

St Cuthbert's Church: Bulletin for Sunday July 5th

4TH SUNDAY AFTER TRINITY



Getting back to normal?

Many of the lockdown regulations have been eased, and churches are now allowed to open for services.

From July 5th there will be a celebration of Holy Communion on Sundays at the usual time of 10.am. at St. Cuthbert's Church.

The ministry team would not like to feel that you are being pressurised into coming to services or receiving communion if you are uneasy about it. They would, however, like to reassure you that everything is being done to make the return to church as safe as possible. In line with Government regulations, social distancing rules and strict hygiene measures will be in place. There can be no shared chalice, so communion will be in one kind only, i.e. wafers, but no wine. Singing is also not permitted.

We won't be ringing the bells yet either, as the ringing chamber is too small to enable us to comply with the current social distancing regulations.

If you are still unsure about coming back to church, you may still find some streaming of live services online. Click on the link:

<https://www.churchofengland.org/>

to 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.

THIS WILL BE THE LAST ON-LINE BULLETIN.

From now on we will be going back to the weekly "pewsheet" If you are not able to return to attending services yet, you should continue to check this website or go to our Facebook page for up to date news about St. Cuthbert's.

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

Readings for the fourth Sunday after Trinity

Old Testament reading Genesis 24: 42-49, 58 to end.

The Epistle Romans 7: 15-25a

The Gospel Matthew 11: 16-19, 25 to end.



The Collect for the fourth Sunday after Trinity

Gracious Father,
by the obedience of Jesus
you brought salvation to our wayward world:
draw us into harmony with your will,
that we may find all things restored in him,
our Saviour Jesus Christ.

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.

A Letter from Deacon Janet

"Come to me all you that are weary and are carrying heavy burdens and I will give you rest.

For my yoke is easy and my burden is light." (Matthew, chapter 11: 28 and 30)

On 7 June the outgoing Archbishop of York Dr Sentamu was filmed or 'live streamed' as he lay down his crozier on the high altar of York Minster. It was a powerful moment as the Archbishop walked alone from the west end through the empty nave of that vast mediaeval space, past the rows of empty seats through the choir, past the monuments and side chapels to kneel in prayer in front of the high altar.

It was a piece of drama and effective theatre as one man prayed to his God. A recording of the York Minster choir singing the joyful Psalm 150 added to the poignancy. Outside were the trials of a country in lockdown. What a difference to the noisy joyful occasion of his enthronement. It made me reflective on what might possibly be going through his mind. Was it relief to lay down the burden of high office or was he thinking about what he was going to have for tea? I will never know.

The image of people carrying burdens persists throughout the centuries. In the last century who can forget the images of refugees, fleeing across Europe, Asia and Africa from invading armies or their persecutors carrying as many of their possessions as they could humanly carry.



Our own country has had its fair share of invading armies: Romans, Vikings. Normans, Scots.....and has also inflicted hardship on its own people e.g. the Highland clearances, Irish potato famine, the industrial revolution which brought wealth to a few and misery for many.

The image of carrying burdens is not only a physical one but can be emotional and spiritual too. We sometimes carry the very human burdens of doubt, of feelings of guilt, anger, grief, anxiety and to put it into churchy language the old fashioned term for this is sin – meaning the burden of sin such as cruelty, selfishness, disregard of others and neglect of God and our neighbour.

Jesus of course offers a new approach and a new way of living of freedom and of life now and life after death. The love of Jesus Christ is willing to take our burdens from us and when we rest in his presence He listens to our troubles and through the refreshment and presence of the Holy Spirit strengthens us on our journey through life.

Remember Jesus had his ministry amongst his own country men and women, where there was a long tradition of Torah study where the Pharisees devoted themselves to learning about the Law and its correct application. Paradoxically, it was the poor people and those at the margins who 'got' Jesus and his message, not always those in positions of authority. That's why he praises those who have received him like infants rather than those who claim to be wise.

Finally I think the burdens Jesus is referring to in today's gospel are our tendency to try too hard.

To worship God fully we need to love God and our neighbour as ourselves. What could be simpler than that? Yes: we should try to put the past behind but not forget about it altogether because it is an important part of who we are becoming.

