

St Cuthbert's Church: Bulletin for Sunday June 14th



1ST SUNDAY AFTER TRINITY

Although many of the lockdown regulations have been eased, and Churches will be allowed to open for private prayer from June 15th, social distancing rules still preclude the possibility of holding services in our churches. If you would like to join

others in worship, even if only virtually, you can get online services streamed to your home. 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.

Our own church will be open on June 21st 21 June from 10:00 – 11:00 am. Details in the safeguarding column.

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

Readings for the first Sunday after Trinity

First reading Genesis 18. 1-15

The Epistle Romans 5 1-8

The Gospel Matthew 9. 35-10.8



The Collect for the first Sunday after Trinity

O God, the strength of all those who put their trust in you,
mercifully accept our prayers and, because through the weakness of our mortal
nature we can do no good thing without you,

grant us the help of your grace,
that in the keeping of your commandments
we may please you both in will and deed;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

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 prayer that follows was written by Esther Simpson who is a Diocesan Reader
for the Diocese of Down and Dromore in Northern Ireland

A Prayer for All Who Minister

Bless the Lord, all his hosts, his ministers, who do his will. Psalm 103:21

Father God, you send your angels to minister to us. Thank you for all those who minister in a particular way at this time: For those who work in hospitals, care homes, surgeries and pharmacies; For those who grow, produce, transport and supply our food; For those who clean, cook, clear up and keep us healthy; For those who speak, preach, call, write, blog, vlog, sing and pray into our isolation; For those who calm, cradle, carry, comfort and care for the dead and their families; For those who lead, decide, deliberate and govern; For those who seek, research, explore and assess treatments and cures; For those who give, bless, serve, love and tend the vulnerable and the needy; For all who in this season reflect you. Even as they mirror you, would you bless and protect and provide for them, our great Shepherd and the One who is always Enough. Amen.

You can find more of Esther's prayers on the website below.

<https://www.downanddromore.org/news/2020/04/prayers-for-lockdown>

Farewell to Archbishop Sentamu.....



Although Dr. Sentamu has now retired, you can still view the Diocese's tribute to Dr Sentamu online. The York diocese was led by Archbishop Sentamu from 30th November 2005 until last Sunday, when the popular and charismatic Archbishop began his well-earned retirement.

The video was made during the 'lockdown' due to the COVID-19 virus outbreak and was based on a series of recollections recorded by lay and

ordained people from across the Diocese. View it by clicking <https://www.facebook.com/archbishopofcanterbury/videos/2564504523787560/?v=2564504523787560>

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

..... And welcome to our new archdeacon

The Revd Dr Amanda Bloor, previously Vicar of Bembridge on the Isle of Wight, was



appointed to the role of Archdeacon of Cleveland in March, in succession to the Venerable Sam Rushton who has moved to the post of Archdeacon of York. She is currently Priest in Charge of Holy Trinity, Bembridge, on the Isle of Wight and Assistant Diocesan Director of Ordinands in the Diocese of Portsmouth. Ordained in 2004, she has previously served as Chaplain and Diocesan Advisor in Women's Ministry to the Bishop of Oxford, and as Area

Director of Ordinands for Berkshire.

The new Archdeacon of Cleveland will be formally collated into her new role in a private, spatially-distanced ceremony outside the home of the Bishop of Whitby on the 15th June 2020.



Christina Duncan

Christina Duncan, a long time regular and helper at St Cuthbert's Church died on 11th June at the age of 93.

Her daughter, Susan, said that she passed away peacefully in the afternoon. Chris will be remembered by many at St Cuthbert's for her tireless work and good humour. We ask that God keep her family in his care, especially her son Brian who will be unable to attend the funeral as he lives with his family in Canada.

A letter from our Deacon, Janet Caldwell.

I like St Matthew's Gospel because it seems to present the Good News in an orderly way. The Sermon on the Mount is in chapter 5 which is then followed by Jesus' teaching on prayer, on work, on the right attitudes to material things and that if we follow Jesus our lives and faith will be one of trust like a house built on rock rather than sand. (7:24-27) There follows a couple of chapters on Jesus performing healing miracles and calming the storm. Then the emphasis changes.

What a shocker! The responsibility now falls on the disciples of Jesus, the apostles, meaning those who are sent out. That's you and me.

Until this moment the disciples have been like passengers in a car where Jesus has been doing all the driving and the decision making about the route. Now he's telling them to go off and do it by themselves.

Today's gospel is about being let off the lead rein or having your stabilisers or L plates removed. In a learning situation it's like when the teacher says 'Now you have a go' for yourselves or at work when the supervisor moves away and you start to help your clients on your own or have to make something or start a process on your own.

