



St Cuthberts Ormesby

Building the Church Building the Kingdom

LENT
WALKING WITH CHRIST

**Sunday 21st February
1st Sunday of Lent**

Welcome to our church

About our new look Lockdown “Pew sheet”

As so many of our parishioners are either shielding or avoiding leaving home, we are concerned that we may have lost touch with some members of our congregation, especially if they are unable to access the Church’s website or Facebook page. Instead of resuming our “Lockdown” on- line Bulletins, we have expanded our weekly leaflet to include a little more news as well as the usual prayers, readings and information about forthcoming services.

We hope that those of you who are able to come to church might help in one or more of the following ways:

- If you have a friend who used to come to church, you could put a copy through their letterbox each week
- Ask any friends that you may be in touch with if they would like a copy of this leaflet emailed to them each week
- Tell your friends that it is still permitted to attend services and that we are taking every precaution to keep everyone safe.
- This leaflet will also be on the church website at www.stcuthbertsormesby.org.uk

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We can arrange for copies to be emailed or hand-delivered if you are unable to access the internet..

To arrange for email or printed copies:

Phone Carol on 01642489568, email carolmbruce@yahoo.co.uk or leave a note for Larry on the table at the back of the church

Email is preferred, but if you have no Internet access we will endeavour to deliver a printed copy to you.

The prayers and readings for this morning can be found beginning on page 6 of this leaflet

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Regular services

Sundays

Our regular Sunday service of Holy Communion at 10 a.m. is still permitted on condition that we comply with the Government's rules and the Church of England's guidelines as set out below:

- **you must wear a face covering while you are in the building**
- **you must come on your own or with members of your household or bubble.**
- **you must not "mingle" with anyone else while you are in the building.**
- **there will be communion in one kind only with no common cup**
- **singing is not allowed**
- **we may not offer refreshments after the service.**

Sorry this sounds so negative, but it is only to keep everyone safe

Café Church

This will be replaced by Holy Communion until further notice.

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Wednesdays during Lent

Canon Peter Bristow has kindly offered to celebrate Holy Communion at 10am on Wednesday mornings during Lent.

Future services:

Check the church website or Facebook page for up- to- date news of any other activities at

www.stcuthbertsormesby.org.uk,

or contact one of the people listed below.

Deacon:	Revd. Janet Caldwell	01642 454790
Reader-in-training:	Elizabeth Furnell	01642 293108
Church Warden:	Janet Danks	01642 321347
Church Warden:	Elaine Boyle	07794621752

Wedding and Baptism enquiries

The Tuesday evening office hours at the church have been suspended until the spring.

You may make enquiries after the Sunday morning service, which you are welcome to attend, between 11 and 12. You can also contact us by email or phone 07715298711.

Safeguarding

Scammers are already at work linked with the COVID-19 vaccine. The NHS/doctor will contact you when they have the vaccine ready for you. They will not ask for money, your bank details/password/pin number. There is a scam circulating asking you to complete an application form for an appointment for the vaccine asking for personal details. The NHS would not ask you for these details. The vaccine is free, the appointment is free. Please do not let the scammers fool you.

Useful Phone numbers:

Childline: 0800111	NSPCC: 08088005000
Women's Aid: 08088029999	Samaritans: 116123
Mind: 0300123339	

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Giving: a message from our treasurer.

Hebrews 13.16: Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

We give to our church in a variety of ways, but with the past closure of all our buildings we have not been able to receive all the gifts that we usually would, so we really need your help now.

It is said that, at its best, giving is an act of worship so I would like to thank all those members of our congregation who have embraced contactless methods as well as those who are giving through the planned giving envelopes to continue to support St Cuthberts. Please continue to put away your weekly envelope contributions and pass them to church as soon as you are able.

We are pleased to offer you another way of continuing to donate even if you are sheltering and unable to attend church during the coronavirus restrictions or beyond. Here is a QR code for donating to our church.

If you have a smart phone and you point your camera at the QR code, to the right, it will prompt you to open the web browser on your phone at a page allowing you to choose one of the set amounts or choose to set the donation amount yourself. Default is a single donation but there is an option to set it to give the same amount each month.

