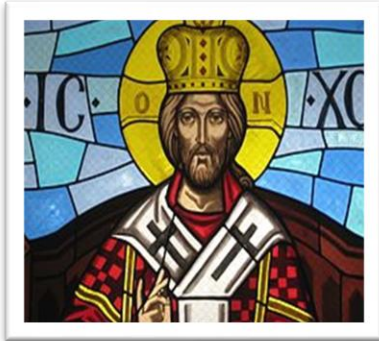




St. Cuthbert's Church, Ormesby
Bulletin for Sunday November 22nd



SUNDAY NEXT BEFORE ADVENT
CHRIST THE KING

“STIR UP SUNDAY”

Welcome to the third issue of our current lockdown bulletin. We hope you will enjoy it and find it useful while we are unable to hold our regular services in church.

Meanwhile, St. Cuthbert's is open for private prayer at set times during the week. At the moment we will be open on Sunday mornings between 11:30 and 12:30 and Wednesday mornings between 10 and 11.

The Church's website and the St Cuthbert's Facebook page are good ways of keeping in touch: links below.

<https://stcuthbertsormesby.org.uk>

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

If you are reading this from a paper copy and do not have access to the Internet, the following names and phone numbers may prove useful. Please phone if you need help or information.

Deacon:	Revd. Janet Caldwell	0162454790
Reader-in-training:	Elizabeth Furnell	01642 293108
Church Warden:	Janet Danks	01642 321347
Church Warden:	Elaine Boyle	07794621752

Church mobile: 07715298711

Don't forget that there is an online service at 9am every Sunday. Use this link to The C of E's website where you will find this service and also many other helpful items.

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

Whatever you choose to do, you can find the Bible readings for this Sunday printed below.

Today is traditionally known as “Stir up Sunday” (more about this later in the bulletin) because of the wording of the collect for the day which is given here in the version from The Book of Common Prayer

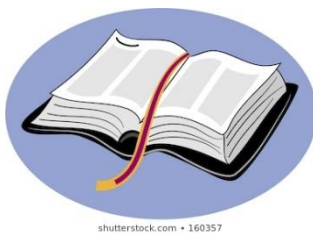
The Collect for this Sunday

Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen

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.

Bible Readings for the Sunday next before Advent



Old Testament Reading: Ezekiel 34:11-16, 20-24

Thus, says the Lord G: I myself will search for my sheep, and will seek them out. As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep. I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness. I will bring them out from the peoples and gather them from the countries, and will bring them into their own land; and I will feed them on the mountains of Israel, by the watercourses, and in all the inhabited parts of the land. I will feed them with good pasture, and the mountain heights of Israel shall be their pasture; there they shall lie down in good grazing land, and they shall feed on rich pasture on the mountains of Israel. I myself will be the shepherd of my sheep, and I will make them lie down, says the Lord God. I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I will destroy. I will feed them with justice. Therefore, thus says the Lord

God to them: I myself will judge between the fat sheep and the lean sheep. Because you pushed with flank and shoulder, and butted at all the weak animals with your horns until you scattered them far and wide, I will save my flock, and they shall no longer be ravaged; and I will judge between sheep and sheep. I will set up over them one shepherd, my servant David, and he shall feed them: he shall feed them and be their shepherd. And I, the Lord, will be their God, and my servant David shall be prince among them; I, the Lord, have spoken.

The Epistle: Ephesians 1:15-23

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

The Gospel: Matthew 25:31-46

Jesus said, "When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.' Then he will say to those at his left hand, 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care

of you?' Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.' And these will go away into eternal punishment, but the righteous into eternal life."

These readings are all from the New Revised Standard Version of the Bible. (NRSV)

A reflection from Canon Peter

Peacemakers



Towards the end of the Remembrance Day service there is an Act of Commitment when we pledge ourselves to continue serving, helping, encouraging and comforting others; supporting those working for the relief of the needy and for the peace and welfare of the nations. How can we support those who work for peace? In the Beatitudes Jesus says: *"Blessed are the peacemakers, for they will be called children of*

God" (Matthew 5:9) Note that the people Jesus calls 'blessed' or 'happy' (this has even be translated as "wonderful news") are not the peace lovers but the peace makers. We can be peaceful ourselves without actually being peace makers. All the beatitudes are saying in different ways, to reflect the different circumstances and opportunities of our lives: *"Blessed or happy is the person who knows their need of God, who knows that she or he is dependent on God."*

