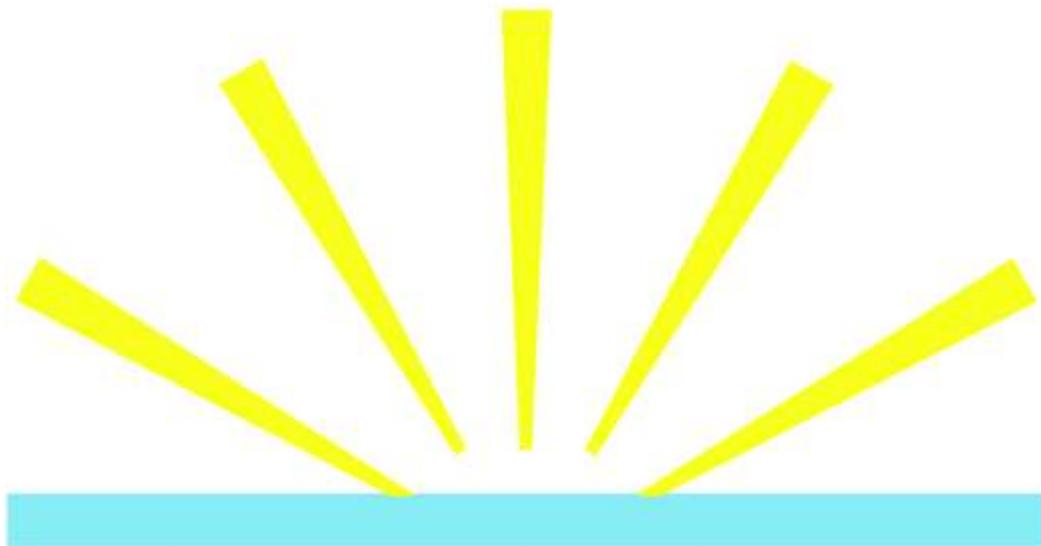


**ST CUTHBERT'S
SCOTTISH EPISCOPAL CHURCH
COLINTON**

**Sixth Sunday of Easter
17 May 2020**



**COVID-19
No Services in Church**

Grace and peace to you from God our Father and the Lord Jesus Christ.

Amen.

Alleluia! Christ is risen.

He is risen indeed. Alleluia!

HYMN 19 – All my hope on God is founded

**All my hope on God is founded;
he doth still my trust renew,
Me through change and chance he guideth,
only good and only true.
God unknown, he alone
calls my heart to be his own.**

**Human pride and earthly glory,
sword and crown betray his trust;
what with care and toil he buildeth,
tower and temple fall to dust.
But God's power, hour by hour,
is my temple and my tower.**

**God's great goodness aye endureth,
deep his wisdom, passing thought:
splendor, light and life attend him,
beauty springeth out of naught.
Evermore, from his store,
new-born worlds rise and adore.**

**Still from man to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ his Son.
Christ doth call one and all:
ye who follow shall not fall.**

*Robert Bridges (1844-1930) alt., based on 'Meine Hoffnung stehet feste' by
Joachim Neander (1650-1680) ©Copyright 2008 Kevin Mayhew Ltd, Anglican
Hymns Old & New*

Collect for Purity

**Almighty God,
to whom all hearts are open,
all desires known, and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.**

Confession and Absolution

God is love and we are God's children.
There is no room for fear in love.
We love because God loved us first.

Let us confess our sins in penitence and faith.

Please sit or kneel

God our Father, we confess to you and to our fellow members in the body of Christ that we have sinned in thought, word and deed, and in what we have failed to do. We are truly sorry. Forgive us our sins, and deliver us from the power of evil. For the sake of your Son who died for us, Jesus Christ, our Lord.

God, who is both power and love, forgive us and free us from our sins, heal and strengthen us by the Spirit, and raise us to new life in Christ our Lord.

Amen.

