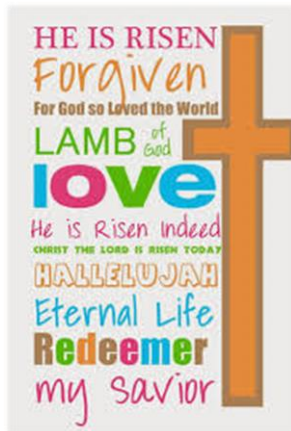


## St Cuthbert's Church: Bulletin for Sunday May 10th

### THE FIFTH SUNDAY OF EASTER



By the time you read this the Prime Minister may have informed us that there will be an easing of the lockdown. 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 fifth Sunday of Easter

#### First reading

**Acts 7. 55-end**

#### The Epistle

**1 Peter 2. 2-10**

#### The Gospel

**John 14. 1-14**



## **Collect for the fifth Sunday of Easter**

Risen Christ,  
your wounds declare your love for the world and the wonder of your risen life: give  
us compassion and courage to risk ourselves for those we serve,  
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.

## **On Friday we commemorated the 75<sup>th</sup> anniversary of the end of the Second World War in Europe.**

### **A prayer for VE Day**

#### ***From the Act of Commitment for Peace***

Lord God our Father  
We pledge ourselves to serve you and all human kind in the cause of peace  
For the relief of want and suffering and for the praise of your name.  
Guide us by your spirit. Give us wisdom Give us courage give us hope. And keep us  
faithful now and always.  
Amen

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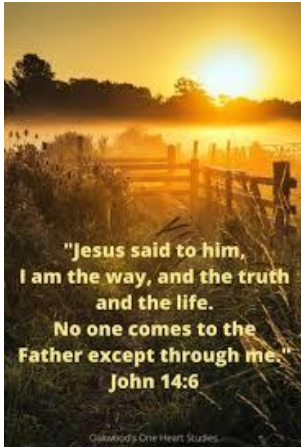
## **Elizabeth Furnell, our Reader-in-training, has been thinking about the meaning of this week's Gospel.**

### **(John 14 1-14)**

This last six weeks in lock-down isolation have been very strange. At the beginning it was quite nice – no duty, no responsibilities, a rest, a holiday at home. I missed the family greatly, but a family quiz night was soon organized on something called "Zoom". I got to see all my girls and their families with my sister at the same time in cyber space. We have not all been together for years. It was wonderful to talk together. The weather was nice too so pottering in the garden was a joy. All ok so far.

Then last week it all started to go wrong. The internet went down in a sulk, No more family "visits". The printer joined the strike in sympathy. And the lawn mower cut half the back lawn then died. It is not pretty to see an elderly woman cry!!

Frustration, confusion, fear and sadness were emotions that were felt by the disciples



in our reading today. Jesus reassures them and comforts them. The way to eternal life is unseen, and the details of eternity are unknown and unknowable. We should not fear because we know...and ...more importantly we trust in Jesus. He is preparing a place for all who believe and trust in Him they will be where he is for eternity.

Then we have Thomas, I am sure he must have been a lawyer or a teacher he always wants facts and proof. So much of Jesus' teaching is explained by Him talking to Thomas. In this reading Thomas wants a post code and a sat-nav reading, "how can we know the way," he complains. What a wonderful feed line for one of the greatest lines in the whole of scripture. The whole of the Bible is encompassed in the words, "I am the way and the truth and the light." John puts his faith in such a wonderful poetic way. Jesus, God and man is the only way. By uniting our lives with his we are uniting with God in his kingdom.

Take a step back and look at this passage: note that in fourteen short verses the words "I am" are used by Jesus seven times. This emphasis is important these same simple words are recorded as used by God when he met with Moses by the burning bush. When Moses asked God's name the answer was "I am who I am". Jesus is letting his disciples know repeatedly that He and God are one. The God of past, present, future and all eternity.

When you stop and relist the magnitude of Jesus' promise all petty inconveniences of modern life fade away. God existed before man and humans have survived before technology it is just a passing phase.