Any donation of £30 or less will contribute to our claim from the Gift Aid Small Donations Scheme or GASDS as it is more commonly known. Boosting your contribution by 25p in every £1.



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The New Prayer Diary

Get the new online resource from the Diocese of York-

The latest Diocesan Prayer Diary is ready for you to download in a choice of two page layouts from the web page at

www.dioceseofyork.org.uk/prayerdiary

and keep up with the news at:

www.dioceseofyork.org.uk/thenews

Lenten Reading

#LIVE
LENT



God's Story
Our Story

THE CHURCH
OF ENGLAND

If you haven't managed to pick up a copy of this year's booklet at church you can go on line for daily emails of this great resource.

Website below.

<https://www.churchofengland.org/resources/liv Lent-2021-church-resources-gods-story-our-story>

If you prefer you can buy a copy at £1.99 (postage extra) from Church House Publishing (distributors are Norwich Books and Music).
at:

Tel: 01603 785923

Email: orders@norwichbooksandmusic.co.uk

Post: Norwich Books and Music, 13a Hellesdon Park Road, Norwich, NR6 5DR.

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**Were you unable to attend the Ash Wednesday Service?
Here's something to think about.**

Debbie Bristow sent an email:

“Peter read the following quote as part of his Ash Wednesday service and a few people suggested others might like to read it too.”

Taken from retired Archbishop of Canterbury Rowan Williams',
Book, **Luminaries**:

The cross is an ultimate sign of a love that will not protect itself or hold back; precisely in letting itself be wholly rejected, it can appear as supremely free. when no advantage of power or security is involved, then love can appear as a total giving-away, utterly independent of the world's conditions. A human event becomes the carrier of God's own character, and in that event humanity is shown to be, enabled to be, the mirror of divine life.

The Collect for the 1st Sunday of Lent.

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord.

The Bible Readings for today

Old Testament Reading: Genesis 9:8-17

God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many

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as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.

The New Testament Reading: 1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The Gospel: Mark 1:9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

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And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

All readings are taken from The New Revised Standard Version. (NRSV)

Post Communion Prayer

Lord God,
 you have renewed us with the living bread from heaven;
 by it you nourish our faith,
 increase our hope,
 and strengthen our love:
 teach us always to hunger for him who is the true and living bread,
 and enable us to live by every word
 that proceeds from out of your mouth;
 through Jesus Christ our Lord.

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6pm Prayers

Starting on 1 February the Archbishops of York and Canterbury invited us to set aside time every evening to pray, particularly at 6pm each day. They wrote:

"More than ever, this is a time when we need to love each other. Prayer is an expression of love."

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A prayer for those who mourn.

Gracious God,
 as we remember before you the thousands who have died,
 surround us and all who mourn with your strong compassion.
 Be gentle with us in our grief, protect us from despair, and give us
 grace to persevere and face the future with hope in Jesus Christ our
 risen Lord. Amen.

Request a Hymn

Janet can't play the organ at the moment as she has her diaconal duties to perform, and our other organist Diane, is shielding, but thanks to Ian Hart and his mastery of the church's temperamental sound system, we can still have some music.

Ian has a file of hymns and sacred music provided by the C of E that may be played without having to pay license fees. If you would like to have a favourite hymn played, get in touch with Ian (or any of the contacts in this leaflet). If Ian has the hymn on his list, he will try to play it. (i.e. from a computer file, organ playing not unfortunately being one of his many accomplishments!)

Fund Raising

Contact Lesley on 0796409411 if you want to buy tickets for her online tombola.



Deacon Janet asked me If I was going to write a bit about Lenten customs for this week's sheet, so at the risk of this turning into a regular weekly feature, I thought I would see what I could find out.

Many of you may already know about some of these, but there might be something here that you have not come across before.

In more normal times (that is before Covid), many churches,

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St. Cuthbert's among them, would include the imposition of ashes during the service on Ash Wednesday. This ceremony entails the marking of a cross in ashes on the foreheads of the congregation. The ashes used are traditionally from the palm crosses from the previous year's Palm Sunday and are a symbol of repentance and death for the believer. They are often mixed with holy anointing oil to remind people of God's many blessings (and to make them stick).

