

Help to distribute this leaflet -: look on the back page for details



St Cuthberts Ormesby

Building the Church Building the Kingdom

LENT
WALKING WITH CHRIST

Sunday 7th March

3rd 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**
- **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,

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

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 11 and 12. You can also contact us by email or phone 07715298711.

Safeguarding

Useful Phone numbers:

Childline: 0800111

NSPCC: 08088005000

Womens Aid: 08088029999

Samaritans: 116123

Mind: 0300123339

A few words from our Deacon Janet Caldwell.

“Beware of scams: apparently your deacon is to be arrested shortly for non-payment of income tax; better start baking cakes to hide the files in! Seriously it was rather unpleasant.”

(I too have had several of these calls, and they do sound quite authentic, but don't be fooled, hang up immediately the tax people don't usually phone, they send you a letter by post. - Carol)

“I haven't had much time for reflective thought this week but found this article by an Oxford professor that is based on John 2, the Gospel for this Sunday. You might find it worth thinking about.

An extract from Reflections for Sundays Year B by Keith Ward Emeritus Regius Professor of Divinity Oxford.

It is rather ironic that we have constructed a religion around Jesus, that many have become financially rich through religion, and that we have hierarchies of clergy in prominent seats and costly clothing.

What can we do about it? Jesus did not want to destroy the temple, but he subtly pointed out that his body was a temple that would be destroyed and raised again.

When it was raised, the body of Christ would be the community of those who feed the hungry, heal the sick, and comfort the bereaved, the hands and heart of the risen Christ.

Whatever the outward reality, it is when Christ's body, living as he lived, living in him, that we are truly the house of God"

Janet

Giving: a message from our treasurer.

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

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



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 in more to the local community in Lent: food banks.

Janet C. would like to thank all who have given items. Please continue with your donations. Tea, coffee and long-life milk are especially welcome at the present time.

The gifts collected are distributed in the following ways:

- Food donated to Heron Foods goes to Brambles Farm and is collected by Sister Jane s team.

Help to distribute this leaflet -: look on the back page for details

- Janet C. will take food collected by our church to the food bank depot for Middlesbrough.
- Janet will pass on any money you donate in lieu of goods to the Redcar bank.

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:

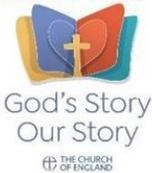
www.dioceseofyork.org.uk/prayerdiary

Keep up with the news at:

www.dioceseofyork.org.uk/thenews

Some reading for Lent

**#LIVE
LENT**



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.

The Collect for the third Sunday of Lent

Eternal God,
give us insight
to discern your will for us,
to give up what harms us,
and to seek the perfection we are promised
in Jesus Christ our Lord.

The Bible Readings for today

Old Testament Reading: Exodus 20:1-17

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the sabbath day and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

The New Testament Reading: 1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

The Gospel: John 2:13-22

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were

selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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

Post Communion Prayer

Merciful Lord,
grant your people grace to withstand the temptations
of the world, the flesh and the devil,
and with pure hearts and minds to follow you, the only God;
through Jesus Christ our Lord.

* * * * *

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 Many Gifts

by Stephen Cherry, Dean of King's College Cambridge

Give us, O Lord,
a calm soul and a clear head,
a broad mind and a generous spirit.

Give us,
a warm heart and a listening ear,
our true voice and a gentle touch.

Give us,
a hunger for justice and a thirst for peace,
a passion for truth and a love of mercy.

Give us,
a painter's eye and a poet's tongue,
a saint's patience and a prophet's hope.

Give us,
a sage's wisdom and a fool's delight,
a pilgrim's purpose and an angel's content.

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.

Fund Raising

Thanks to Lesley's hard work, the final amount raised from the Online Tombola was £200, and the Treasure Hunt, as previously reported, also raised £200. An excellent result under difficult circumstances.

If you have any ideas for future fund raising, do get in touch with the churchwardens.

* * * * *

Some news from Elizabeth Furnell, our reader-in-training

We haven't seen much of Elizabeth recently as she is on a placement as part of her training. I'm printing part of an email she sent me this week.

She writes:

I am enjoying my placement at Brookfields and Stainton but miss you all. It was almost worth all the driving around to hear Bishop Paul play the organ at Stainton, lovely.

Joyce Laville has been away for a while but I visited (at a social distance and in the driveway) on Monday - she is much better and sends her love to all.

Joyce sent Elizabeth the following reflections and Elizabeth thought that we might like to read them too.

Many people walk in and out of your life,
But only true friends leave footprints on your heart

To handle yourself use your head
To handle others use your heart

When you are born, your mother brought you to church
When you married, your partner brought you here
When you die, your friends will bring you here
Why not try coming on your own!

More Lenten Traditions

Alleluias, Glorias and flowers

New and irregular churchgoers may not have noticed that we don't say the word alleluia or say or sing the "Gloria" during Lent. This is, of course, because Lent is a penitential and not a celebratory season so these words are inappropriate. For the same reason many churches do not have floral decorations in church during Lent, even for a wedding or a funeral.

Christmas trees

In some parts of Germany it was the custom to burn old Christmas trees during Lent to welcome the spring. "Lenz" being the old Germanic word for spring. If the pandemic has meant that you haven't been able to get rid of your tree, now's your chance to participate in this Teutonic custom. (Better not do this with a plastic tree or you will be in trouble with the Environment Agency!)

Next week: Mothering Sunday

* * * * *

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

Help to distribute this leaflet -: look on the back page for details

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.

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 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

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