailing www.dioceseofyork.org.uk/briefing.

A Letter from Elizabeth, our Reader in Training

This Sunday is Pentecost a day that celebrates and remembers the coming of the Holy Spirit upon the believers of Jesus, giving them the power and the courage to proclaim the Lord Jesus as the Christ to the world. This is a great mystery; the spirit came as a great wind and in tongues of fire. There was no natural wind the disciples and believers were inside a house, they felt no movement of air, but they heard a sudden sound like the blowing of a "violent wind that filled the house where they were sitting." (2.2) Many of these gathered in the inner room had been fishermen they would know the sound of wind their lives would depend on the wind in a boat. There was a crowd outside the house and the people asked, "what does this mean?" Today we to are still asking "What does this mean?"



To understand what Pentecost means we need to go back to the first chapter in Acts v. 4 & 5 when ..." the risen Lord Jesus instructed the disciples to wait in Jerusalem for the promise of the father the Holy Spirit, Jesus explained that they would be baptised with the "holy Spirit." (Acts 1.5) The coming of the holy spirit was foretold centuries earlier in the book of psalms. Especially in psalm 104 ascribed by one of the earliest translations of the Old Testament, the Septuagint, as being written by King David. This psalm tells of God's power of creation, in poetic language it tells of the creation of the world and in verse 3 "He makes the wind his servant his messenger flames of fire." In the same psalm v30

“when you send forth your spirit they are created.” This psalm seems to speak of the events of Pentecost as an act of God’s recreation breathing new life into believers.

God’s timing is perfect. The timing of the gift of the Holy Spirit was 50 days after the Passover festival, “Pent” means 50 in Greek. This would be the Jewish festival of ‘Shavuot’ or in English the festival of weeks. We would call this a harvest festival. The word ‘Shavuot’ means weeks. It is a time of thank God for his creation and for providing substance for his people. At this time most of the Roman world was situated around

the Mediterranean Sea in many different countries. There were Jewish people spread far and wide across the empire. In those days, the quickest way to travel long distances was by ship. As we find when we read of the journeys of St. Paul. The Mediterranean Sea was the motorway of the Roman empire. Because of its’ importance to the empire all



countries ports were well maintained and ships traded frequently it was how the empire made a lot of money from tax. These ships also took passengers. The sea was subject to storms in early spring, in time for the Passover festival, and in late autumn in time for the feast of the tabernacles, making it difficult to travel. At the time of ‘Shavuot’ the sea was calm and travel easy, of all the Jewish feasts this would be the one to attract the most Jewish people from around the then known world.

I have often wondered why Luke gives us such a long list of nations, the names of which mean nothing to us today and will have changes even then to Roman names. It may be that these devout Jews (they were going to the temple for a festival), had been disbursed through captivity and persecution, returned to Jerusalem to seek God. At the time of Pentecost, they received from Peter the good news of Jesus’ offer of salvation and everlasting life. In that crowd too there would have been many gentiles (non-Jews) Jerusalem was a capital city, traders would come to make money there, especially at a festival time. They too would here the good news.

This time of Pentecost was the start if the spread of Christianity. From Jerusalem Christianity would spread to all people in 39 cities and over 30 countries in the Roman Empire all in the first century. The Church started here!

The Christian church did not start by its’ own power, or man’s will. The disciples were empowered by God’s Holy Spirit in the tongues of flame and the wind when the promised counsellor and guide came to them after Jesus’ ascension to heaven.

Sometimes in history a great moment happens and the world see and recognised it, in doing so the world is changed forever. At other times, a great moment in history is

only observed by a small group of people who witness to the event. The witness of the moment changes the world forever. Look at the behaviour of the group the disciples and others all present in one room (Act1.4). At this time, they were frightened and



staying inside in constant prayer. In this group where included women and probably some gentile believers all had a place in God's plan. Again in (Acts 2.1) all were together in one place, inside afraid of the authorities then.....the Holy Spirit comes in wind and flames a filling of the Holy Spirit on each of them. Not just the disciples, not just the Jewish believers, not even just the men ALL of them. Immediately they went outside and witnessed to the crowd all of whom heard them in their

own language, a kind of reverse Babel.

What does this mean? Pentecost is the dawning of the time of the Holy Spirit, God's people full of the Holy Spirit would witness to all the nations of the earth. God's Church at Pentecost is being equipped with the power to glorify His name **among all** the nations of the earth.

Elizabeth

Please help us survive the financial crisis:



Why wait until services restart again at St Cuthbert's before resuming your weekly offerings? It is really easy to donate regularly by standing order.

Ian our treasurer writes:

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** link.
- Consider donating by Standing Order; a form that you can use to setup a Standing Order [<https://stcuthbertsormesby.org.uk/pcc-documents/>] is available on the website.

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 without leaving the house.