End note

I would like to thank Carol and Larry for producing our magazine and also our doughty distributors Ian, Elaine, Elizabeth, Lewis and Lesley for delivering it in all weathers!

Janet

Welcome to the New Archbishop of York

The Rt. Rev. Stephen Cottrell will be confirmed as archbishop of York on Thursday 9th July.

The service will be in two parts: a legal ceremony with readings, prayers and music; and a film marking the first day of the 98th Archbishop of York's ministry.



Bishop Stephen Cottrell with his wife Rebecca

The new Archbishop was born and raised in a "very ordinary family" in Leigh-on-Sea, Essex. He attended a secondary modern school before studying art at the Polytechnic of Central London. He went on to work in the film industry, where although he held the title of assistant director, he told colleagues that he was

"basically a glorified tea boy – the bottom rung on a very long ladder."

He was ordained at the age of 26 and has worked within the Church ever since

Bishop Cottrell's background - particularly his education - is surprisingly different to other high ranking clergy.

The Archbishop of Canterbury Justin Welby attended Eton College before Trinity College, Cambridge. The current Archbishop of York, John Sentamu, also studied at Cambridge University. Figures show that half of bishops in the Church were privately educated, with 42 per cent going on to take a first degree at Oxbridge.

"I am aware when I am with my dear brother and sister bishops that my experience of education is very different from theirs," Bishop Cottrell said. "Sometimes, being really honest, I feel a little bit exposed because I think I didn't have the education opportunities they had and therefore don't have the hinterland of stuff that they have, but generally I find it an advantage. In spite of this,

"I will be a particular voice for the North, where discrepancies of wealth and opportunity are most evident," he added. "Having lived in the North of England, there is a north south divide. It is shockingly real."

He has written widely on evangelism, spirituality and discipleship. His interest in art led to his writing "Christ in the Wilderness: Reflecting on the paintings of Stanley Spencer (2012)". He has also written a book of children's stories, The Adventures of Naughty Nora

Stephen's interests include writing, reading, cooking and music. Like Dr. Sentamu he enjoys watching football. He is married to Rebecca, who is a potter and they have three sons.

If you would like to view the service, go to the Church of England website:

www.churchofengland.org/aby98 The link will be live just before 11.00am

Good News!

Wendy Lawson is now out of hospital and back home after a successful operation. **Barrie Bloom** has had a new heart valve fitted to replace a faulty one and is now back home and feeling great. On the same day, his wife Kath was able to return home after her stay in hospital

We would like to say "Thank you" to:

- **Our Deacon, Janet Caldwell**

Debbie Bristow emailed:

"I would like to thank Janet Caldwell for her pastoral care of us all. Her prayers on Facebook have been warmly received and her reflections in the newsletter have been thought provoking and uplifting. I have thoroughly enjoyed Cuthbertina's adventures and hope they continue. I think technology is great and when it's used well it works, it bridges the gap. "

Thank you Janet.

Debbie B

I am absolutely sure that Debbie is speaking for every member of St. Cuthbert's congregation here. (Editor)

- **Janet Caldwell, Peter Bristow and Elizabeth Furnell**
For their reflections which have never failed to be interesting and thought provoking and even at times a little disturbing.
- **Denise**
for her weekly Cuthbert Bear Column and cookery tips
- **Members of the P.C.C. and Ministry Team**
who have kept the work of the Church going in so many ways while we were in lockdown
- **Contributors to this bulletin**
For their articles, jokes, photographs and news to the bulletin.

Janet Caldwell would like to thank all the members of the P.C.C. including Ian, Denise, Elaine, (and Elaine's brother) Janet D. and anyone else who helped with the recent cleaning and re-ordering of the church. When services resume, check out our new spacious chancel.

Please help us survive the financial crisis:



Why wait until you return to services at St Cuthbert's before resuming your weekly offerings? It is really easy to donate regularly by standing order.

Ian our treasurer writes:

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.

While the Church was closed for all Services **we had 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

A few words from Denise Lewis, our safeguarding officer.