Scary? A relief, a challenge possibly or perhaps somewhere in between. How interesting to speculate on how the disciples reacted. Who would go charging off eager to get on with the task without a plan (Peter?) Who might have asked a million questions about how they were actually going to cure sickness (Thomas?) or who might have wanted to know how much it would cost (Matthew?) or how he could use the situation to his advantage (Judas Iscariot). Easy to stereotype isn't it?

Nevertheless: the disciples were given responsibility for the first time and more importantly were 'given authority' by Jesus to go out to teach and heal in His name. It

may seem strange that they were to tend the people of Israel first, however, the time for mission to the Gentiles would not happen until after Jesus's resurrection. For now, Jesus commanded that the message of the kingdom be brought to the Jews first, so that the prophecies heard long ago down long centuries could be fulfilled. But; above all the message of the good news had to be given freely and it had been given to the disciples freely out of God's great love for the world through his son Jesus.



I can see parallels to the current situation. Like those first disciples setting out for the first time, we will be rebooting our ministry at Saint Cuthbert's soon. As a church we are taking the first careful steps to open our place of worship after a period of imposed lockdown caused by a global pandemic. It will soon be time to open our doors for public worship and we are to start this by having a period of private prayer on 21 June 10:00 – 11:00 am.

We are not asking you to convert the world but to come in and pray with fellow Christians for the needs of the parish.

Our church building, which was redesigned for the needs of the Victorians, must now be adapted to the needs of post-lockdown Ormesby. We do not know that Covid 19 has gone away completely: so, we are following government and church guidelines to make it as safe as possible for private prayer initially. This will involve a rearrangement of some of the pews, introduction of hand sanitizers, social distancing etc. Many of you I know make your own prayer and study time at home and please continue doing so, however, we need to offer our place of worship to those who wish to come and pray for themselves, their families and for the wider community of Ormesby as it makes the transition out of lockdown. There will be some benefit in our coming together to pray together as a Christian community albeit at a safe distance from each other, but not from God who doesn't have Covid 19!

During lockdown; the Church of England claims to have broadened its appeal by way of live streaming services via IT. And yes, I looked at what was on offer via my mobile phone. I have enjoyed Morning Prayer at Durham Cathedral then moved on to a mid-morning Eucharist somewhere else and perhaps come back to York Minster for evening prayer or for compline at a local parish church. I appreciated how united we are by use of a common liturgy and how beautiful church buildings are. I appreciated the fact that I could sign in or out at will and tune out of any service at any time that did not appeal to me. (I don't mind if hosts know at what time I left their service! Reasons would be provided). And yes, I'll admit that during the sunny days, I spent my time gardening instead.

There is no reason why we should not experiment with live streaming at St Cuthbert's at some time in the future. Now though it's time to get back to the reality of opening our church for regular prayer and worship. And there is no substitute for coming into



God's house, to that old and knocked about building with its strange furniture which has been made holy by the prayers of our ancestors and priests down the centuries who came together in peace and in war in times of suffering and hardship. And I am indeed looking forward to the day when we can hold Holy Communion services again and welcome families to Holy Baptism and to holding weddings and all of our usual activities.

It's going to be a slow and evolving process. Please pray for us all as we make these decisions. And as a useful text for prayer next Sunday I would offer you Philippians 4: 6-8.

"Do not worry about anything, but by everything in prayer and supplication with thanksgiving, let your requests be known to God. And the peace of God, which surpasses all understanding will guard your hearts and minds in Christ Jesus.'

with every blessing

Deacon Janet

N. B. Janet told me to feel free to "chop it if it is too long" I think you will agree with me that nothing Janet writes is ever too long!

Sacrament without boundaries: The Eucharist after Lockdown

By the Rev Michael Graham

You might be interested in this article in The Church of England Newspaper- click the link to read it.

<https://www.churchnewspaper.com/82526/archives>

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** 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.

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 to everyone who has been sending their donations while the Church has been closed.

Ian Hart

Safeguarding

A few words from Denise Lewis, our safeguarding officer.

As lockdown eases it is so easy to relax, to forget to follow the rules thinking the problem is over. We must stay alert and continue to follow government advice if we are to avoid a further spike in the number affected by COVID-19.

It's also easy to think people's situations are improving as they are able to get around a little more. People still suffer anxiety, people and children are still abused; people are still lonely. Keep a check on your neighbours and relatives they may need you.

Useful telephone numbers

Childline 08001111

NSPCC 08088005000

Women's Aid 08088029999

Samaritans 116123

Mind 03002233393

Stay safe, stay alert.

Opening of church

We have had confirmation that we may open the church for private prayer from 15th June. As we have not had access to the church since lockdown began the church needs first to be made safe, i.e. cleaned, aired, marked for social distancing and general preparation, before we are able to open. We will be doing this week commencing 15th June. It is intended to open the church each Sunday 10 till 11 am. The first day we are able to do this will be Sunday 21st June. This will be reviewed each week to accommodate the numbers of people wishing to attend and guidance from government and York.

