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**SUNDAY 28TH MARCH  
THE 6TH SUNDAY OF LENT.**

## Welcome to our church

### 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.

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

**[www.stcuthbertsomesby.org.uk](http://www.stcuthbertsomesby.org.uk),**

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

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

## 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.

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## **Services For Holy Week and Easter**



**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)**

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



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

**The article that follows is Canon Peter's description of the traditional service that will be taking place at St. Cuthbert's on Good Friday**

**Please do come along if you are able.**

## **GOOD FRIDAY 2.00PM THE CELEBRATION OF THE LORD'S PASSION**

This year we will celebrate at St. Cuthbert's the Solemn Liturgy of Good Friday, a service which lasts about an hour.

On Maundy Thursday Jesus said, "*This is my body which will be given up for you.*" On Good Friday he *did* just that, he died for *our* sins. This simple, austere but ancient Liturgy is filled with joy and hope. The blood red stoles of the ministers honour the victory which gives all martyrdom and death its meaning.

The service begins silently, with the ministers kneeling or lying prostrate on the chancel floor in memory of Jesus' death. The service has four parts. The first part is the Liturgy of the Word and includes the **PROCLAMATION OF THE PASSION** (if possible with several voice parts) which is always from St. John's Gospel who portrays Christ as the conqueror of sin and death. The second part is the **PROCLAMATION OF THE CROSS** which is carried into church in solemn procession and is set up before the congregation for reflection and intercession. The third

part is the **GENERAL INTERCESSIONS** for the whole world, which are especially solemn and consists of a call to prayer followed by a period of silent prayer and concluded by a formal prayer.

Although the Eucharist itself is never celebrated on Good Friday it is wholly appropriate to eat the bread (and in a normal year drink the cup) thereby proclaiming the Lord's death until he comes again. So in this fourth and final part of the service we receive **HOLY COMMUNION** which was consecrated at the Eucharist on Maundy Thursday evening.

Immediately after this service the sanctuary and chancel area of the church are made bare. The Reserved Sacrament (for the sick) is removed from the Aumbry where it is usually kept, along with all the candles and altar cloths. Just a large plain cross remains. Good Friday is traditionally a day of fasting.

### **HOLY SATURDAY**

Popular culture ignorantly describes this day as “Easter Saturday”, but Easter Saturday is the Saturday of Easter Week ! Holy Saturday is a silent day. The church is bare and there is no formal worship; it is a reminder of the time Christ spent in the tomb.

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### **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.

We will be meeting on Holy Saturday morning (3rd April) to arrange flowers for Easter Sunday. Anyone wishing to help should come along for 10 am

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### **Safeguarding**

#### **Useful Phone numbers:**

**Childline:** 0800111

**Womens Aid:** 08088029999

**Mind:** 0300123339

**NSPCC:** 08088005000

**Samaritans:** 116123

## **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.

### **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.

## **The Collect for Palm Sunday**

True and humble king,  
hailed by the crowd as Messiah:  
grant us the faith to know you and love you,  
that we may be found beside you  
on the way of the cross,  
which is the path of glory.

## **Post Communion Prayer**

Lord Jesus Christ,  
you humbled yourself in taking the form of a servant,  
and in obedience died on the cross for our salvation:  
give us the mind to follow you  
and to proclaim you as Lord and King,  
to the glory of God the Father.

## **The Bible Readings for today are on the separate leaflet**

### **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.**

Eternal light, shine into our hearts,  
eternal goodness, deliver us from evil,  
eternal power, be our support,  
eternal wisdom, scatter the darkness of our ignorance,  
eternal pity, have mercy upon us;  
that with all our heart and mind and soul and strength

we may seek your face and be brought by your infinite mercy to  
your holy presence;  
through Jesus Christ our Lord.

**Amen.**

*Alcuin of York (804)*

## **Palm Sunday**

**Our Deacon Janet Caldwell writes:**

As it's Palm Sunday some of you will remember GK Chesterton's poem "The Donkey" You may even have learnt it at school.

I think it's worth re-rereading.

### **The Donkey**

**by G.K. Chesterton**

When fishes flew and forests walked  
And figs grew upon thorn,  
Some moment when the moon was blood  
Then surely I was born.

With monstrous head and sickening cry  
And ears like errant wings,  
The devil's walking parody  
On all four-footed things.

The tattered outlaw of the earth,  
Of ancient crooked will;  
Starve, scourge, deride me: I am dumb,  
I keep my secret still.

Fools! For I also had my hour;  
One far fierce hour and sweet:  
There was a shout about my ears,

And palms before my feet.

*Carol adds: This poem was read to us at my primary school. We were asked to guess which animal Chesterton was describing. Most of us got it but in those days most of us went to Sunday School. If you were to put this question to a class of 11 year-olds today, would they be able to guess the answer? Try it on your grandchildren!*

## **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 “pewsheets”?**

As you know, our pewsheets have 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.stcuthbertsomesby.org.uk](http://www.stcuthbertsomesby.org.uk)

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