

As the health emergency continues to evolve, services are limited.

Our Church building is closed apart from funerals and a planned weekly communion service beginning on July 5th.

Our on line services continue for now.

28th June 2020
3rd Sunday after
Trinity

Readings (see attached Readings sheet.)

Jeremiah 28: 5 - 9. Psalm 89: 1 - 4, 15 - 18.
Romans 6: 12 - 23. Matthew 10: 40 - 42.

Keeping in touch

St Cuthbert's website:

<https://www.stcuthbertsonline.com>

On Social Media via facebook and twitter

Rev John and the team are sharing prayer and reflection
each day on facebook & twitter

**A short Eucharist service will be available via
Facebook and the church website each Sunday**

However strong our faith these are difficult and worrying times
for all of us. Our church building is closed and our church
family may be separated for now. We can support each other
and look out for one another.

If you are deemed at higher risk and are in self isolation could
you please let the Vicar know **in confidence**. This would
assist the work of our pastoral support team.

St. Cuthbert's Parish Church, like many other
organisations, has found its income has collapsed
because of the impact of Corona Virus.

We can no longer take collections at services; hold
fundraising events or let out the Parish Hall. Sadly,
the bills still come in! **Please help if you can.** Via
www.give.net/20305167 or if you are able to give on
a regular basis please contact our treasurer, Mike
Dixon; email: treasurer@stcuthbertsonline.com
**Many thanks to those of you who are already giving
to us through www.give.net**

Church contacts: www.stcuthbertsonline.com

Vicar: Rev John McDermott - 713327

Churchwardens: Lesley Young - 712324

Mack Hetherington - 712154

*Please note because of current restrictions all services apart
from funerals and a planned weekly communion service cannot
proceed.*

*Please remember in your prayers our friends and
neighbours who live in Brinkburn, Burnside and Fontburn.*

*You alone, O God, are infinite in love.
You alone can speak to our condition.
You alone can search the mind and
purify the heart.
You alone can flow over our darkness
with the ocean of eternal light.*

George Fox (1624 - 1691)

Shared by Sarah Mitchell.

*If there is righteousness in the heart,
there will be beauty in the character.
If there is beauty in the character,
there will be harmony in the home.
If there is harmony in the home,
There will be order in the nation.
If there is order in the nation,
there will be peace in the world.
So let it be.*

(Scottish Blessing)

What's on @ St Cuthbert's

St Cuthbert's
Parish Church
Amble

SUNDAY SERVICE

Our Church will be opening
again on Sundays for...

Holy Communion

Starting: Sunday 5th July

Time: 9.30 am

This will be a said service
with no hymns.

Our online services will still continue.

www.stcuthbertsonline.com  

This week's readings.

Monday 29 th June	Tuesday 30 th June	Wednesday 1 st July	Thursday 2 nd July	Friday 3 rd July	Saturday 4 th July
Zechariah 4: 1 - 6a, 10b end. Psalm 125. Acts 12: 1 - 11. Matthew 6: 13 - 19.	Amos 3: 1 - 8, 4: 11 - 12. Psalm 5: 8 - end. Matthew 8: 23 - 27.	Amos 5: 14 - 15, 21 - 24. Ps 50: 7 - 14. Matthew 8: 28 - end.	Amos 7: 10 - end. Psalm 19: 7 - 10. Matthew 9: 1 - 8.	Habakkuk 2: 1 - 4. Psalm 31: 1 - 6. Ephesians 2: 19 - end. John 20: 24 - 29.	Amos 9: 11 - end. Psalm 85: 8 - end. Matthew: 9: 14 - 17.

**In line with advice from our Archbishops our
usual services and activities are suspended.**

We hope to keep in touch with this newsletter and online.

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Don't forget St Cuthbert's Amble is also on Facebook
and twitter.



St Cuthbert's
Parish Church
Amble

www.stcuthbertsonline.com

Every day we share prayers
on facebook and our website.

We would now like to extend
this to sharing your prayer
requests on Fridays.

So if anyone would like
someone or something
prayed for then please let us
know.