Our world needs peacemakers. There is too much harshness and enmity in our ordinary dialogue and especially in our politics. Peace making is hard as it must, of necessity, involve creating structures which honours justice for all, without which a real, deep peace is not possible. There can be no peace without justice. While we pray daily for our bread using Jesus' words, over half of our world is living on the margins of life. We are constantly being told about the millions of doses of several different vaccines being ordered by the Government. I want to know about the doses we are also ordering for countries that do not have our resources. As members of a rich nation we must not only acknowledge the desperate plight of hundreds of millions, but if we are to claim Jesus' 'blessing' of us as "peace makers", we must be ready ourselves to challenge the unjust banking and trading structures. It might mean joining debt cancellation campaigns for the poorer nations, learning to know what the issues are, writing to our member of Parliament, even by joining a demonstration. Nearer to home it might also mean seeking to make peace with someone with whom we profoundly disagree. Or to bring together people we know have fallen out with each other, particularly in our own family and friendly circles. The word 'peace' occurs

eighty eight times in the New Testament. St. Paul begins every one of his letters by a prayer for peace. The last will and testament of Jesus was: "Peace I leave with you, my peace I give to you." The Hebrew word for peace, 'shalom', is about establishing right relationships with oneself, with others and with God.

Peter Bristow

Month of Prayer



The Archbishops of Canterbury and York and a number of senior church leaders are inviting Christians across the nation to participate in the month of prayer as a second lockdown in England comes into force.

"We call upon the Church of England to make November 2020 a month of prayer for our nation. We know that we are in the faithful hands of the risen Christ who knows our weaknesses, tiredness and struggles and whose steadfast love endures forever."

For details again go to the website

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

The prayer for this coming week

Lord Jesus Christ,
in these dark and difficult days, we turn our hearts to you.
In ages past, you have delivered our nation from disaster.

Do it again, we pray.

Give wisdom beyond human wisdom to our leaders,
Give strength beyond human strength to the NHS and all our frontline workers.
Give comfort beyond human comfort to the elderly and all who grieve.

Lord Jesus Christ,
in these dark and difficult days, turn your face towards us,
have mercy upon us,
and heal our land, we pray.

Amen.

Click the link below to find more prayers.

<https://www.churchofengland.org/resources/call-prayer-nation#na>

You may have heard a bell ringing out at 6pm every day. From our church tower. Ian Hart, one of the St Cuthbert's bellringers has kindly volunteered to join with ringers from churches all over the country to call people to prayer at this time during November.

Why not use the resources on the website listed above to join with others in a prayer each day at 6pm?

Safeguarding

A few words from Denise Lewis, our safeguarding officer.

Please be careful of COVID-19 scams. We are all very hopeful of the COVID-19 vaccine but it will be sometime before this is available. Your doctor will contact you when it is and it will be free. Do not be fooled in to thinking you have to pay for this **vaccine**.

SCAM ALERT!

We have had a problem in the church this week. An email was received, supposedly from the Revd. Janet Caldwell asking to buy gift cards for her as she was too busy. This was a scam. Janet would never send an email asking such a thing. Churches throughout the U.K. are being targeted. Some emails are asking for people to urgently pay an outstanding bill, again a scam. Some amounts can be quite small. What the scammer is trying to do, in many cases, is to obtain banking details. Do not be fooled. Check your emails carefully. Do you know the email address, how is the wording phrased, how are words spelt, is it likely you would get an email asking you to pay out money/give bank details/buy gift cards? **DELETE** these scam emails!

Also be careful of who you let in to your home. There have been reports of people asking for entry in to your home to check who is there over lockdown. I don't know of any instances in this area but have heard of this happening further south.

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

Stay safe, stay alert.

Denise

Stir up Sunday (liturgically the Sunday next before Advent)

The last Sunday before Advent is 'Stir-up Sunday', the day when traditionally families gather together to prepare the Christmas pudding. This year that will be Sunday 22nd November 2020.

The day does not actually get its name from 'stirring the pudding': it gets its name from the Book of Common Prayer. The Collect of the Day for the last Sunday before Advent starts, "Stir up, we beseech thee, O Lord, the wills of thy faithful people". However since Victorian times it has become associated with the rather lovely family custom of preparing for Christmas together by making the Christmas pudding, an essential part of most British Christmas dinners.

Usually the pudding is prepared well in advance (5 weeks before Christmas) and then reheated (and lit!) on Christmas Day itself.

Most puddings will contain some of the following ingredients: dried fruit, prunes and dates (often soaked in brandy), candied peel, mixed spice, treacle, suet, eggs, breadcrumbs and dark brown sugar. Traditionally there would be 13 ingredients in all, to represent Jesus and his disciples. Most families have a favourite recipe or follow one handed down over the generations. Sometimes silver coins are added to the mixture; anyone who finds one when eating the pudding is said to receive health, wealth and happiness in the coming year. Unfortunately it has been known for the

discovery of a coin in the pudding to result in a broken tooth – not quite so lucky in this case!