For all those **Non-Gift Aided** donations please note that only donations **below £30** can be used to claim extra money from the tax man under the Small Gift Scheme (GASDS). HMRC say the following:

"In respect of GASDS, guidance on the eligibility for donations for inclusion in this scheme is clear in stating that claims can only be made on cash donations of £30 or less; and contactless card donations of £30 or less collected on or after 6 April 2019.

"Where it is the case, for example, of separate donations being given in a single envelope, then if the church/charity official is happy these are clearly separate 'small donations' (and clearly stated as such) then they will be eligible for GASDS, as is the case where separate envelopes are used".

So if you are saving those donations please indicate how many weeks the donation covers (note/letter) or if you use the Blue envelopes then supply the envelopes for all the weeks that your donation covers so that I know that your donation can be split as indicated above.

Thank you
Ian Hart

Safeguarding

A few words from Denise Lewis, our safeguarding officer.

I've been chatting to quite a few people over the past weeks. Several have told me how (after many weeks in lockdown) they have left the house for a walk only to have to return because they felt lightheaded. Pottering around the home and garden perhaps isn't enough exercise. I assumed, because I'd been doing a great deal of gardening, that this was enough but I'm finding it isn't. It's not the same as a good walk or an exercise class. So, are you getting enough exercise?



Regular exercising is good for the heart, keeps those joints moving and generally keeps the body fit and healthy but it is also good for the mind. If you can leave the house have a brisk walk for the body. Even 5 minutes is reported to be very beneficial. Have a slower walk for the mind. Look around you, look how the season is developing, perhaps you might have a chat to someone

(bearing in social distancing rules). Can't leave the home yet? Try a brisk walk up and down the garden path or your drive. Can you skip or jog on the spot? 😄 😊 Whatever you do will help.

As ever, stay alert to the problems others may be dealing with, do they or you need help?

Useful numbers

Childline 08001111

NSPCC 08088005000

Women's Aid 08088029999

Samaritans 116123

Mind 03002233393

Stay safe

Denise

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. Indeed, in these times, it is even more necessary. Read on to find out what's going on at St. Cuthbert's.

Food Bank

Sister Jane Emson from Brambles Farm has sent us this message

Dear Janet

A massive thank you from families and elderly people living on Brambles Farm and Thorntree for your generous donations of food that the congregation at St Cuthbert's have donated at such a difficult time

Some of the comments I have received have been

"I don't know how I would have managed if not for the food that the church has sent"

"The church has been so kind as it has been extremely difficult since I have not been able to go to work."

"It has been hard to feed my children whilst they have not been in school."

Thank you for your kindness
Jane

Get in touch with Deacon Janet if you want to donate items for the next collection. If in these days when shopping is difficult, you may prefer to give money rather than food, click on these links to see how you can do it.

<https://middlesbrough.foodbank.org.uk/give-help/>
<https://redcararea.foodbank.org.uk/give-help/donate-food/>

These websites will also tell you what the food banks need at the moment (no more baked beans!). If you prefer, Janet will collect provisions and/or money, which she will use to buy food,



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

Elizabeth Furnell is still running the Prayer Group during the lockdown.

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

Tel. 07807416007



Cuthbert Bear's Corner



***The Bible reading for today is from
The Acts of the Apostles, Chapter 2 verses
1 – 21.***

(If you haven't got a children's Bible, you might like to ask a grownup to read the story to you.)

This Sunday is a special day called **Pentecost**. It's special because this is the day the Holy Spirit comes to the disciples.

Jesus had promised the disciples he would send something special to help them tell people about God.

The disciples were together when a sound like a howling wind filled the room, a flame descended. The flame separated and touched each of the disciples. The disciples found they could speak different languages.

The people hear the disciples speaking their own language. Some were amazed but some thought the disciples had drunk too much wine!

Peter spoke to them. He told the people they were not drunk but filled with the Holy Spirit. That Jesus, who had died on the cross for them and brought back to life by God now sat beside God in heaven. Jesus had sent this wonderful gift to them. Peter told them to tell God they were sorry for the bad things they had done and that they would be filled with God's Holy Spirit too.

The disciples were now able to spread the word of God in many different countries.

Activities

1. What do you think the disciples would say to people they were meeting for the first time?

They might say "Peace be with you" or "Hello. Find how to say these in another language.

2. Draw a picture of what happened when the flames touched the disciples.
3. Make a head band with flames. You might draw the flames, cut them out (be careful with the scissors, you may need help to do this), stick them on to card band. Now wear it!

Denise

Readers' Contributions

A letter from Shirley Evans

I am sending my thanks to all who work on St Cuthbert's church bulletin. I am not on line so those messages and gospel readings keep me looking in the bible.

Last Sunday Deacon Janet helped us to understand the ascension and answered a question "who wrote Acts"? so now I know it was Luke. Thanks to Denise for the recipes, last Sundays looks very tasty. Lastly thanks to the messenger who posts my bulletin every Sunday.