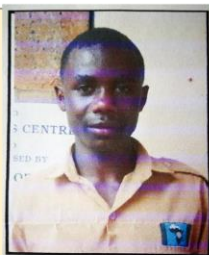
Please email our vicar, Rev.
John McDermott, at:

vicar@stcuthbertsonline.com



*Contributions for the weekly newsletter are always
welcome. It is a good way to keep in touch when
we aren't able to meet together so regularly and
while it isn't possible to produce St. Cuthbert's
usual monthly magazine.*

Email: - robert.arckless@outlook.com



For sometime we have been supporting Dennis Fundi based
at the Utugi Street Children Centre in the Diocese of
Kirinyaga Kenya.

Dennis is now 17 and started High School earlier this year. He
is bright and doing well. News has just come through that
the schools are closed due to Covid 19 and pupils are sent
back to the care of parents or guardians. Dennis's mother
died and left him with his Grandmother who couldn't
manage and he became a street boy in Kutus Town. That was
when Utugi stepped in firstly with feeding and then with a
home at the Centre.

Dennis wants to be an engineer. He did well at primary
school and now has the chance of a Secondary Education.
Please pray for Dennis, for all the Boys and Staff and for Sister
Susan who runs the Centre.

If you would like to write to Dennis get in touch with Penny
Horseman. pennyhorseman@gmail.com

As the situation changes and with it advice from
Government, St Cuthbert's plans to open up our
church building for a weekly spoken communion
service, as from Sunday July 5th. Caution is still
needed and our on line services will continue for now.



A free phone line of hymns,
reflections and prayers



*Almightie God, which by thy sonne Jesus
Christe haste given to thy Apostle Saincte
Peter many excellent gifts, and
commandste him earnestly to feede thy
flocke; macke we beseech thee, all bishops
and pastors diligently to preache thy
holy worde and the people obediently to
follow the same, that they may receive
the croune of everlasting glory; through
Christ our Lord. Amen.*

Book of Common Prayer, 1549 version.

Collect for Peter the Apostle

Saint's Day June 29th.



St Cuthbert's
Parish Church
Amble



A celebration of people of
peace.

Café Church on Zoom

Sunday July 5th at 4 pm.

**Contact Penny for new
link if you would like to
join us.**

pennyhorseman@gmail.com



Letter to the Parish

My dear friends,

We have been experiencing lockdown for many weeks now and this has brought its share of difficulties to all of us.

The pandemic is by no means over yet. However, we have been advised that church may start to be opened for worship once again.

Therefore, St Cuthbert's church will be open for Holy Communion on Sunday 5th July and each Sunday thereafter for the 9.30 am service.

This will be a short, said service (no hymns or singing allowed).

Communion will be administered in one kind only (bread) for safety and those who attend will receive at the chancel step standing.

The online service in its current format will continue for the time being.

Some people may be waiting with expectancy a return to church life as it used to be.

I need to counsel you all that it is unlikely that we will return to what used to pass as normal for a long time, if ever! Quite honestly, there is no going back to our old ways. Just as the Jews in exile in Babylon returned to a changed Jerusalem, so we will find the future that beckons is different with new opportunities and possibilities.

We must all open our hearts and minds to the new circumstances that God is calling us to explore. We are the pilgrim people of the Lord and as we travel along the scenery changes. We are heading towards our goal of reaching the Kingdom of God. That is our spiritual destiny, the real home that our souls long for.

The way ahead may be a little unfamiliar, but we have the Holy Spirit to energise us, the Lord Christ to guide us and God our Father to inspire us.

We will travel hopefully and in good faith, without fear or trepidation if we trust in Him that calls us.

Church cannot be the same again. Our country and indeed the world cannot be the same again. New circumstances call for us to be renewed people.

I hope and pray that like me you can look forward to a deeper relationship with our Creator, Redeemer and Sustainer.

We are all in the hands of God. We can look forward to a bright tomorrow whatever that brings.

May God bless you all.

John

COLLECT

Almighty God,
you have broken the tyranny of sin
and have sent the Spirit of your Son
into our hearts whereby we call
you Father:
give us grace to dedicate our
freedom to your service,
that we and all creation may be
brought to the glorious liberty of
the children of God;
through Jesus Christ your Son our
Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING

Jeremiah 28:5-9

A reading from the book of the prophet Jeremiah.

The prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the LORD; and the prophet Jeremiah said, "Amen! May the LORD do so; may the LORD fulfil the words that you have prophesied, and bring back to this place from Babylon the vessels of the house of the LORD, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the LORD has truly sent the prophet."

PSALM Psalm 89:1-4. 15-18

R Your love, O Lord, for ever will I sing.