I can always cut my grass as my grandmother did all her life...two hours on my knees with a pair of scissors will do me good.

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## Money (again!)

Members of St. Cuthbert's church who perhaps are saving their collection money in envelopes or jam jars against the day when we can return to church, might consider

other ways of giving money. We really do need that weekly income: bills will not necessarily wait until after lockdown.

### **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 without leaving the house.

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## **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. The next collection date is 17 May. Get in touch with Janet if you want to donate. If in these days when shopping is difficult, you may prefer to give money, click on these links to see how you can do it. These websites will also tell you what the food banks need at the moment (no more baked beans!).

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

### **Safeguarding**

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

I'm hearing and reading in the news how A&E and doctors' surgeries are not as busy as usual. People are not using the medical facilities for fear of catching COVID-19. The health service is taking the action needed to prevent the spread of this virus. If you think you are showing the symptoms of COVID-19 and need medical assistance you are advised to contact 111. If you need treatment for any other illness your doctor is still there for you. To delay contacting your doctor could lead to greater suffering. Don't delay contact your doctor today.

*Denise*

### useful phone numbers

Childline 08001111

Womens Aid 08088029999

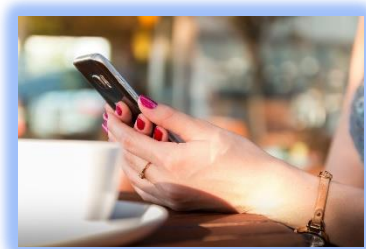
Samaritans 116123

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 from St. John's Gospel, chapter 14, verses 1-14***

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

Before his death, Jesus was comforting his disciples, telling them his Father's house had many rooms. Jesus said he was going there to prepare a place for them. He said, "I will come back for you and take you with me." Phillip asked Jesus to show them the Father. Thomas said, "Lord we don't know where we are going." Jesus told them that he was the way. He was telling them that he was the bridge between them and God. "You believe in God, believe also in me."



## Activities

1. Why do you think Phillip and Thomas were asking for proof of what was to come?
2. What would you like to see in your room?
3. Draw a picture or make a model of your room.

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## 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.



### Some school jokes to keep you going until you can get back in the classroom!

Q: Why did the music teacher need a ladder?

A: To reach the high notes.

Q: What object is king of the classroom?

A: The ruler!

Q: What do elves learn in school?

A: The elf-abet!

Q: What did you learn in school today?

A: Not enough, I have to go back tomorrow

## Readers' Contributions

### A poem from Shirley Evans.

#### *A prayer sent to me from a friend in Bristol*

I said a prayer for you today  
And I know you must have heard  
I felt the answer in my heart,  
Thou He spoke not a word.  
I didn't ask for wealth or fame  
I know you wouldn't mind  
I asked for priceless treasure of a far more lasting kind.  
I prayed that He'd be near you  
At the start of each day  
To grant you health and blessings  
And friends to share your way!  
I asked for happiness for you  
In all things great and small  
But that you'd know his loving care  
I prayed for most of all.

*Shirley*

### Janet Danks' 10-year-old grandson, Jack, has sent us some more of his work.

Jack's class have been reading *The Diary of Anne Frank* at school. Of course, our current lockdown experience cannot begin to compare with Anne's, except that she kept a diary and now Jack has done the same as part of his home schooling. Here is an extract from his Covid 19 lockdown diary.



## **Monday 20<sup>th</sup> April**

Dear Diary,

Today I woke up feeling dread, as I remembered that it was no longer the Easter holidays, it was a home school day. Trying to erase the thought of work from my mind I got dressed and slowly walked downstairs. A reasonable amount of work was there waiting for me on the table. As I started to think more on the positive side of doing work, I realised that it does help me to get through the day of quarantine a lot quicker.

You might be asking why I am in isolation but don't worry because answers will be given in the rest of this paragraph. I am stuck at home all day because of a world-changing virus called Covid-19 which is currently forcing the majority of people to stay safe and stay home. The part of the day I look forward to the most is getting an hour of exercise each day. Coronavirus (Covid-19) has impacted all of our lives in a way nobody could have expected.

