

St Cuthbert's Church: Bulletin for Sunday June 7th



TRINITY SUNDAY

Although many of the lockdown regulations have been eased, 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.

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 Trinity Sunday

First reading Isaiah 40 12-17,27 to end

The Epistle 2 Corinthians 13, 11 to end

The Gospel Matthew 28 16-20



The Collect for Trinity Sunday

Almighty and everlasting God,
you have given us your servants grace,
by the confession of a true faith,
to acknowledge the glory of the eternal Trinity
and in the power of the divine majesty to worship the Unity:

keep us steadfast in this faith,
that we may evermore be defended from all adversities;
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.

Our Archbishop retires today.



Dr. Sentamu retires today, but sadly his final service as Archbishop of York in York Minster had to be cancelled due to the Coronavirus. You may have seen the national online service broadcast by the Church of England this morning (7th June) at 9am. His wife, the Revd. Margaret Sentamu, also took part by leading a time of prayer during the service.

Even if you missed it this morning, you will still be able to watch the service on replay via:

[the Church of England's Facebook page](#) or [the Church of England website](#). (click on the links)

The Diocese of York will be releasing a video tribute to Dr Sentamu online on Friday 5th June, made during the 'lockdown' response to the COVID-19 virus outbreak, and based on a series of recollections recorded by lay and ordained people from across the Diocese which has been led by Archbishop Sentamu since the 30th November 2005. 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.

A Letter from Canon Peter Bristow

The Blessed Trinity

Think of a group of three intelligent adults relaxing together in one of those conversations that have really taken off. They are being witty and responding quickly to each other, what in Ireland they call "the crack". There may be serious ideas, but nobody is being serious or pompous. There are jokes galore and puns; irony and mimicry and self-parody, but no one is being aggressive or nasty, just great love. Now an intelligent seven-year-old is in the room, completely baffled by it all, but she can clearly see the love. She knows all these people have not gone mad, but she has no idea what is going on. The talk seems to have some kind of purpose, but not one she can grasp. The room is full of fun, joy and happiness and she can see that. But she can't quite see why.

This child represents us when we hear about the Trinity. What is going on with these adults is enormously relevant and important for the child; but not with a relevance and importance she can understand. It is important and relevant because no child is *just* a child. Every child is growing up to be an adult, growing up to take part in "the crack". What is most important to her is what she doesn't understand, though she understands well enough that she too wants to be grown up. Her adult life is waiting for her, but she will only understand it when she takes part in it.



No child is just a child. No human being is just a human being. The child is on the way to sharing in a mysterious grown up life. All humans are on the way to sharing in a mysterious divine life. The child is on the way to sharing the life of the parents who made her. We are on the way to sharing the life of God who made us. But, for the child, grown up life is not completely unintelligible. Her future life is foreshadowed in the present life she can understand, in the care adults take of her, especially in the love, friendship, and joy they share with her.

Just as the child gets glimpses of what adult life can be from the interest and love grown-ups take in her, so human beings can get glimpses of what divine life can be from the interest God takes in us. That interest, care and attention is the story that is told in the Bible, from creation of humankind to the sending of God's son to be one of us.

What do we learn from this story about what God has done for us? First that God wished to create humans to share his own life with them. That he chose a people to make known this life. That he eventually sent His Son to us, to know our world as it is,

in all its energy and joy, in all its frailty, foolishness and sin. That, for us, is a glimpse of God the **eternal parent**. Secondly, the Son, having taken on our humanity, is obedient to His Father and the task or mission His Father has given him. That for us, is a glimpse, a picture of God as the **eternal child**. Thirdly, in response to this obedience, an obedience even to death, God, having raised Jesus from the dead, brought him – this human being – to share in his divine joy. Then God allows this divine joy to spill out from Jesus upon all his brothers and sisters. The first disciples are filled with the joy of the Holy Spirit. That, for us, is a glimpse, a picture of God as the Lord of the Dance, the Lord of the crack, the God of **eternal joy**.

God's sending to us of his Son was his way of entering us into the mystery of God, the eternal Parent. The Son, Jesus, is obedient to the Father. Jesus is means by which we



enter the mystery of God, the eternal child. Because of Jesus' obedience, God is well pleased. That is our way of entering into the mystery of God, the eternal Joy. God the Father, the eternal Parent; God the Son, the eternal Child; God the Holy Spirit, the eternal Joy. This is the life and dance of the living God. This is the life we are looking to share fully in the future, sharing in "the crack" of God himself. It does not matter that we do not understand it all; the crack, the dance is too fast and subtle for

us here and now, but it does matter we get glimpses of it through the story of Jesus. It does not matter that we cannot imagine how we can attain it in our weakness and frailty, for like the child growing into an adult, we most surely will one day arrive. For God the Father, through his Son, is even now sending his Holy Spirit in readiness for us to live the full life of the divine crack, love and dance. One day we will be forever part of God's 'crack' and what an amazing 'crack' it will be.