Your love, O Lord, for ever will I sing;

from age to age my mouth will proclaim your faithfulness.

For I am persuaded that your love is established for ever;

you have set your faithfulness firmly in the heavens. **R**

"I have made a covenant with my chosen one;

I have sworn an oath to David my servant:

'I will establish your line for ever, and preserve your throne for all generations.'" **R**

Happy are the people who know the festal shout!

they walk, O Lord, in the light of your presence.

They rejoice daily in your name; they are jubilant in your righteousness. **R**

For you are the glory of their strength,
and by your favour our might is exalted.

Truly, the Lord is our ruler;
the Holy One of Israel is our king. **R**

SECOND READING

Romans 6:12-23

A reading from the letter of Paul to the Romans.

Do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace. What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have

become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

GOSPEL

Matthew 10:40-42

Hear the gospel of our Lord Jesus Christ according to Matthew.

Jesus said to the twelve:

"Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple – truly I tell you, none of these will lose their reward."

POST COMMUNION

O God, whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory as far as we can grasp it,
and shield us from knowing more than we can bear
until we may look upon you without fear;
through Jesus Christ our Saviour.

Lift up your hearts



Jemima Thackray continues our series

LIFE in lockdown has felt impossibly condensed and unrelenting — and yet somehow rarefied. The tasks of looking after (and now home-schooling) three young children, juggled with my paid work and ordination studies, all within the confines of home, and without any social contours, have put even the most mundane tasks into sharp relief.

I've turned to the witty and whimsical, if rather old-fashioned, writing of the chef, food columnist, and Episcopalian priest Robert Farrar Capon, whose **books** comfortably mix a love of food and theology, and who writes about the sacredness of things: "It is some-times easy to get the impression that Christians take a dim view of things. Poor old matter, like poor old flesh, takes a bad drubbing. Far from caring too much for it, we are forever beating it out of its natural shape into fetishes and status symbols which are more to our liking.

"But the Christian religion is not about the soul: it is about man, body and all, and about the world of things with which is was created, and in which he is redeemed. Don't knock materiality. God invented it. Things, as such, are never bad; they are not even indifferent. They are positively good.

Let a man just once really face fish or fowl, bread or wine, shoelace or gummed label, and he will know he has by no means lowered himself. In lifting them up, he himself grows taller" (Bed and Board).



OUR lives have slowed to become a series of small acts of caring for things. The children and I have baked brownies, planted carrots, and painted pictures, all with a new poignancy. At the start of lockdown, we took on some ex-battery chickens, which arrived scrawny, their tail feathers pecked away, wild-eyed with terror. Now, after a bit of care, they are plump and downy, clucking affectionately around our legs, and — to the children's delight — regularly laying double-yolkers.

This care has extended to our own bodies, at a time when they seem more precious than ever. We've done PE with Joe Wicks every day, and even attempted some family yoga sessions (check out Cosmic Kids Yoga on YouTube). I came across the "Body Prayer", a physical enactment of prayer inspired by the writings of Julian of Norwich; in the absence of any space to pray alone, the following postures have become part of worship-cum-yoga practice:

AWAIT (hands cupped at waist, awaiting God's presence);
ALLOW (hands reaching up, allowing God's presence to come);
ACCEPT (hands at heart, accept-

ing as a gift whatever comes or does not come);
ATTEND (hands outstretched, ready to attend to what you are called to).

THE most treasured **picture** in my house also holds this sense of astonishment at the human body: a large photograph of Antony Gormley's sculpture *Sound II*, which stands in the crypt of Winchester Cathedral. The figure looks down into his hands, vulnerable in his nudity, marvelling at his own body, fearfully and wonderfully put together.

Capon writes of this sense of wonder as he observes his children playing: "What surprises me is that they are here at all. Why should they be? Everything is unnecessary. The cancer in the blood and the blood it destroys; the truck on the highway and the squirrel it crushes; and they and I and Joseph and Abraham; and earth and stars and sky and ocean.

"What do we mean, being substantial? The only possible answer is simply that God was pleased to make us so. But while the reply is intelligible in its form, it is absurd

Continued overleaf

Continued from previous page

in its content: Our being, our substantiality and our freedom are left with no reason other than his unsearchable counsel. The absurdity, you see, goes home to God.”

