

## St Cuthbert's Church: Bulletin for Sunday June 21st

### 2ND SUNDAY AFTER TRINITY



Although many of the lockdown regulations have been eased, and Churches are now allowed to open for private prayer, 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.

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](http://www.dioceseofyork.org.uk/briefing).

**ST. CUTHBERT'S WILL BE OPEN ON JUNE 21ST JUNE FROM 10:00 – 11:00 AM. FOR PRIVATE PRAYER.**

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](http://BibleGateway.com)

#### Readings for the second Sunday after Trinity

**First reading** Genesis 21 8-21

**The Epistle** Romans 6 1b-11

**The Gospel** Matthew 10. 24-39



## The Collect for the first Sunday after Trinity

Lord, you have taught us  
that all our doings without love are nothing worth:  
send your Holy Spirit  
and pour into our hearts that most excellent gift of love,  
the true bond of peace and of all virtues,  
without which whoever lives is counted dead before you.  
Grant this for your only Son Jesus Christ's sake,  
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.

## 24<sup>th</sup> June. The feast of the Birth of John the Baptist.



John the Baptist is unusual among the saints in that we celebrate his feast day on the anniversary of his birth rather than his death. John, one of the first people to have churches dedicated to him, is the patron saint of missionaries because he was sent "to prepare the way of the Lord"

St. John's day traditionally marks the first day of summer, and as they have done with so many other of our Church festivals, Christians have incorporated in to this celebration, the ancient nature lore of the great summer festivals of pre-Christian times. In many European countries, fires are lighted on mountains and hilltops on the eve of his feast. In the colder northern

countries of Scandinavia this summer festival is enthusiastically celebrated. Even though we though we can't come to a service in church or extend much in the way of hospitality to our friends at the present time, perhaps we might get out of doors, maybe fire up the barbecue, or at least light a candle in honour of the precursor of Jesus.

The collect for the day is printed below if you would like to use it in your prayers.

## The collect for the feast of the birth of St. John the Baptist

Almighty God,  
by whose providence your servant John the Baptist was wonderfully born,  
and sent to prepare the way of your Son our Saviour  
by the preaching of repentance:  
lead us to repent according to his preaching  
and, after his example,  
constantly to speak the truth, boldly to rebuke vice,  
and patiently to suffer for the truth's sake;  
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 letter from our Reader In Training, Elizabeth Furnell.

### Matthew 10 24 – 39

For the last three months all people in our country have lived in fear, fear of a new and very contagious disease. With different restrictions for age and other medically conditions, for the most part we have obeyed the rules and stayed in our homes. As time went on it became obvious that people were even afraid to go to the doctors or the hospital when their need was urgent for fear of this disease. Fear is a strong and powerful emotion every human being feels its effect. We hide behind our masks and hand sanitisers and hope that we are safe, but though these things can help there is only one who can save. The rulers and authorities of all countries have long known the power of fear to control and direct their populace to conform to the way of this world. Anyone not conforming is accused of breaking the peace. Fear is increasingly driving our countries political priorities that seem to change by the day sometimes by the hour.

We, as Christians know that we can trust in the Lord. As it says in psalm 13 even in the most difficult circumstances and when we are feeling "down" and lost

"But I trust in your unfailing love;  
my heart rejoices in your salvation.  
I will sing the LORD's praise,  
for he has been good to me."

In today's reading, Jesus knew that fear would cause the disciples concern in their discipleship. The disciples were asked to leave all they had known, leave their homes

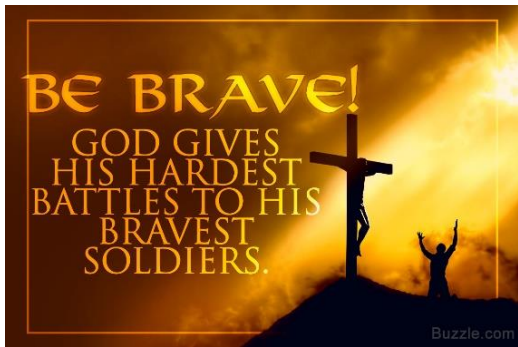
their families and friends, to follow where He had led. To go out and proclaim the coming of the reign of God. Even these men who had been with Jesus and been taught by him would know the power of fear. For them at that time the chance of arrest and prosecution are very real. The proclamation of the gospel and its practice puts disciples on a direct collision course with the powers of this world. Jesus prepares his disciples to go and find the "lost sheep" of Israel. To bring them back to God. Jesus is realistic and knows that the disciples will face threats and sometimes pain. But he tells them that they should not let the fear of what they face put them off. They are to master this fear and witness to what they have seen and heard.