Shirley

A Poem from Elaine

Caring ,
I care if you're unhappy
I care if tears you weep
I care if things go wrong for you
I care if you can't sleep ,
I care if life is breaking you and sometimes feels unfair,
Remember you are not alone; I am your friend.... I Care

Gardening during lockdown

We asked people to tell us what they have been getting up to during lockdown. Denise cooks of course, Janet, Elizabeth and Peter are all busy writing "sermons" (and very thought provoking they are too), but Elaine and Carol have both embarked on projects in the garden.

Elaine writes:

My Garden



So, while lockdown has been ongoing, I have gained a garden family of gnomes. Never did I think I would ever buy one, never mind seven! I have also decorated my garden wall with solar lights and ornaments and purchased a solar powered boot which now has three fairy-like people living there. I really love my garden people; they cheer me up



daily in these uncertain and changing times.

I hope everyone is keeping well and I'm looking forward to seeing everyone soon ,

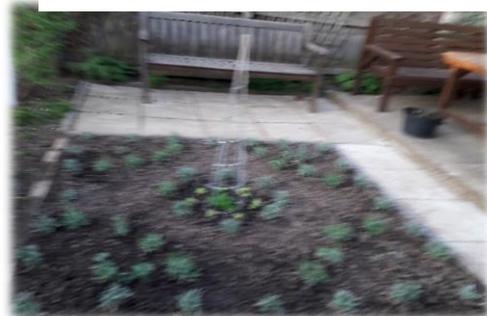


love from Elaine

Carol has been attempting to bring history into her garden!

Making a (very) mini knot garden

I am very interested in the history of gardening and have always been attracted to labyrinths, mazes and knot gardens. I thought it would be fun to have my own knot garden, but only having a spare space slightly less than 1.5 m. squared, it was always going to be a very small one. Furthermore, it was a sun-baked portion of poor heavy clay which had so far resisted most of my efforts to cultivate it. Still gardening is all about faith and hope isn't it?



March 2020. Just planted out.



May 2020. Beginning to take shape

Lavender seemed a better idea than the classic box as it smells nice and is bee friendly. It was the day before all the garden centres closed, but I managed to buy all the local centre's small lavender plants and supplement them with more bought on a rather nervous trip to B&Q. The rest of the plants were mainly scavenged from elsewhere in our garden, plus an online order of seeds (which are only just coming up.) It was great fun, if backbreaking getting it all planted out. You can see that it is coming on. In a few years when the lavender hedges have filled out, it might even begin to look like a proper knot garden! That's the thing about gardening, it teaches one patience! The bees and hoverflies are beginning to find it, so that's good .

Carol Bruce

Cooking with Denise

Pineapple Tea

Put the skin and the core of a pineapple into a medium pan.
Add vanilla (essence, paste or a pod). If using essence, I put about a tablespoon in as I like to really taste the vanilla.
Cover with water and bring to the boil. Simmer for 30 minutes.
Remove from the heat and add two tea bags and leave to infuse for 5 minutes.
Strain. Add sugar or honey if you wish. Leave to cool.
This is a very refreshing drink best served really cold.
Denise

Is there anyone else out there who would like to contribute recipes? Please email them to: carolmbruce@yahoo.co.uk



Last week's puzzle

You were asked to identify these objects and say how they are connected to our own patron saint.

They are crinoids.

Crinoids are an ancient fossil group that first appeared in the seas of the Middle Cambrian, about 300 million years before dinosaurs. They flourished in the Palaeozoic and Mesozoic, and some survive to the present day. St. Cuthbert found a use for them when during his time living on Lindisfarne and wanting more peace and quiet for prayer and contemplation, he

lived for a while on a small island nearby, now known as St. Cuthbert's Isle. Legend has it that he made rosaries from the fossil crinoids washed up on the sea shore. To this day these crinoids (still washed up locally) are known as St. Cuthbert's Beads.

You may have noticed that the headings are a rather dazzling red today. You might also have noticed a nod in the direction of the correct liturgical colours in previous bulletins.

Red is of course the colour that symbolises the Holy Spirit. We have had gold for Easter and next week it will be back again to green for Ordinary Time or Trinity.

Finally, a joke from Shirley

Baby camel talking to his mother. - "Why do I have such a large lump on my back?"
Mother tells him, - "so you can store water on long desert journeys".

"Why have I got long eye-lashes?" - " To protect your eyes in a sand storm."

"Why are my feet so large?" - " This is so you will not sink in the desert sand."

Baby camel, - " then what am I doing in Chester Zoo?

Contributions wanted!

If you read the printed version you can post your contributions to Janet C. or anyone on the PCC and they can forward them to me. So if you would like to contribute material, write us a letter, or comment on any of the subjects raised in the bulletin, please email it to me at: carolmbruce@yahoo.co.uk

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.

n.b.

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