

## St Cuthbert's Church: Bulletin for Sunday May 24th

### THE SUNDAY AFTER ASCENSION DAY



Although lockdown is being eased, there is still no news about when we might expect to see the resumption of services in our local churches. Thanks to the Internet, however, we are still able to participate, albeit in a limited way, in some form of communal worship. Several churches near Ormesby are participating including St. Cuthbert's at Marton and Holy Trinity at

North Ormesby.

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.

If you have followed the #Livelent or the Easter Pilgrim, you might like to participate in Thy Kingdom Come. Follow this link: <https://www.churchofengland.org/more/church-resources/thy-kingdom-come>

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](https://www.biblegateway.com)

### Readings for the Sunday after Ascension Day

#### First reading

**Acts 1.6-14 John 17.1-11**

#### The Epistle

**1 Peter 4.12-14; 5.6-11**

#### The Gospel

**John 17.1-11**



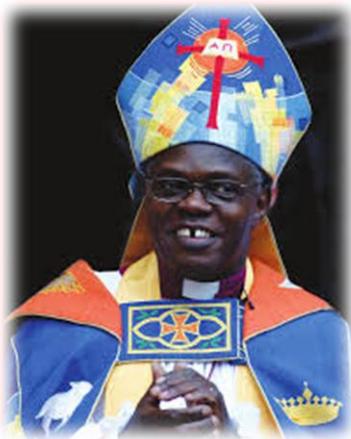
## Collect for the Sunday after Ascension Day

Risen, ascended Lord,  
as we rejoice at your triumph,  
fill your Church on earth with power and compassion,  
that all who are estranged by sin  
may find forgiveness and know your peace,  
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.

## Farewell to our Archbishop.



As most of you will know by now, Dr. Sentamu is retiring on June 7<sup>th</sup>. He has been at York since November 2005, and many of the St. Cuthbert's congregation have had the pleasure of meeting him during one of his visits to the parish. I am sure that everyone would like to send him good wishes for a long and happy retirement, when he will have time to spend on his various hobbies which include music, cooking, rugby and football. (watching presumably nowadays, rather than playing!)

Unfortunately, none of us will be able to be at the Minster in person to wish him well as he takes part in his final service as Archbishop, but we will be able to be there in spirit, thanks once more, to the Internet, as the Archbishop is to preach as part of the national online service broadcast by the Church of England on Sunday 7th June at 9.00am. 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. The Archbishop said, "I am pleased to have this opportunity for the second time to take part in this online service on what will be my last day in office. Like many of us, I too am missing being able to worship alongside others. I hope that many will join us on 7th June as we continue this way of worshipping. "We know that these times will pass and change will come, but our Lord and Saviour, King and Friend never changes. He is the same

yesterday, today and for ever - and deserves our never-ending praise! 'Come let us bow down, kneel and worship the Lord our Maker' ”.

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.

<https://www.facebook.com/thechurchofengland>

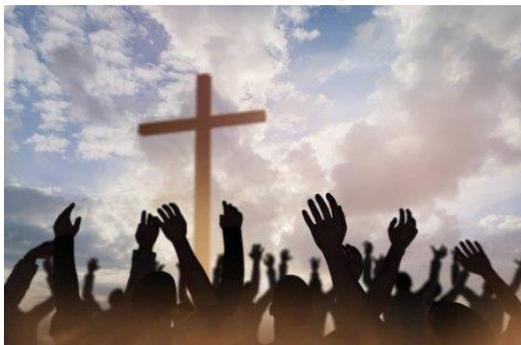
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## A letter from Deacon Janet

The Sunday after Ascension Day is an in-between sort of Sunday. Jesus has been taken back to his father in the mystical experience of his ascension, the Ascension. The visible has become the invisible, the mortal the immortal, whilst the disciples are told to await the coming of the Holy Spirit (Acts 1:6-14). St Luke has it that the disciples returned to Jerusalem with great joy (Luke 24:52) to await the coming of the Holy Spirit. What was there to be joyful about? Surely Luke was speaking with the benefit of hindsight as the writer of Acts he had experienced the next stage of the story.

How did the disciples really feel? Did they feel abandoned? Did they sense that they were marking time, wanting to move on but unable to do so until the Holy Spirit arrived? Perhaps they were fearful of the unknown; stuck in a time warp of someone else's doing. No matter that they had been prepared for this waiting period by Jesus Himself. Was it a period of stasis for them, like treading water and not really getting anywhere? We similarly we may feel stuck in an in-between type of world at present. The immediate danger of Covid 19 appears to be lessening. The early days of panic and alarm have moved on to more, contained, limiting world, confined to our homes, yet, looking to the future and wondering what it will bring.

The epistle for today is taken from the first letter of Peter; Chapter 4: 12-14 and 5: 6-11 in which he encourages Christians to take heart in any time of suffering or testing.



The current times have been and are testing for us all in different ways. The writer of Peter's letter exhorts the Christian community to take heart in difficult, changing, challenging times, knowing that other Christians are undergoing the same perplexities, constraints and worries. Peter's answer to those early Christians was to 'Cast all your anxiety on Him (God) as He cares for you'. This is not as passive an existence as

we might imagine because in the next sentences are warnings and yes, the writer actually states in verse 6 'keep alert' – words which have become so familiar to us. In Peter's case not a sound bite published by government departments to move the country forward, but sound spiritual advice to help us with daily living as Christians. How do Christians defend themselves from the works of the devil or as I prefer to call

them other harmful behaviours? I would advise by private prayer, studying the scriptures, devotional reading, acts of kindness or doing good deeds to use a very unfashionable phrase.