Here Jesus describes the worst - case scenarios and then follows them with reassurance and calls to resist the fear. The mission of the disciples is to tell the gospel of good news to all they meet. And the power of the gospel will disclose secrets and things covered up. The teachings of Jesus have the power to disclose all.

The dominant message in verses 10- 31 is "Do not fear" however a warning is issued however the authorities treat the teacher they will also do to the followers and anyone with the same message. Even though the message may cause the messenger suffering the message must be proclaimed to all and not in a meek way "from the rooftops".

Reassurance comes from 28-31, God alone has the power to destroy the whole person, body and soul. God alone is the one Christians should fear. Jesus tells the disciples that God is not like the powers and authorities of this world. God knows and cares for his creation even for sparrows which are worth very little God cares for them, If God cares for the wild birds that are worth very little how much more will he care for us his children. God knows his children even to the number of hairs on their heads. He knows us and cares for us. We who live in a safe European country are so fortunate that we have the freedom to worship in the way that we wish. We live in a tolerant country. Think for a moment of all the places in the world where this is not the case. Places where imprisonment and even death for being a Christian is still a real threat.

At the end of this reading (37-39) we are told the call to discipleship is the most important job of a Christian. How many of us are comfortable in our homes and lives that we would risk arrest and punishment for the gospel? How many would put our families first? it is a very difficult path to follow and I do hope that is a call I never have to make but here we are clearly told to "take up the cross" and align ourselves with Christ in his mission and fate.



This has not been an easy reading to talk about but sometimes a bible reading that makes you think more deeply about the Lord's teaching is a good thing. We may not all agree with how this passage has been interpreted but just by thinking about the words of our Lord we come to a deeper understanding of God and his love for us.

Elizabeth

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### Getting ready for re-opening. The worker bees in action!

Janet Danks was there with her camera to film members of the P.C.C. who have been very busy cleaning and disinfecting St. Cuthbert's Church. It looks very clean and sparkling and is now ready for re-opening after being closed for three months.



***Dusters ready to go!***

So, if you feel you would like to come along on Sundays for a time of private prayer, and are prepared to obey the social distancing rules, you will be very welcome. You may have to queue to get in and you will have to keep two metres apart but even if we can't take part in a service. it will be lovely to return to our much loved church after so long away,

Thanks to the intrepid cleaners.....



*The sparkling sanctuary*



*Anyone got a tape measure?*



*Altar all prepared*

## 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*

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## **Safeguarding**

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

### **Opening of church**

As mentioned in last week's bulletin, the church will be open for private prayer on Sundays from 10am until 11 am. We must follow government guidance. If you have been told to self-isolate and that isolation has not been lifted, you should not be breaking that guidance. I know this must be very difficult but it's best to be safe than sorry. Remember, ultimately you are responsible for your own health and safety. 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.

- Useful telephone numbers
- Childline 08001111
- NSPCC 08088005000
- Women's Aid 08088029999
- Samaritans 116123
- Mind 03002233393

Stay safe, stay alert.  
*Denise* (Acting Chair P.C.C.)

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### **Necklace needs reuniting with Owner!**

Did you give **Debbie Bristow** a necklace to repair before lockdown? Debbie has repaired it but unfortunately, she has forgotten whose it was. She would like to return it, so if it is yours, please could you either let her know or email me at [carolmbruce@yahoo.co.uk](mailto:carolmbruce@yahoo.co.uk) and I will pass the message on.



## 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 1 Samuel chapter 24, verses 1-17.**

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

### David spares Saul

Saul was told David was in the En Gedi wilderness. Saul took three thousand men and went to find David.

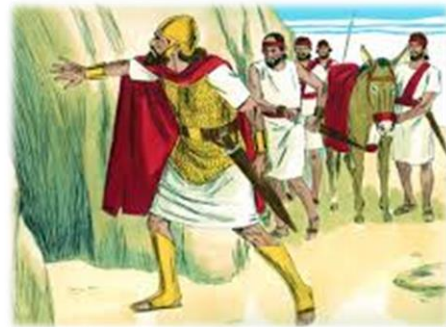
Saul went into a cave; David and his men were hiding at the back of the cave.