THE **Bible** passage I have turned to in lockdown is Job’s cry of hope, bursting forth even after so much suffering:

I know that my redeemer lives,
and that in the end he will stand on the earth. And after my skin has been destroyed, yet in my flesh I will see God.
(Job 19.25-26)

It is a vision of a redeemer made of flesh and bone, whose soles will walk on the warm earth, and a resurrection not of disembodied spirits, but of physical presence, insisting that matter matters; our beings are not dispensable.

Recent events make this a hard truth to hold on to — the brutalising of yet more

black bodies in the United States, and the statistics showing how disproportionately people from black and ethnic minorities are affected by Covid-19: both stark reminders that bodies are not, after all, neutral. They are places of safety only for the privileged; for many, they are marked out for institutionalised violence, health inequality, and generational trauma.

I highly recommend the Netflix drama *When They See Us*, a true story of racial injustice, as perhaps not a comforting but a confronting lockdown view, at a time when many of us are open to a different future.

FOR all the potential of this next moment, however, there is need of much healing and care right now: bereaved families to support, livelihoods to rebuild, and fragile minds and relationships to piece back together. Even in my own protected and privileged children, I see a strange legacy as

they back away from people they would normally run towards.

OUR lockdown **track**, “But for you who fear my name”, by the gospel/indie band the Welcome Wagon, features a singing congregation beating tambourines and whooping with joy. The children and I sing along loudly in the car; and the lyrics, based on the words of the prophet Micah, are my prayer for us all as we emerge from lockdown:

But for you who fear my name
The Son of righteousness will rise
With healing in his wings,
And you shall go forth again
And skip about like calves
Coming from their stalls at last.

Jemima Thackray is a journalist and ordinand.

Next week: Anna Matthews

More than recovery

IN KEEPING with this week’s news announcements, Christopher Cocksworth compares the easing of the lockdown with the resurrection

FOR many of us, lockdown was a Good Friday experience. So much of that which we loved and our ways of serving our parishes and communities were taken from us. It felt like some sort of death.

It was if we were plunged into a sort of Holy Saturday existence: a disembodied form of life in which we had to learn how to connect as Christ’s people virtually — we could call it spiritually — without physical contact, and find ways to reach out to people whom we longed to serve pastorally and missionally by all sorts of means short of being in the same place together.

Amazing things have happened over these months, and, perhaps, a little like Jesus, who descended into the abode of the dead and “made proclamation to the spirits in prison” (1 Peter 3.19), we have been able to reach some of those who, beyond our reach before, were just waiting for the welcome of Christ to be made known to them.

Although, as 1 Peter tells us, Jesus had been “made alive in the spirit”, God, of course, had more for him, for his followers, and for the creation for which he died. God

purposed nothing less than the resurrection of the body, the renewal of creation, the fullness of the fully social reality of the Kingdom of God.

On the day of resurrection, when Jesus came and stood among the locked-down disciples, that was only the beginning of the necessary journey of recovery. Despair and disbelief needed to be dispelled by faith in the resurrected one. Fear needed casting out by peace. Feelings of failure and disempowerment needed to be overcome by the breath of God’s Spirit and the commissioning of Christ (John 20.19-29).

As we come out of lockdown step by step, there will be need for us to recover — to recover our buildings, our public worship, our sacraments, our patterns of pastoral care, our finances. Recovery will be different for us all: church communities, schools, cathedral, and, even our remarkable chaplaincies who have ministered so faithfully in these times. And each of us, personally, will need to recover.

But the first disciples did more than recover, because Jesus did more than recover. Jesus was raised into life: life consistent and continuous with what had gone before, but new and transformed life; life that brought — and is bringing — the whole of creation into the renewed, redeemed life of the kingdom of God. The disciples were invited to step into the flow — a mighty, unstoppable tidal flow — of God’s powerful purposes present in the reality of the risen life of Jesus.

That same invitation comes to us in its own way, shaped for our particular circumstances. We will need to recover, of



Christ in Glory in the Tetramorph, the 1962 tapestry by Graham Sutherland, behind the high altar in Coventry Cathedral

course, but we are called to do more than recover. We are called to renewal, to resurrection, to keep moving with the purposes of God fulfilled in Jesus, who died was buried and rose again for us and for our salvation.

Now, as in every time, especially times of threat and danger, we are invited to receive the power of God that raised Jesus from the grave.

Dr Cocksworth is the Bishop of Coventry. This is an extract from his address to his diocesan synod on Tuesday evening.