Please note that the toilet will not be available for use. Don't have that extra cup of tea before you leave home!

Denise (Acting Chair P.C.C.)

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

Thanks to all who have donated to the food bank.

There are about 40-50 families that use the service regularly in Brambles Farm and Jane (i.e. Sister Jane the Church Army worker) is very grateful for it.

Get in touch with Deacon Janet if you want to donate items for the next collection. The next collection will be 28th June. You can drop provisions and/or money off at Janet's house or phone her.

Telephone: 01642 454790

These websites will tell you what the food banks need at the moment.

<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

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

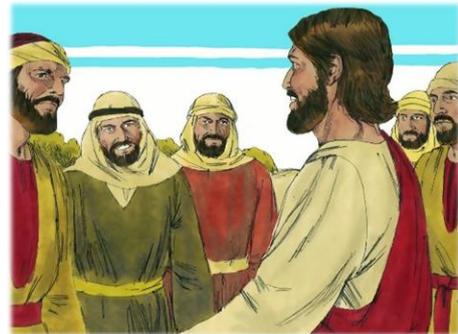


The Bible reading for today is from St Matthew's Gospel, chapter 9 verse 35 to chapter 10 verse 8

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

Jesus would go from village to village spreading the good news about God. He would teach in the synagogue. As Jesus travelled around, he would heal people. He would make the lame walk; the blind see and would cure people of diseases.

Jesus sends his disciples to Israel to teach those people who had lost their way. He tells his disciples to tell the people the Kingdom of Heaven has come nearer. He tells them to do as he has done, to heal the sick, raise the dead, cleanse those who have leprosy and drive out demons.



Activities

1. What were the names of the 12 disciples?



2. What is leprosy? (the picture will give you a clue)

3. Draw a picture of a synagogue where Jesus would have taught.

New Baby!

Our churchwarden, Janet Danks has now become a great grandmother
Congratulations !



Freya, born Sunday 7th June
8lbs 12 ounces.

Readers' Contributions

Cookery with Denise

This is a wonderful tomato sauce you can use as a base for pasta dishes.

Tomato Sauce

Preheat the oven to 200° C/180°C Fan/Gas

Roughly chop one red onion, a stick of celery and 500g of tomatoes. Toss together in a large roasting tin with two crushed garlic cloves, 2 tbsp of olive oil and plenty of seasoning. Roast for 30 minutes.

Scrape roasted veg into a blender. Whizz till smooth. Transfer to a large pan.

Add 400g tin of chopped tomatoes, 2 tbsp balsamic vinegar, 1 tsp sugar and a handful of chopped basil. Bring to the boil, simmer 15 minutes.

Martine Gibbon, who has been kind enough to say she likes the bulletin, has sent in a recipe. (It sounds like a useful way of using up those odds and ends like fizzy lemonade and cream that you might have bought for a party and not finished.)

Martine says: *I am sure many of the readers have their own favourite scone recipe (as I do) I did however try this recipe recently and found it very easy to make and some even preferred it to my usual recipe. This is the basic recipe you can add 100g blueberries or sultanas to it as well.*

Lemonade Scones

Ingredients

400 g (14oz) self-raising flour, plus extra to dust

175 ml (6 fl. oz) double cream

175 ml (6 fl. oz) lemonade



Directions

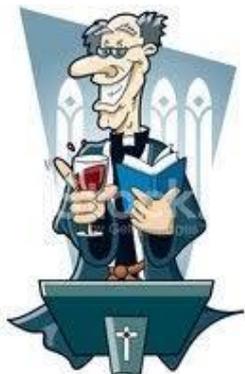
1. Preheat oven to 220°C (200°C fan) mark 7. In a large bowl mix all ingredients to make a dough. Knead briefly, then tip onto a floured surface and use your hands to press to a 2cm (3/4in) thickness.
2. Line a baking tray with parchment. Stamp out rounds and place on tray brush with a little milk
3. Bake for 12-15min until golden. Cool on a wire rack.

Thanks again for the bulletin

Martine Gibbon

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

Joke from Shirley (or did it really happen?)



Vicar preaching to his congregation on the evils of drink:

"I will prove to you with this experiment that drink is bad. I have a glass of water and a glass of whisky; I will put a worm in the water and one in the whisky. Now you will see the worm in the water is alive, the worm in the whisky is dead. This proves my point." At that a voice from the congregation shouted, "yes, if you do not want worms drink whisky."

Finally, some more from Wendy Lawson's collection of howlers and typos from parish magazines and church announcements.

- At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance on Friday afternoon.

Contributions wanted!

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 read the printed version you can post your contributions to Janet C. or anyone on the PCC and they can forward them to me.

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.

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