An arresting verse in this passage for me is verse 10 'we are called to his eternal glory in Christ' which as usual leads me back to the Gospels.

In our gospel reading today we have the perfect preparation text which gives us plenty to ponder about between Ascension Day and Pentecost.

The passage from John's Gospel Chapter 17 1-11 is part of Jesus's farewell speech as he prays for his disciples before he moves on to the glory of his crucifixion, resurrection and ascension. It is a reminder to Christians that Jesus is praying for them still. In this beautiful passage we are reminded of God's love for the world (remember John chapter 3 verse 16), and that through developing a relationship with Jesus Christ we are brought closer to God. Even more illuminating is the wonderful mystery that Jesus Christ begins in us in the here and now which is referred to as eternal life – "And this is eternal life that they may know you the only true God, and Jesus Christ whom you have sent."

To know Jesus is such an intimate phrase meaning that Christians can have a total relationship with Jesus both in this life and in the next. Jesus has the authority to give his disciples eternal life now, it is not just a concept that comes after death, rather it begins at some stage in our lives. And the process of being drawn into this eternal life is a lifelong process. All our boredoms, frustrations and concerns of our current situations should be set aside. This is the 'oneness' to which Jesus is referring in verse 11 which would take me another letter or sermon to explain more fully. This oneness will be unique to every person differing in various ways across the five senses. Raymond Chapman expresses it better than me\*

" He and the Father are one and all who believe in Him are one in more than human terms: they are one in and with God. This is a great mystery, not to be analysed but accepted into the heart -----Nothing but the grace of God can make us able to bear it. Between the triumph of the Ascension and the power of Pentecost, there is a time of silence to ponder and accept the inexpressible."

\*from 'Following the Gospel throughout the Year'

I would suggest and encourage you therefore to consider the lacuna of the ten days between Ascension Day and Pentecost as a time for spiritual reflection.

May God bless us.

Deacon Janet

## 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:

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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## Safeguarding

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

As this lockdown rolls on we need to take care of our mental health. Not being able to speak to our family and friends takes its toll.

I was speaking to a friend today. She was upset. A neighbour had committed suicide. It was a shock to everyone; no one knew his state of mind.

We need to talk. Set aside some time every day to speak to someone close to you. I usually grab a cup of tea before I make my telephone calls. I can have a chat and a cuppa at the same time.

Just speaking to someone will lift the spirits. It keeps you in touch with the outside world. We need to talk to one another, share our joys and our anxieties. A problem shared is a problem halved. Sharing your joys helps everyone.

Useful numbers

Childline 08001111

Women's Aid 08088029999

Samaritans 116123

Mind 03001233393

## 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**

Janet would like to thank people for their contributions to the foodbank. 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. 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/>



## **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  
The gospel according to John  
Chapter 17, verses 1-11.**

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

As Jesus prepared to leave the world he prayed to the Father. He begins by asking for the glorification of the Father and the Son.

He prays for the disciples that they may be protected and sanctified by God.

Jesus then prays for all who will become believers.

He speaks of what he has done in the past and of what he will do in the future.

Through his prayers he shows his love for God and God's love for the world. Jesus

leaves the world (the ascension) to be with the Father in heavenly glory.

He prays that one day his followers will join him with the Father to share in the glory and love.

### Activities

1. What do the words **glorification** and **sanctify** mean?
2. Can you think of the things Jesus did while he was on earth?
3. What was Jesus to do in the future?
4. Draw a storyboard of something Jesus did to help people.

Some ideas: made the blind see.  
cured the lame  
turned water to wine.

*Denise*



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## Readers' Contributions

### A puzzle

Do you know what these are?  
What is their connection with our own patron saint?

Answer in next week's bulletin.

*Carol*



### Cooking with Denise

Here is a dish to add a little extra to your Sunday lunch. Lovely with pork. If you want a vegetarian option simply leave out the bacon.

I've taken this from an old Tesco magazine. This serves 8 but easily halved.

#### **Roast carrot and parsnip with bacon and apple.**

Heat oven to gas 7, 220°C, 200°C fan.



Put onto a large baking tray 500g Chantenay carrots (halve larger ones) and 460g baby parsnips (halved lengthways). Drizzle over 2 tbsp oil and season. Roast 20 minutes. Add 180g smoked bacon lardons and 2 firm apples, cored and cut into 2cm wedges. Roast for a further 20/25 minutes. Combine 1/2 tbsp oil, 1 1/2 tbsp wholegrain mustard and 1 tbsp clear honey. Drizzle over veg, toss to coat. Roast for 5 minutes until golden and sticky.

*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!

Does anyone read this! Not many people are sending in contributions It would be lovely to hear from you. Even if you hate the bulletin! It would be really great to have a few more items from our readers; for example, some photographs of what you have been doing while you have been in lockdown would be good. (As long as they are legal!) Cuthbertina seems to have run out of joke's so can you help her out?

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](mailto: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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