This morning I was a little hesitant to start my work because I had become used to a nice relaxing day with no studies to complete. Eventually, with some encouragement, I started my maths work and learned about vertically opposite angles. I found this quite fun and I felt like I was back in the mood to do school work. After I finished my maths, I created a healthy eating menu as part of my science lesson. Yet again I enjoyed this task more than I had anticipated. After what felt like an eternity I had a break in which I went for a tiring bike ride. Unfortunately, I bruised my knee by accidentally knocking it against the framework. I carried on in spite of this.

Later on, I did my times tables and reading before venturing into the kitchen to learn some home economics in the form of baking an appetising lemon drizzle cake! My dad and I spent around half an hour in hope that it wouldn't turn out to be a disaster. Luckily for us it didn't and looked tongue tantalising enough for me to try it later.

Tomorrow I am looking forward to catch up with my friends via facetime to celebrate Jacob's birthday and perhaps even another slice of cake.....

*Jack*

***What is everyone else doing during lockdown?***

***Are you keeping a diary or a video record?***

***We would like to hear from you. Photos welcome too.***



## Should Churches reopen soon?

Many German churches reopened on Sunday morning after most have been closed for more than a month in an effort to curb the spread of coronavirus.

Worshippers will have to wear masks, respect social distancing, and no singing will be allowed amid fears that it spreads the virus more easily.

A service with no singing! Some Germans have questioned this, but most people probably think this is a sensible measure as there is a large amount of anecdotal evidence that singing in choirs has contributed to the spread of coronavirus in some communities, including that of Berlin, where 59 out of 78 singers from the choir of the Protestant cathedral went down with the virus.

**The Church of England** has no plans to reopen churches just yet. During a video-conference call on Tuesday led by Bishop of London Dame Sarah Mullally, the church's House of Bishops agreed in principle to lifting the closure of church buildings "in time and in parallel" with the Government's approach.

In a statement it said that members had agreed to three stages of re-opening church buildings once infection levels improve. (They gave no timescale, probably wisely, for resumption of "normal service")

The first phase would allow "very limited" access for activities such as streaming services or private prayer by clergy, so long as social distancing and hygiene precautions are taken, it added.

Some rites and ceremonies could then go ahead in phase two if permitted by law and if similar precautions are taken. What rites and ceremonies has not been specified.

The final phase would allow worship with "limited congregations" so long as Government restrictions are eased enough to allow this.

Nothing has been said about bell ringing, but many belfries like ours at Ormesby are too small for any kind of social distancing, so that will no doubt be one of the last activities to recommence.

Some people might argue that we could start the first phase now; in fact I think that many churches are already doing this; if you look on certain church websites you can see clergy and some laity (readers perhaps) conducting services of Holy Communion and reading prayers which are then live streamed. Many of the clergy have been unhappy that they have, in effect, been exiled from their own churches. Archbishop Justin Welby has been accused of being pusillanimous in decreeing that churches must close. If people can visit supermarkets to obtain food for the body (suitably socially distancing of course) one might wonder whether visiting a church for spiritual sustenance might not be also be possible, provided the usual measures are

put in place. Holding services is probably a step too far at this time, but a quick visit to a church could prove beneficial for many people's mental and spiritual health.

*Carol Bruce*

**What do our readers think about it all? Why not email us with your views?**

### **A new recipe from Denise**

This is a favourite of mine. Use it as a side dish or as a vegetarian main course.

Creamed Leeks

Melt a knob of butter in a large frying pan. Add a 2 tbsp of water. Slice a large leek and add to the pan. Cook over a medium heat until softened. (Don't allow the butter or the leeks to brown it will discolour the sauce but will still taste good). Add 4 tbsp double cream and 1 tbsp grated parmesan. Stir until heated through and parmesan has melted. Season to taste.

Adjust the amount of cream and parmesan you add to suit the size and number of leeks you use. Easily doubled.

*Denise*



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

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

### **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.*