On Stir-Up Sunday, families gather together to mix the pudding. Each member of the family takes a turn in stirring the mixture whilst making a wish. The pudding should be stirred from east to west, in honour of the Magi (Wise Men) who came from the east to

visit the baby Jesus. It's also a good excuse to enjoy a wee dram or a cup of festive mulled wine!

(Written by Ellen Castelow in www.historic-uk.com)



Christmas Charity Appeals

Full Details appeared in the bulletin for Nov 8th and there is also a poster on the Church notice board. This year we are collecting items for the Food Banks and

The missions for Seafarers (not shoeboxes because of the virus). Don't forget we are always collecting items for the women's refuge, mainly toiletries.

Boxes are at the back of the church and you can drop off your gifts while the church is open for private prayer or save them up for when (we are hoping) the church reopens for services.

Giving to St. Cuthbert's

Don't forget you can still donate your weekly offerings. Check the church website for details.

Stir up Sunday

Carol writes:

Deacon Janet was browsing the net last week and shared this article with me so I thought I would pass it on to you. Most of us, who like me, are getting on a bit and are familiar with the BCP, will remember Stir up Sunday (liturgically the Sunday next before Advent). The compilers of Common Worship have published another version of the collect (now removed to the Post-Communion slot, but just for this week you will see it has been reinstated to its proper place.

“The last Sunday before Advent is ‘Stir-up Sunday’, the day when traditionally families gather together to prepare the Christmas pudding. This year that will be this Sunday - 22nd November 2020.

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(Written by Ellen Castelow in www.historic-uk.com)

It is interesting that Judas must be included here but he gets left off the Simnel cake. Actually, I counted more than 13 items in my favourite pudding recipe. Things were probably simpler in the old days! .(If anyone wants the recipe, email me and I will send it to you.) It's the pudding I've been making for over 45 years and it always goes down well. This will be the first time for years, thanks to lockdown, that I can't ask at least one of my daughters to help stir the pudding and make a wish. Will it still taste as good? Let's hope so!

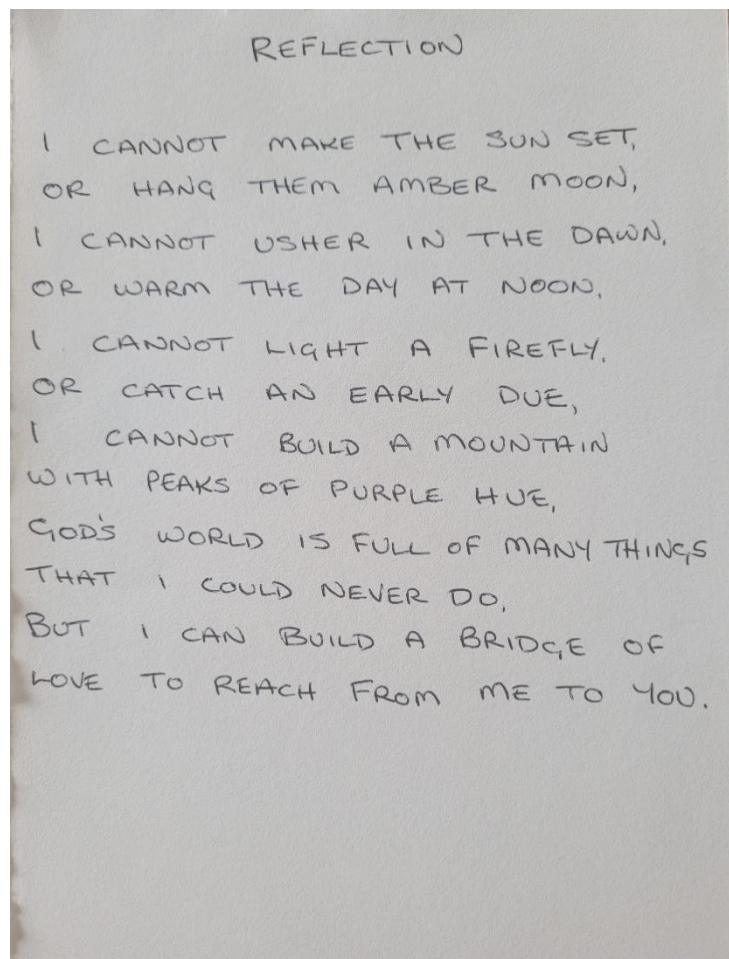
Carol

Memories from Elaine, our new churchwarden

Elaine was looking through a book of cuttings that her late mother left her and found two verses that she would like to share with us. One is about Autumn, the season that we are all enjoying on the few sunny days we have had recently, but as you can see the other is timeless and has a touching message for us all.