This marking of our foreheads reminds us that God made the first human being by breathing life into dust, and without God, human beings are nothing more than dust and ashes.

Also that death comes to everyone and that we should be sorry for our sins and change for the better.

In some churches the ashes are washed off at the end of the service as a sign that all sins are forgiven. Many people like to leave the ashes on for the rest of the day so that they can carry the message of the Cross out into the world.

The modern world: Like it or not

In the U.S.A. many churches simply order ashes online the same way they might buy choir robes or collection plates. Commercially produced ashes may consist mostly of a cosmetic powder similar to eye shadow, which doesn't generate cinders that fall into worshippers' eyes and contact lenses.

Drive by Ashes

Many Churches round the world have done things differently this year. As the threat of spreading COVID-19 has now meant many traditions have had to be unobserved this year. Some churches are getting creative, with "drive-thru" ashes and do-it-yourself bagged ashes proving popular in the USA.

Glitter Ash

Churches supporting the LGBT community may use ash mixed with purple glitter. Purple is the liturgical colour for Lent and also the colour of mourning and the glitter is for hope, so the glitter plus the ash symbolises the relationship between Ash Wednesday and Easter - which is the relationship between death and new life.

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This year because of Covid, some of the clergy have been sprinkling ash on people's heads rather than marking foreheads, a bit messy but following a Jewish tradition mentioned in the Old Testament. **Why 40 days? (when it's actually longer!)** I'll tell you next week. (This is turning into a weekly feature!)

Revd. Dominic Black

Many of us will remember Dominic, previously the Area Dean and Vicar of North Ormesby who became priest in charge at Hull Minster last year. He, and his bicycle, were often at Ormesby during the previous vacancy when he officiated at many weddings and Sunday services. (he could sing too; you might remember that he was well able to cope with the Peruvian Gloria) Dominic is now going to be made a canon and his Collation will take place privately at 3.00pm, followed by Admission and then Installation during Evensong at York Minster on 25 April 2021 at 4.00pm.

St Cuthbert's sends Dominic our prayers and best wishes as he begins a new stage of his ministry.

A message from Jacob Young, MP for Redcar

I know that some of the congregation lives in the Middlesbrough constituency, but St Cuthbert's is actually in Redcar and Cleveland.

As we email this leaflet to parishioners who are shielding or unable to be present for other reasons, I sent a copy to Jacob Young as he comes to Ormesby church when he can, even filming part of his Christmas message in the church, and received a very appreciative email in return, part of which is printed below:

"I have not been coming to Church recently, as I have still been travelling to London mid-week. With the strong presence of the virus in the Capital, I felt it best to isolate where I could – and especially not to come to Church where I could pass it on so easily. "The congregation of St Cuthbert's and our other Churches in Redcar & Cleveland have

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been in my prayers nonetheless, as I know I have yours. Thank you again for getting in touch, and I look forward to being back in St Cuthbert's very soon. Please pass my regards on to everyone there."

Whatever their political persuasion, members of our congregation will be happy to pray for Jacob and will welcome him back at St. Cuthbert's when he feels it is safe to return.

Transmission of the virus via paper surfaces

Public Health England states that:

"the virus does not survive well for long periods outside the body and so it is highly unlikely that COVID-19 can be spread through post or packages."

Aside from the manufacturing conditions of paper, plus the printing and distribution processes significantly decreasing the amount of viable particles required to infect someone, the material itself is not a good location for the virus to exist. The researchers found that the coronavirus lasts longest on smooth, non-porous surfaces such as plastic. Since paper and cardboard are porous, they carry the lowest potency for the shortest period of time.

To further reassure you, when this leaflet is printed it is done so by a person wearing a mask and with gloved or sanitised hands. If you are still worried about passing the virus on with this leaflet, isolate it for a couple of days and then handle it in a similar way.

Please leave the order of service on the pew but take this leaflet away with you.

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