Gloria

Please stand

***Glory to God, Glory to God,
Glory to God in the highest,***

**Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

***Glory to God, Glory to God,
Glory to God in the highest,***

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,**

**you take away the sin of the world;
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

***Glory to God, Glory to God,
Glory to God in the highest,***

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father.**

***Glory to God, Glory to God,
Glory to God in the highest.***

Collect of the Day (Said by the Priest)

Merciful God, you have prepared for those who love you riches beyond imagination. Pour into our hearts such love towards you that we, loving you above all things, may obtain your promises which exceed all that we can desire; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

Please sit

First Reading: Acts 17.22-31

Then Paul stood in front of the Areopagus and said,
'Athenians, I see how extremely religious you are in every

way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, “To an unknown god.” What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For “In him we live and move and have our being”; as even some of your own poets have said, “For we too are his offspring.” Since we are God’s offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.’

The word of the Lord.

Thanks be to God.

Psalm 66.7-18

Please stand

O praise our / God ye / people:

And make the / voice of his / praise to be / heard;

Who holdeth our / soul in / life:

And suffereth / not our / feet to / slip.

For thou O / God hast / proved us:

Thou also hast tried us / like as / silver is / tried.

Thou broughtest us / into the / snare:

And laidest / trouble up- / on our / loins.

Thou sufferedst men to ride / over our / heads:

We went through fire and water

**and thou broughtest us out / into a / wealthy /
place.**

I will go into thine house with burnt offerings

and will / pay thee my / vows:

Which I promised with my lips

**and spake with my mouth / when I / was in /
trouble.**

**I will offer unto thee fat burnt-sacrifices with the / incense
of / rams:**

I will / offer / bullocks and / goats.

O come hither and hearken all / ye that fear / God:

And I will tell you what / he hath / done for my / soul.

I called unto him / with my / mouth:

And gave him / praises / with my / tongue.

If I incline unto wickedness / with mine / heart:

The / Lord / will not / hear me.

But / God hath / heard me:

And con- / sidered the / voice of my / prayer.

Prais-ed be God who hath not cast / out my / prayer:

Nor / turn-ed his / mercy / from me.

Glory / be to the / Father:

And to the Son / and to the / Holy / Ghost:

As it was in the beginning is now and / ever / shall be:

World without / end. A- / -- / men.

Please sit

Second Reading: 1 Peter 3.13-22

Now who will harm you if you are eager to do what is good? But even if you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, but in your hearts sanctify Christ as Lord. Always be ready to make your defence to anyone who demands from you an account of the hope that is in you; yet do it with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark,

in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The word of the Lord.

Thanks be to God.

Gradual Hymn 743 – There is a Redeemer

**There is a Redeemer, Jesus, God's own Son,
precious Lamb of God, Messiah, Holy One.**

*Thank you, Oh my Father,
for giving us your Son,
and leaving your Spirit
till the work on earth is done.*

**Jesus, my Redeemer, name above all names,
precious Lamb of God, Messiah, O for sinners slain.**

**When I stand in glory, I will see his face,
and there I'll serve my King for ever, in that holy place.**

*Melody Green (b. 1946), based on Scripture @ 1982 Ears To Hear Music/Birdwing
Music/BMG Songs Inc/ EMI Christian Music Publishing Administered by Kevin
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Gospel: John 14.15-21

Hear the good news of our Lord Jesus Christ according to John.

Glory to Christ our Saviour.

‘If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you for ever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. ‘I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.’

Give thanks to the Lord for his glorious Gospel.

Praise to Christ our Lord.

The Sermon

The second part of the Book of Acts focuses on the story of Paul. And that is where we find ourselves on this Sixth Sunday of Easter. We are familiar with Paul; he is known for his eloquent speeches and great witness to Christ, and there is much we can learn from him. Following his conversion experience, he became one of the greatest teachers ever, one of the greatest evangelists ever.

Paul knew God. Paul was in right relationship with God. And when you are in right relationship with someone, you want to defend them at all costs. That is what Paul is doing in Athens.

Even though he was deeply distressed by all the idols of the city, he did not get up on that large rock and point his finger at the people of Athens, telling them that they would go straight to hell because of their idol worship and their non-Christian ways of living. Rather, he speaks to their culture, through their culture, in a way that acknowledged their worthiness as children of God. He was a true witness of the God he served.

Paul begins to tell them about this unknown God that they already are trying to worship. Note that Paul does not condemn the Athenians for who they are; nor does he begin with what separates them, but with what they have in common. Remember that the next time you are a witness to the God you know.