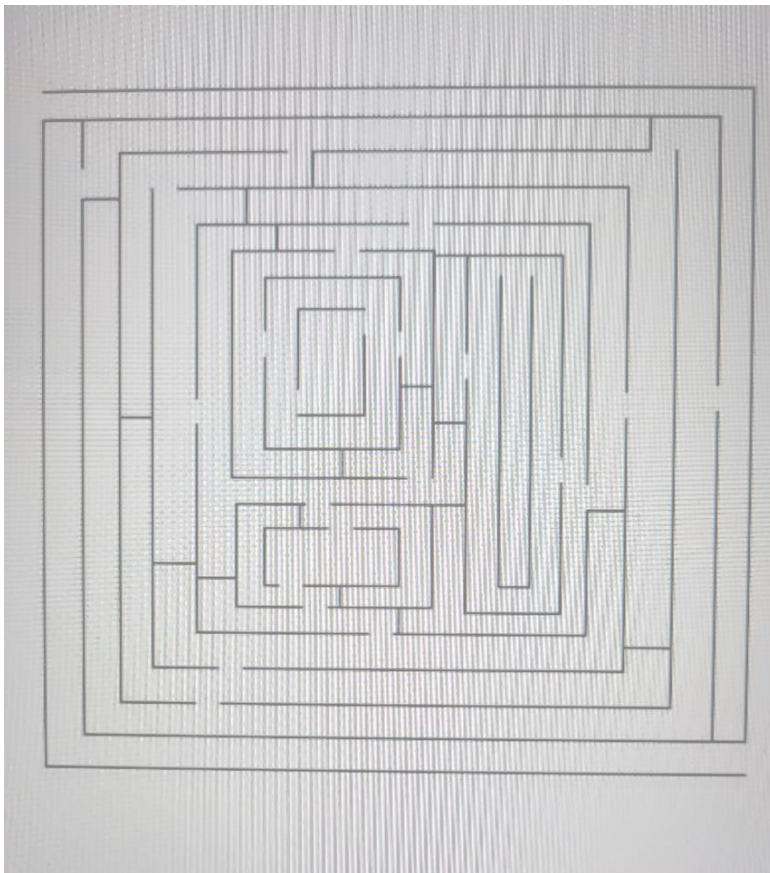
Finally there is a little maze to do. As you may know, mazes and labyrinths have great theological significance.

I have reproduced them in their original handwritten form as they appeared in Elaine's book.



AUTUMN

ANOTHER AUTUMN AND ONE MORE YEAR
THAT HAS SEEN A SUMMER DISAPPEAR,
LEAVES LAY THEIR CARPET IN THE
 AVENUES,
DURING A SEASON OF SUCH VARIED
 HUES,
GOLDEN YELLOWS, BROWNS AND RED,
EACH DAY A DIFFERENT COLOUR IS
 SPREAD.
UNTIL IT SEEMS WHEN LOOKING
 AROUND,
A RAINBOW COVERS ALL THE GROUND



**Can you find your way
to the centre and
home again?**

Thank you Elaine for sharing these precious memories with us.

Cuthbert Bear's Corner



The Bible reading for today is from St Matthew's Gospel, chapter 25 verses 31 to 46.

When the Son of Man comes he will say, "Come you who are blessed by my Father, take your inheritance, the Kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I was sick and you looked after me, I was in prison and you came to visit me".

The blessed will answer him, "When did we do these things?"

The King will reply, "Truly I tell you whatever you did for one of my brothers or sisters you did for me.

The righteous will be given eternal life.

If you find this a bit hard to understand, ask a grownup to explain it to you

Activities

1. Can you think of a time you helped someone?
2. We wouldn't invite total strangers into our home but we might do something to help them. Can you think of something you did for someone you didn't know well.
3. Write a story/draw a picture about the help you might give to a homeless person.

Denise

Good News

Will there be a viable vaccine in the new year or even before? It is beginning to look as if it might happen thanks to those brilliant scientists who have been working so hard to produce one. Won't it be wonderful if we can see friends and family, sing again in church and do all those things we used to take for granted? Let's keep praying that everything will all come together soon.

And now for some really awful riddles

(With apologies to Canon Peter)

Q. When is it dangerous to go to a service at Ormesby church?

A. When there's a canon (cannon) in the pulpit!

Sorry, couldn't resist!

And now one with a with a vaguely religious theme (of course.)

Q. What you get when you cross a dyslexic, an insomniac, and an agnostic?

A. Someone who lays awake at night wondering if there's a dog.

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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