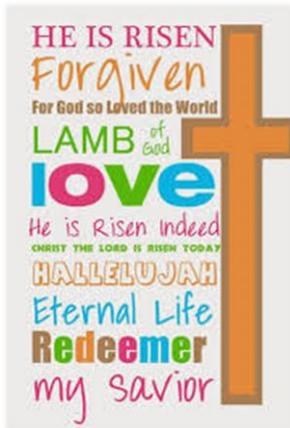


## St Cuthbert's Church: Bulletin for Sunday May 3<sup>rd</sup>

### THE FOURTH SUNDAY OF EASTER



The Prime Minister has told us that we have now reached the peak of the Pandemic in this country and that we are likely to see the infection rate decrease. Let us pray that this proves to be the situation. Even if this is the case, it is unlikely that we shall be able to join others in worship at St. Cuthbert's in the near future. However, even with the Coronavirus restrictions, we can still if we wish, participate, albeit virtually, in a church service.

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/> and find out what is happening nationally.

It's not too late to start following the Easter Pilgrim trail. 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](http://BibleGateway.com)

### Readings for the fourth Sunday of Easter

#### First reading

**Acts 2. v.42 to the end**

#### The Epistle

**1 Peter 2. v.19 to the end**

#### The Gospel

**John 14. v.1-14**



### Collect for the fourth Sunday of Easter

Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father.

## 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.

## How to donate to St. Cuthbert's during lockdown.

**Although you can't come to church to worship, you can still contribute. In fact, we really do need you to continue to make your usual offerings.**

### Ian our treasurer writes:

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

\*\*\*\*\*

## Deacon's letter for 3 May 2020.

### Janet Caldwell writes:

We all have family stories handed down to us; one of mine was my infamous attempt at being a sheep dog.



I was a toddler visiting Goathland for the first time and one spring morning I had been set down on the greens near St Mary's church to toddle amidst the daisies, with my baby reins untied. Where was the harm?

Into my line of vision strolled a couple of ewes with lambs at their heels, as free as free, not behind a farmer's fence as I usually saw them. They looked at me; I looked back; one of them blinked they moved, I sped off towards them immediately. They fled from me; I was in hot pursuit. The faster they moved the

faster I ran towards them. What a townie! What a disgrace!

How many weeks have we been in lock down 5? 6? It feels a lot longer. It feels that as a church community we have been scattered like those sheep; chased and scattered into our own homes, without a say in the matter. We are in uncharted territory - part of the national effort to keep us safe; to halt the spread of COVID 19, and to protect the NHS. We do not yet know how effective this policy will be nor how much longer it will last.

The reading from Acts 2: 42-47, which is one of the set readings for this Sunday, is not immediately helpful to me either as a Christian in lockdown. Luke gives us an account of the early church; of public repentance and baptism, of devotion to learning about the faith, of much praying; of taking part in the eucharist and he goes on to describe excellent examples of communal living and giving. Surely, he must have been exaggerating?

One of the harder instructions to come to terms with in recent weeks has been the denial of the Eucharist to us.

However; in the gospel reading of John 10: 1-10 we have the real good news: the image of Jesus as the door or gate to the sheepfold. In biblical times sheepfolds were often circles of stones to prevent access to wild animals and thieves at night-time, it was the job of the shepherd to act as the door or gate to the sheep fold. There was no door or physical gate as we would understand it rather the shepherd guarded the sheep with his own body. Obviously, the sheep would come to recognise, know and trust their shepherd's voice. He was the one who would lead them out to find pasture and some good grass to eat. (verse9)



Jesus chooses the image of the shepherd whom the sheep know they can trust. We too can be like sheep tending to panic and scatter, following unsuitable values or unsatisfying lifestyles. We need the good shepherd: we don't always recognise that we do, we often need coaxing to listen to his voice. The good shepherd is not one who wants to restrict our lives he says "I came that they might have life and have it abundantly"

Since lock down several of you have commented on how you are seeing the natural world with new eyes. The ability to appreciate beauty and the abundance of nature in springtime is part of having life abundantly. So is the increased awareness of the joys we have in friendships and relationships during this time of trial.

So, whilst we might feel we are stuck at home in the equivalent of a sheep fold, Jesus tell us that he is the door to the sheep fold and that the sheep knowing his voice should follow him. God looks after us and sends us a shepherd to defend us with his own life in the person of Jesus Christ. We need to learn and trust the shepherd's voice. True we may feel we are facing uncertain futures for ourselves, families, friends and for our church but like those sheep in the sheep fold we could use the time to learn to stand with the shepherd behind the gate and be safe. If you are unsure what your future actions or decisions should be; listen to the quiet calling of the good shepherd, you may not hear it with your own ears but you may feel it in your hearts and minds.

May the peace of the risen Christ be with us all Amen.

*Janet*

## **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**

Janet would like to thank people for their contributions to the foodbank which Sister Jane Emson will collect on Sunday.

12 bags to date and more promised!

The next collection date is 17 May.

### **Safeguarding**

#### **A few words from Denise Lewis, our safeguarding officer.**

Over the past few weeks, I've written to you to be aware of others' health and wellbeing but how is yours? Often, we are so consumed with looking after another that we don't recognise our own state of health. Take the time this week to sit for a moment and think, "How do I feel?" Are you in need of support and if the answer is yes, then get in touch with someone, a relative, a friend, your doctor. Don't keep it to yourself.

*Denise*

#### **useful phone numbers**

Childline: 08001111

Womens Aid: 08088029999

Samaritans: 116123

Mind: 03001233393

## 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

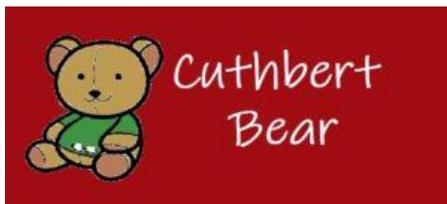
Anyone afraid, lonely or in need of fellowship can join me in prayer daily/weekly as preferred. Just because we are isolated as Christians, we should never feel we are abandoned.