Safeguarding

Did you know you can only use hand sanitiser five times before you need to wash your hands with soap and water? Using soap and water is the best way to disinfect your hands.

Useful telephone numbers
Childline 08001111
Women's Aid 08088029999

Samaritans 116123
Mind 03001233393
NSPCC 080880050000

Janet Caldwell is looking for people to join her in an informal walking group.



See yourself in a group like this?

Would you like to explore the local area, get a bit fitter and spend time with friends?

Gentle walks for ex-couch potatoes!
Ring or text Janet if you are interested.

Home 01642454790, mobile 07809041169

Necklace still needs reuniting with Owner!

"Did you give **Debbie Bristow** a necklace to repair before lockdown?"
we have not yet had a reply to our appeals for the owner to contact us.

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 and I will pass the message on.

What's has been 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 12th. July. 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



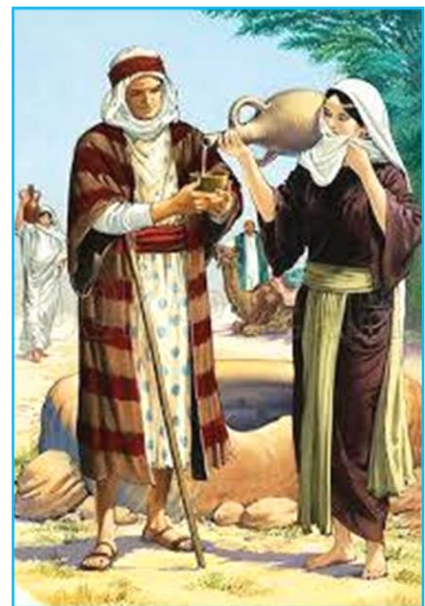
The Bible reading for today is from Genesis chapter 24 verses 34 - 67

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

Abraham and Sarah had one child, a son called Isaac. Abraham had followed the Lord's words and had become a very rich man. Abraham sent his servant to his family's house to find a wife for Isaac.

The servant wanted to find a good wife for Isaac. He waited by a well. He thought whoever drew water for him to drink and offered to draw water for his camels would be a good person. Rebekah came to the well, she gave the servant water to drink and gave the camels water too.

The servant spoke to Rebekah's mother and brother. Rebekah agreed to marry Isaac. The servant gave Rebekah, her mother and her brother many beautiful gifts of clothing and jewellery. Rebekah travelled with the servant to meet Isaac and she became his wife.



Activities

1. What do you think of the way a wife was found for Isaac? How do you expect to find a partner?
2. Draw a picture of the servant meeting Rebekah at the well.



3. What gifts might Rebekah and her family have received? Make one of those gifts. (For example, you could use pasta pieces, colour them and thread them onto string).

Readers' Contributions

One of Janet Caldwell's friends sent her this cartoon.



Quite appropriate for our "pastor" !

Cooking with Denise

Broad beans are not everyone's favourite vegetable but with a little effort you can get rid of that bitter taste by skinning the bean.

Really is worth the effort.

Broad Bean Salad

400g prodded broad beans. Cook in boiling water for 3 to 4 minutes. Plunge into cold water. When Cool enough to handle pop the bean from its skin

Mix together 1tbsp white wine vinegar and 3 tbsp olive oil with seasoning to taste (could add a small grated clove of garlic) . Warm the broad beans, stir in dressing and serve.

Additions

Chopped smoked bacon, fried until crisp, scatter over the top of the beans.

Diced courgette fried in a little olive oil until golden. Stir into beans.

Scatter over crumbled feta cheese or ricotta cheese.

Finally, for Cuthbertina's many fans.

Janet has sent some more pictures of your favourite bear. (especially for you Debbie!)



(I'm not sure Cuthbertina is really having fun here, she looks a bit worried to me. Nice peg bag though!)

Do you think Cuthbertina looks good in her outfit. I see she's got her binoculars ready. Is she going to wear it for the Derby tomorrow? (Or yesterday, depending on when you see this)



Cuthbertina having fun in the garden

All dressed up for Royal Ascot

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

Well, that's it. Our very last on-line bulletin. (unless we get locked down again.) It has been a pleasure producing it. We hope you have enjoyed reading it.