



**Sunday 21st March 5th Sunday of Lent.**

**Passion Sunday**

***Welcome to our church***

***Please turn to page 5 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**
- **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 is continuing to celebrate Holy Communion at 10am on Wednesday mornings during Lent.**

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.

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

## **Future services**

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

**Palm Sunday, 28th March**  
**10am Palm Sunday Holy Communion Service**

**Wednesday 31st March**  
**No Holy Communion today**

**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**  
**2pm An Hour at the Cross**  
**The Good Friday Liturgy: a time of reflection, meditation and prayer)** Canon Peter officiating

**Sunday 4th April, Easter Sunday**  
**10:00am Holy Communion for Easter Day**

**There will be no celebration of Holy Communion on Wednesday 7th April.**

## **Easter Flowers**

A sheet for the Easter flowers has been left at the rear of the church. If you wish to donate/arrange flowers for Easter weekend please add your name to the list. Donations can be sent to Ian. Please state in which area of the church you would like your flowers.

## **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**

### **Useful Phone numbers:**

**Childline:** 0800111

**NSPCC:** 08088005000

**Women's Aid:** 08088029999

**Samaritans:** 116123

**Mind:** 0300123339

## **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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## **Diocese of York**

**Keep up with the news at:**

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

## **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.

## 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/livent-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 Passion Sunday

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us to ponder the mysteries of his passion,  
that we may know eternal peace  
through the shedding of our Saviour's blood,  
Jesus Christ our Lord.

## **The Bible Readings for today**

### **Old Testament Reading: Jeremiah 31:31-34**

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

### **The New Testament Reading: Hebrews 5:5-10**

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,  
“You are my Son,  
today I have begotten you”;  
as he says also in another place,  
“You are a priest forever,  
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

## **The Gospel: John 12:20-33**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

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

### **Post Communion Prayer**

Lord Jesus Christ,  
you have taught us  
that what we do for the least of our brothers and sisters  
we do also for you:  
give us the will to be the servant of others  
as you were the servant of all,  
and gave up your life and died for us,  
but are alive and reign, now and for ever.

## **6pm Prayers**

***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.**

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## **Passion Sunday**

**Our Deacon Janet Caldwell writes:**

Passion Sunday is the fifth Sunday of Lent in our liturgical calendar and marks the beginning of a two week period called Passiontide.

The English word “Passion” could be derived from the Latin “passio” meaning, I suffer, and has similar roots to the word compassion meaning to suffer with or alongside someone.

It is the time of our Lenten journey when we start to think more seriously about Jesus’s journey to the cross and what its significance is to Christians

For me Michael Mayne has summed this up well in 'Dust that Dreams of Glory'

'Now what Passiontide -what Good Friday does - is to invite us to open ourselves to the compassion of God. Not his anger but his compassion, a God who from the cross begs us to be forgiven, and to know ourselves accepted, valued and loved – and then in our turn to be compassionate to others and share something of the costliness of the cross'

And something for the foodies – who remembers eating these?

Carlin peas, like black peas, are used to prepare a dish made in the [northeast of England](#) and parts of [Cumbria](#). They are a traditional staple of Carlin Sunday (the Sunday before [Palm Sunday](#)). Carlin peas are boiled until tender, then fried briefly with butter or dripping. Salt is not added during cooking, as it stops the cooking process. They are then seasoned with vinegar and black pepper or sometimes rum and brown sugar. They may be eaten hot or cold.

## **A few brief notes on St. Cuthbert : a much travelled saint.**



Two Celtic saints had their festal days last week: St. Patrick of course on 17th March but also our own patron saint St Cuthbert whose day was yesterday 20th March.

Many of you will already know the story of Cuthbert's life. Raised by a Christian foster mother Kenswith and working as a shepherd, at the age of 17, he had a vision of angels while tending his sheep on the Lammermoor hills. News came a few days later of the death of the great missionary

Aidan, an event which had occurred on the night Cuthbert had his vision. Cuthbert believed that this was a call to the service of God and he decided to enter the monastery at Melrose, the home of Boisil, a monk whose holiness was famous throughout the area. For the next 13 years he travelled around the Berwickshire coast and the Solway Firth.

There are many legends about him; one tells how after he had returned to shore wet and cold after standing in the sea chanting psalms, two small creatures, either sea otters or seals came and rubbed themselves against his feet to warm them. Another recounts how after a busy day preaching and baptizing he was hungry and asked his boy companion if there was any chance of a meal being prepared for him. On being told that that would be very unlikely, he told the boy to put his faith in God whereupon a young eagle swooped down fished a salmon out of the river and dropped it at their feet. As was only right and proper, Cuthbert gave half back to the eagle and he and the boy cooked and enjoyed the remainder.

For many years Cuthbert worked training missionaries at Melrose Abbey and at Lindisfarne, eventually withdrawing to Farne Island where he lived a life of prayer and contemplation for nine years until he was called back to Lindisfarne to become the bishop. In his two years there he worked tirelessly healing and preaching and was loved by all. Eventually in late 686, with his health failing, after spending Christmas with his fellow monks he asked to be taken back to Farne. Two months later on March 20th 687 he died at the age of about 53. He was buried, not where he wanted on his beloved Farne but on Lindisfarne.

After his death St. Cuthbert resumed his travels, in fact his body was exhumed six times. When the Danes came in 875, the Lindisfarne monks, intent on preserving their precious relics from the heathen marauders, took Cuthbert's body together with St. Aidan's bones, St. Oswald's head, and the Lindisfarne Gospels and set out for eight years of wandering. Among other places, they stopped at Melrose (for 112 years), Chester-le-street, Marton, Ormesby, Wilton and Kirkcubright, finally coming to rest at Durham where in 998 Ealdred the 23rd Bishop since Aidan, established a shrine, later to become Durham Cathedral. Even there, the body was not safe, the shrine being despoiled and plundered at the Reformation.

The final exhumation took place in 1899 when the bones were examined by a medical expert who confirmed that they were those of St. Cuthbert; also in the coffin was the head of St. Oswald.

If you want to read more about this incredible man and the legends associated with him, there is plenty of material available.

Unfortunately there is no biography of St. Cuthbert in Redcar & Cleveland Libraries, but if you have access to the Internet you will find numerous articles about him. There is a fascinating little book “St Cuthbert’s Corpse” by David Willem, which you might be able to pick up in local bookshops (when they reopen) or you can get it on Amazon. “The life and death of St. Cuthbert” by C.J. Stranks is also full of fascinating facts and legends; it’s now out of print but you can buy it cheaply from Amazon.

## **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 you are reading this online find it by clicking the link below.

**<https://www.churchofengland.org/sites/default/files/2021-03/COVID%2019%20Four%20Step%20Plan%20%282%29.pdf/>**

If all goes well, by June 21st *at the earliest*, we should be free of all restrictions but for now there will be no change to our way of worship

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

As you know, our pewsheet has been slightly expanded during the current lockdown and we are endeavouring 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.***