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**St Cuthberts Ormesby**

**Building the Church Building the Kingdom**



**Sunday 14th March**

**4th Sunday of Lent**

***Welcome to our church***

***Please turn to page 6 of this leaflet for the prayers and readings for today***

## **Regular services during lockdown**

### **Sundays**

#### **Holy Communion at 10 a.m.**

Our regular Sunday service of Holy Communion is still permitted ***on condition that we comply with the Government's rules.***

We are sorry to have to be so restrictive, but we must try to keep everyone safe, so:

- **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**

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- **singing is not allowed**
- **we may not offer refreshments after the service.**

## **Café Church**

This will be replaced by Holy Communion until further notice.

## **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](http://www.stcuthbertsormesby.org.uk),

**or contact one of the people listed below.**

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

## **Services for Holy Week and Easter 2021**

### **Palm Sunday, 28th March**

10am Palm Sunday Holy Communion Service

### **Wednesday 31st March**

10am Lent Holy Communion Service

### **Maundy Thursday, 1st April**

6pm Service and stripping of the altar (commemorates the Washing of the Feet and Last Supper of Jesus Christ with the Apostles)

### **Good Friday, 2nd April**

10am Walk of Witness from St Cuthbert's Church (*if coronavirus restrictions allow*)

2pm An Hour at the Cross (a time of reflection, meditation and prayer)

## **Sunday 4th April, Easter Sunday**

10:00am Holy Communion for Easter Day

## **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 11am and 12noon. You can also contact us by email or phone 07715298711.

## **Safeguarding**

### **Useful Phone numbers:**

**Childline:** 0800111

**NSPCC:** 08088005000

**Women's Aid:** 08088029999

**Samaritans:** 116123

**Mind:** 0300123339

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## **Giving**

**Hebrews 13.16:** Do not neglect to do good and to share what you have.

*Ian Hart, our treasurer writes:*

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

If you can donate online please do so. All details are on our website. If you are donating more than £30 you might consider gift aiding it; if you can't go on line, contact Ian for a form to fill in. We still need £5,000 for repairs to the church.



*If you have a smart phone and you point your camera at the QR code to the left, 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.*

## **Giving more to the local community in Lent:**

### **Food banks.**

We are still collecting groceries for the Middlesbrough and Redcar food banks. Tea and coffee are among the most needed items.

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## **On-Line Resources from the York Diocese**

### **The New Prayer Diary**

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

### **Keep up with the news at:**

[www.dioceseofyork.org.uk/thenews](http://www.dioceseofyork.org.uk/thenews)

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## Thy Kingdom Come



Thy Kingdom Come is a global prayer movement which the Archbishop of Canterbury invited people around the world to join. The wave of prayer runs for 10 days between the Christian festivals of

Ascension and Pentecost.

People are asked to pray in whatever way they want and with whoever they want for others to come to know Jesus Christ. This year Thy Kingdom Come will take place between May 13th - May 23rd, 2021. If you are interested in watching a webinar introducing this year's events type in <https://www.thykingdomcome.global> on your search bar or if you are reading this on line click the link and you will get straight on to the site.

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## Some reading for Lent

#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](mailto:orders@norwichbooksandmusic.co.uk)

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

## **The Prayers and readings for today**

### **The Collect for Mothering Sunday**

God of love,  
passionate and strong,  
tender and careful:  
watch over us and hold us  
all the days of our life;  
through Jesus Christ our Lord.

### **The Collect for the fourth Sunday of Lent**

Merciful Lord,  
you know our struggle to serve you:  
when sin spoils our lives  
and overshadows our hearts,  
come to our aid  
and turn us back to you again;  
through Jesus Christ our Lord.

### **The Bible Readings for today**

#### **Old Testament Reading: Exodus 2: 1-10**

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the

reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

### **The New Testament Reading: Colossians 3: 12-17**

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

### **The Gospel: John 19: 25b-27**

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son. Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

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

## **Post Communion Prayer**

Loving God,  
as a mother feeds her children at the breast  
you feed us in this sacrament with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
through Jesus Christ our Lord.