Canon Peter



The news this week has been dreadful, especially for Black people. There was the murder of George Floyd in Minneapolis and in this country, it is becoming clear that a disproportionate number of BAME people, many of whom are hospital workers and carers are dying of Covid19. On the N.E. television news, it was reported that many young Black British people in our own region are increasingly being subject to racist behaviour.

On George Floyd's death The archbishop of Canterbury, Justin Welby said that white Christians should "repent of our own prejudices and do the urgent work of becoming better allies to our brothers and sisters of colour".

He added: "Centuries-old racism and white supremacy are a root cause of the suffering of black and minority ethnic communities here, in the USA and around the world. We must pray and work together for a new and more just society."

"People sometimes think that because you've got the power and the authority, you can abuse that authority. Martin Luther King said violence causes as many problems as it solves ... darkness cannot drive out darkness, only light can do that; hate cannot drive out hate, only love can do that." he said.

Carol Bruce

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 is beginning to lift and we ease our way back to some sort of normality, we still need to take care. The government stance is to stay alert but what does this mean? Up to six people can now meet but still observe social distancing, use face



coverings on public transport, wash your hands regularly and especially if you have been outside the home, use the hand sanitiser available when you go into public places and generally don't put yourself or others in a position where you might contract or spread the virus.

We need to balance our lives at the moment between being able to go about our daily business

and begin to be frightened not to. Only you can decide where that balance lies, so as ever, be mindful of your own state of health and of others.

Useful telephone numbers

Childline 08001111

NSPCC 08088005000

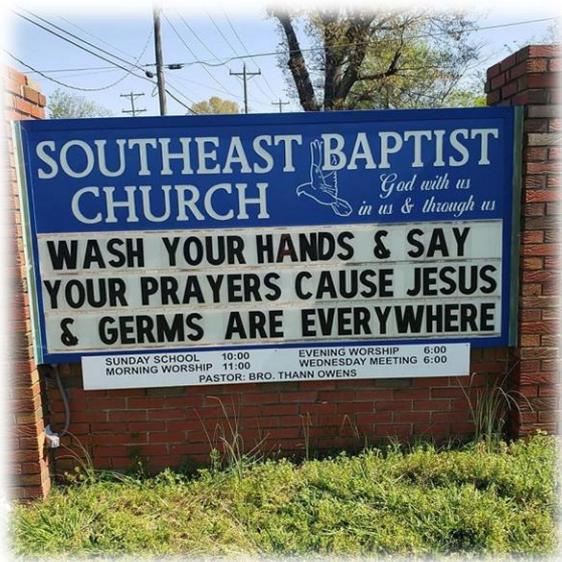
Women's Aid 08088029999

Samaritans 116123

Mind 03002233393

Stay safe, stay alert.

Denise



**From somewhere in the USA
(Thanks to Google)**

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 writes:

The next collection date is 14th June. People can either give me money or goods. 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. These websites will tell you what the food banks need at the moment. Janet will collect provisions and/or money.

<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



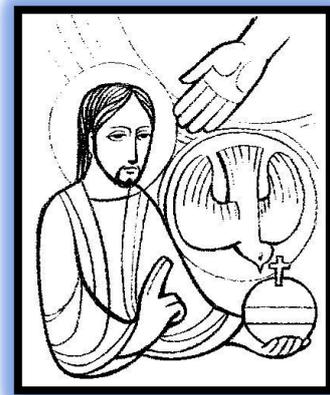
Cuthbert Bear's Corner



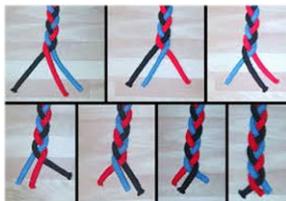
The Bible reading for today is from **St Matthew's Gospel, chapter 28, verses 16 -20**
(If you haven't got a children's Bible, you might like to ask a grownup to read the story to you.)

Today, 7th June, is **Trinity Sunday**. This is the day we celebrate the Holy Trinity. There are three persons in the Holy Trinity, God the Father, God the Son, Jesus and God the Holy Spirit. All three are God but together they are One.