Best Wishes

Elizabeth **07807416007**

*Elizabeth Furnell*

## Cuthbert Bear's Corner



*The Bible reading for today is about what Jesus' Apostles did after his Ascension.*

*(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*

### **Acts 2 42-47**

#### **The Fellowship of the Believers**

People followed the apostles' teachings and prayers, they were believers. The



believers were filled with wonder at the many things the apostles did.

The believers were together. They sold their property and possessions to give to anyone in need. They broke bread and ate together with glad and sincere hearts praising God. More people joined them every day.

## Activities



1. Who do you think are the people in need today?
2. Why do these people need help?
3. How can we help the people in need?
4. Write a prayer for the people in need.



\*\*\*\*\*

## More stuff for kids

### Together at Home

Children in lockdown may well not be getting any religious education. Janet C. found a website which concerned parents might find both useful and fun.

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

This 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.

## Readers' Contributions

### A recipe to brighten up your breakfast!

Are you a bit bored with toast and marmalade? Does cereal leave you cold? Why save pancakes for Shrove Tuesday?

Denise has another recipe for you to try. As usual, her recipes are designed to use whatever ingredients you have to hand. If you don't have an ingredient use what you do have.

### **Breakfast Pancakes (serves 2 and at least 2 of your 5 a day)**

Beat 2 large eggs, 75g ground almonds, 2 tbsp water and a pinch of salt (optional). Heat a little oil in a large frying pan. Add half the mixture, tip the pan so the mix forms a pancake. Cook one side only until golden brown. Slide onto a warm plate.

Repeat with the rest of the mixture. Top each pancake with half a mashed avocado and a sliced peach. You could top this with a few grapes.  
Roll the pancake and serve.

*Denise*

**Is there anyone else out there who would like to contribute a recipe? Please email them to:**

[carolmbruce@yahoo.co.uk](mailto:carolmbruce@yahoo.co.uk)

**Jack, Janet Danks' 10-year-old grandson has written a lovely poem:**

### **The Forest Concert**

The fallen leaves **crunched** under my feet

The **creaking** branches protected me from the heat

Frogs **groaned** and jumped in excitement

First blossom sharing its **scent**.



The **drone** of insects all around

**Chirping** birds added to the sound

A gust of wind let out a **shrill screech**

The **brush** of fern on the ground below, out of reach.

Flowing water **ebbed** down the hill

Fish **splashing** where the water sits still.

### **He also sent us a riddle:**

Q. What do you get if you cross a skunk with an owl?

A. A bird that stinks but doesn't give two hoots!

## Now for something a bit more serious:

**Lesley Tart** and **Sue Warren**, two nurses who are members of our congregation, tell us about their work during the current crisis.

### Lesley Tart writes:

The care homes and home support services look after some of the country's most vulnerable people, and like the NHS, they care for all age groups.

I am based at two care homes one: a nursing home, caring for people living with dementia and people on the end of life pathway; the other an intermediate care home where people attend to receive assessment or physio before going home.

My voluntary work is in the community for people living with dementia, and their loved ones.

I can state that in these unprecedented times we are all giving more than we would normally give to help these people retain their dignity and health.

We must keep those of our residents infected with Covid 19 as comfortable as possible and deliver the care they need at the time it is needed.

Staff are also affected by this, which in turn puts added strain on the colleagues fit to work at any one time. This is the same for our colleagues in the NHS.

I can say I feel as protected as I can be, but my main strength comes from the collaborative working from all services and the support from the general public. All nurses and carers I know feel very emotional at the displays of kindness and recognition, the clapping, the cards of thanks, the phone calls; they are lovely.

Be assured that at the time when loved ones should be with their family, especially at the end of life, although we cannot replace them, we can do our very best, supporting them on this journey. It's a privilege.

Thank you and stay safe.

Blessings and prayers to you all.

*Lesley*

### A Note from Sue Warren, NHS Nurse

The NHS as you all know I'm sure, is facing the biggest challenge in its history. I am based at James Cook University Hospital which has certainly pulled out all the stops to give gold standard care for the local community in these unprecedented times.

As health care professionals, we are getting tremendous support from both our organisation and indeed the people of Middlesbrough and surrounding areas, which is such a boost to staff morale.

Watching the news this evening, it appears we have at least another three weeks in

lockdown. I know this is difficult for many, however it is vital to ensure the NHS can cope with the number of people infected by Covid-19.

We are beginning to see encouraging signs that the government strategy is working, there is a small light at the end of this long tunnel!

On behalf of myself and my NHS colleagues I would personally like to thank each and every one of you for your invaluable support. Stay safe everyone, sending love and prayers

Sue

**Thank you to Sue, Lesley and all the other brave health professionals who are carrying on working during these difficult days.**

### **A few jokes to finish with**

- Man goes into a corner shop to buy some gin for his wife. There were only a few bottles on a high shelf. "Ah" he said "I see you are keeping your spirits up"
- A couple are talking about where they will go for a holiday when the pandemic is over. "Tell you what" says one of them, "I'll stick this map of the world on the wall, you throw a dart at it, and wherever it lands, that's where we'll go." Turns out, they will be spending two weeks behind the fridge.

*(N.B The personal pronouns in this joke have been edited to make it non-sexist!)*

- I failed my driving test theory exam. The question said: "What is a sign you may see on a country road?". Apparently "Pick your own strawberries" isn't an acceptable answer.

### **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 all 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.*