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## **6pm Prayers**

***Romans 12:12 - Be joyful in hope, patient in affliction, faithful in prayer.***

***Jeremiah 29:12-13 - Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me, when you seek me with all your heart.***

The Archbishops of York and Canterbury have invited us to set aside time to pray every evening, at 6pm, if possible.  
They wrote:

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

### **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.**



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.**

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## **Mothering Sunday**

Today is Mothering Sunday, a festival which is often confused with “Mother’s Day”, an American invention which takes place in June. The U.K. version is primarily a religious festival which celebrates not only our biological mothers but also encompasses our Mother Church and even the gifts of “Mother Earth”

Mothering Sunday in the U.K. always falls on the third Sunday in Lent and was a major festival in Medieval times when people would return to their “mother” church, the church where they were baptised and taught the Christian faith. Presumably they also saw their parents on this day so it isn’t surprising that by the 17th century Mothering Sunday had evolved into a day when apprentices and servants were allowed to go home to visit their parents. Girls in domestic service were often permitted to make a cake to take home to their mothers. Traditionally this might have been a Simnel cake, a cake today more usually associated with Easter.

The medieval celebrations were often unruly  
Bishop Grosseteste of Lincoln writing in the thirteenth century warned against allowing things to get out of hand:

‘In each and every church you should strictly prohibit one parish from fighting with another over whose banners should come first in processions at the time of the annual visitation and veneration of the mother church. .... those who dishonour their spiritual mother should not at all escape punishment, when those who dishonour their fleshly

mothers are, in accordance with God's law, cursed and punished with death'

By the 20th century the old traditions of mothering Sunday had mostly died out but a woman by the name of Constance Penswick Smith created the Mothering Sunday Movement.

Smith published a play, *In Praise of Mother: A story of Mothering Sunday* (1913), as well as some booklets, the most influential being *The Revival of Mothering Sunday* (1921). This book outlines the different aspects of motherhood that the day should honour, thus combine medieval ideas with more modern ones. They are:

- 'The Church – Our Mother'
- 'Mothers of Earthly Homes'
- 'The Mother of Jesus'
- 'Gifts of Mother Earth'

A pat on the back for Marske Pharmacy where the cards are labelled "Mothering Sunday" rather than "Mothers' Day"

It's St. Cuthbert's day on 20th March, that's next Saturday and I'll be writing a brief note on his life next week. Meanwhile here's a prayer for the day.

Lord, make us a channel of your blessing that we, like St Cuthbert, might play our part in bringing your word to the world and your healing to those in need. We ask this in the name of your Son, our Saviour,  
Jesus Christ  
Amen

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## **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.

## **Worship after Lockdown**

The Church of England has published its “Road Map” out of Lockdown and although it is printed in an attractive and easy to read format, there is nothing there that differs from the Prime Minister’s roadmap.

If all goes well, by June 21st *at the earliest*, we should be free of all restrictions

However people are hoping for some relaxation for Easter, and according to The Church Times,

“Musicians await news on Easter singing rule.

NO ANNOUNCEMENT has yet been made whether — with the approach of Holy Week and Easter — there will be any revision to the Government’s current guidelines on singing in places of worship”.

Follow the link below if you are reading this online and you will be able to read the article in The Church Times.

<https://www.churchtimes.co.uk/articles/2021/5-march/news/uk/new-c-of-e-graphic-plots-path-out-of-pandemic>

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## **Can you help distribute our lockdown “pewsheet”?**

Most of you will know by now that as well as the usual prayers, readings and information about forthcoming services we have expanded our weekly leaflet to include a little more news.

We would like to distribute it to those members of the congregation who are shielding or avoiding leaving home at the present time.

So that we can achieve our aim of reaching as many people as possible, we are asking those of you who are still able to attend church to 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 of the weekly sheet 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.

To arrange for copies to be emailed, or hand-delivered if you are unable to access the internet, phone Carol on 01642489568

*or*

email [carolmbruce@yahoo.co.uk](mailto:carolmbruce@yahoo.co.uk) or you can leave a note for Larry on the table at the back of the church.

We would prefer to email the leaflet to you, but if you have no Internet access we will endeavour to deliver a printed copy to you.

This leaflet will also be on the church website at

[www.stcuthbertsormesby.org.uk](http://www.stcuthbertsormesby.org.uk)

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