The disciples went to a mountain in Galilee. They saw Jesus and worshipped him. Jesus told them to go make disciples of all nations and baptized them in the name of the Father and of the Son and if the Holy Spirit. They were to teach them to obey everything Jesus had told them. If they did this Jesus would be with them forever.



Activities



1. Make a Trinity bracelet. Take three long strands of different coloured wool. Plait these together. Tie it around your wrist. The three wools are separate but together make one bracelet.

2. The disciples went to Galilee. Where is Galilee?
3. Jesus told the disciples to make disciples of all nations. Which countries could the disciples travel to from Galilee?

Readers' Contributions

Congratulations to Lesley and Martin Tart!

Lesley writes:

Just to let you share my good news story.

I am a grandma!

Andy and Claire had a little boy yesterday, Henry Robert Tart.

Yes, our own little package of HRT!!!

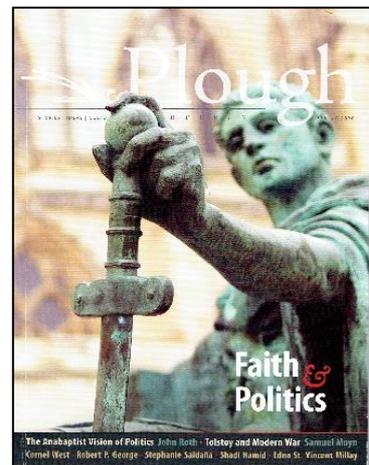
Larry Bruce would like to tell you about *PLOUGH*, a magazine he enjoys reading.

A recent print issue of my favourite weekly , The Spectator (www.spectator.co.uk) featured an advertising insert for *Plough*, an award-winning international magazine of faith, culture, and society (<https://www.plough.com/en>). Founded in 1920, *Plough* asks the big questions: How can we live well together, and what gives life purpose? *Plough* is the magazine of the Bruderhof, an international movement of Christian communities whose members are called to follow Jesus together in the spirit of the Sermon on the Mount. It also publishes a line of books, including literary nonfiction and fiction, children's books, Christian books, and graphic novels. The magazine appears quarterly in print (£14 per year) but also in a weekly online edition for which there is no charge. You just sign up giving your name and email address, that's all. This is what I have done and I have found the articles refreshing and stimulating. Give it a go- sign up for free at

<https://www.plough.com/en/subscriptions/weekly>

Although the *Plough* Editorial Office is in Walden, New York, I would stress this is an international magazine with offices in the UK at Robertsbridge in Sussex. And just to emphasise the point here is the cover of the Spring 2020 issue with the photo of the Emperor Constantine outside York Minster!

Larry Bruce



Cooking with Denise

For chocoholics – ideal when only one of you wants cake!

Here's a quick recipe for an individual chocolate cake I was reminded of quite recently. In a large mug mix together 4 tbsp plain flour, 2 tbsp caster sugar and 2 tbsp cocoa powder. Mix together 2 tbsp sunflower oil, 1 egg and 3 tbsp milk. Add this to the mug and stir well to combine. Cook in the microwave, full power for 3 minutes. Serve with a dollop of cream/ice cream/icing/sauce on top.



This is one from Shirley Evans, it's a recipe from the **British Heart Foundation** advertising their book "**Quick and Healthy Recipes**".

Green Vegetable Frittata



Squeeze excess water from 100g of defrosted spinach.

Heat a tbsp of olive oil in a frying pan, add a chopped onion and soften for 8 minutes.

Cook 175g broccoli florets and 115g frozen peas in boiling water for 4 minutes.

Add 115g cooked, diced new potatoes to the onions. Cook for 5 minutes.

Mix in the broccoli, peas, spinach, 1 tsp mixed herbs and black pepper.

Beat 6 medium eggs, pour over vegetables. Cook until eggs begin to set, about 7 minutes.

Preheat grill to high. Sprinkle over 25g of reduced fat cheddar cheese, grated. Grill until melted.

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

Finally, Wendy Lawson has sent us a few howlers and typos from parish magazines and church announcements.

- Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care.

- The church will host an evening of fine dining, super entertainment and gracious hostility.
- Potluck supper Saturday at 5:00 PM - prayer and medication to follow
- Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.
- Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

(I'm not at all sure that you'd want to belong to this church!)

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.

n.b. The images used in these bulletins are reproduced from websites that offer free images. Any items which might be subject to copyright have been used inadvertently.