David's men said to David " This is the day of which the Lord said to you 'Behold, I will deliver your enemy to you. You are to deal with him as you think best.'" David secretly cut off a piece of Saul's robe. David didn't want to harm Saul.

Saul left the cave. David called after him, he held up the piece of cloth he had cut from Saul's robe. He showed Saul he could have killed him but didn't.

David said, "I have not sinned against you but you have hunted me and wish to kill me. Let God be the judge between you and me."

Saul wept saying, "You are more righteous than I, for you have rewarded me with good, whereas, I have rewarded you with evil."



### Activities

1. Make a story board to show the story of David and Saul.
2. Saul was king of Israel, when he and his son died David became king. How would they have dressed?
3. Make a headdress David and Saul would have worn.

*If you have never made a storyboard, here are a few hints:*

**Step 1:** Create a Template. Draw a series of rectangles on a piece of paper, as if you were creating a comic strip. ...

**Step 2:** Add the Script. Under each rectangle, write the line of script or dialogue that corresponds to that scene.

**Step 3:** Sketch Out the Story. ...

**Step 4:** Add Notes.

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## Readers' Contributions

### The View from My Window by Joan Thomas

On Wednesday morning I awoke got out of bed, and looked at the clock, it was 15 minutes to seven. I went into the bathroom and took a shower, dried and got dressed. Going back into the bedroom to take my morning medication, glancing at the clock again to discover it was only twenty minutes past six!

Those damned birds are waking me earlier every morning. I don't really mind as their dawn chorus is so beautiful, they sing so in tune and time with each other I wonder who is the conductor among them.

As it was a bit too early for my breakfast, I made myself a cup of tea and watched the antics of the birds through my kitchen window.

First to visit the garden was a magpie tweeting away and he seemed to be saying, "That water looks good in the fountain think I will take a bath" So he splashed around spreading his wings and dipping his head under the water and over his back. Next, he jumped onto the lip of the bowl, shook himself so hard that he overbalanced and fell off.

Tweeting again "Oh well I'll just dry off on the fence in the sunshine." So, he spread out his wings and dried off. I wonder if his children wake him early to be fed?

The next visitor into the garden was my favourite bird , a blackbird, He sang his little heart out and seemed to be saying "wonder what's for breakfast this morning its looks good there's bread and cheese and a bit of cake, some sultanas and some seed."

In comes a wood pigeon, always frightens little birds away and eats everything.

Squawking like mad the blackbird replied, "Get out you big ugly bully" and the magpie joined in and chased the pigeon off.

My garden is looking quite lovely just now with peonies and roses in full bloom. I also have London pride, lily of the valley, pansies, violas, geraniums and primroses. The jasmine is just breaking into bud and it is all a perfect rainbow of colour and sunshine.

Beyond my garden is a field of corn starting to grow, there are 2 rabbits by the hedge and a squirrel along the fence. What a beautiful day. Who could feel alone or sad with such a wonderful view from the window. Only 15 minutes past 7! Oh well guess it's time for my breakfast now. I am quite happy to stay home, keep safe in isolation even after 10 weeks and I thank God for the "View from my window"

*Joan is now housebound and can't get out. Thank you, Joan for reminding us that we don't always need to leave home to find things to enjoy.*

## **Cookery with Denise**

If you like porridge but find it a bit heavy for warmer days here is a lighter recipe. You can find many versions of this recipe, this is mine.

This recipe makes 6 portions and will keep in the fridge for 5 days and is delicious.

### **Oat, peanut butter and fig jars**

Pour 600ml of boiling water over 180g of porridge oats. Add 75g of peanut butter and 40g of chopped ready to eat figs (remove stalks), 2 tsp vanilla extract and stir till thoroughly mixed. Leave to cool.

Stir through 240g of Greek yogurt (use 5% fat)

Spoon into glass jars. Top with remaining yogurt. Sprinkle with cinnamon.

**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)

## The funny side of lockdown?

- In our local supermarket, the staff usually carry on chatting to each other ignoring customers while they scan your shopping. Well, today I sneezed. That was the most attention I have received at the checkout in the last 10 years!



Thanks to Google for church signs.



- I went to the bank today to draw out some cash. Never in my wildest of wild dreams did I ever think I would go up to a bank cashier and request money with a mask on!

## 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](mailto: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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