We all have more in common than usual right now, as we continue in isolation due to the coronavirus. I imagine most of us have new routines that may involve a daily walk, a weekly shop, odd visits to the pharmacy. We might be spending more time in the garden, if we have one, or even decorating or spring cleaning the house. I hope in these new routines you are taking time to see God, maybe in new ways.

In my daily walk, I see God in the beauty of creation – the hills, the sky, the water. I'm not allowed to shop or go to

the pharmacy but imagine seeing Jesus in the people who are working to keep us fed and watered, making sure we have the medication we need; risking their own health or even that of their families by having so much contact with people they don't know.

I'm not a gardener but I have been amazed by the pleasure it has given me. Not particularly the hard work of digging or weeding but by watching flowers grow, not knowing what they are going to look like. Seeing the blossom fall from the trees and give a 'snow-like' layer of pink across the lawn; even watching the insects in the garden, especially the bumble bees this year, that seem so much bigger. What a beautiful world God has created for us.

So, in this time of lock-down and isolation, maybe we should try to strengthen our relationship with God. Get to know God better through prayer, through creation, through scriptures.

Paul knew God as the God of Abraham, Isaac, and Jacob. He knew God as the One who keeps promises. He knew God as a God of a second chance, and a God that saves, a God that can convert. He knew God as a God of love.

Who do you know God as? We cannot tell of something or someone that we do not know. As Christians, we know God as a way-maker, as a provider, as the author of our books called Life. The God we know is fair and just, generous and good. Our God is a loving, healing God. The God we know is a forgiving, gracious God, because heaven knows we do not

get it right all the time. We know God as Redeemer, Reconciler, Restorer and Resurrector, just to name a few.

That is who we know God as. And the God we serve proves this over and over and over again. The God we serve places the right people in the right places to make things happen at the right time, giving us unmerited favour. And the God we serve makes a way, when there seems to be no way.

Right now I give thanks to the right people being in the right place – scientists, doctors, nurses, ancillary staff, those emptying our bins, delivering our parcels, those I've forgotten about, those making decisions in high places to get our country back to normal, whatever the new normal will be.

Yes, it is a bit scary at times, as we don't know what the future holds. I worry for my daughters and grand-daughter but through it all, I trust in God and that is a huge help to me in these strange times.

Sadly, there are individuals who do not know God. Painfully, the knowledge of the God we know is not everywhere you turn, because people do not really know who God is, and what God has done, and can do. God, for some, is only a God to question or blame or accuse or even curse when things go wrong. Many people believe that God is some sort of vengeful deity that must be appeased by good behavior, just in case! But that is not the God that Paul proclaimed.

As Paul tells us, there really is a God who loves everyone, especially you and me! And yes, our enemies as well. A God who came to serve us. Our God, who has given everyone life

and being, and is interested in every little part of our life, no matter how insignificant it may seem.

God's love, care, and identity have been made abundantly clear in the person and work of Jesus Christ, our Lord and Saviour and that God should be known by everyone!

Amen.

Nicki

Affirmation of Faith

Please stand

**We believe in one God,
the Father, the almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one substance with the Father.
Through him all things were made.**

**For us and for our salvation he came down from heaven;
by the power of the Holy Spirit
he became incarnate of the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;**

**he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the
dead, and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father.
With the Father and Son, he is worshipped and glorified.
He has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Please sit or kneel

Intercessions

To the words 'Send forth your Spirit, Lord', please respond
'and renew the face of the earth'.

God of our hearts and homes, thank you for your presence through this week in everything we've done. Some things we've done well; some things we've done badly. Some things we could show you; some things we'd rather not. We remember these things quietly now Take the rag-bag of our everyday experience, we pray, and work upon it with your patient grace, so transforming us bit by bit into the likeness of your Son, Jesus Christ.

Send forth your Spirit, Lord, **and renew the face of the earth.**

God of our health and happiness, we know you're committed to our being well, and to our well-being. We pray for those we know who are ill, lost or lonely, or facing some other major problem. These people we name in our hearts in silence now We pray that they and we may find health and healing on our journey to you.

Send forth your Spirit, Lord, **and renew the face of the earth.**

God of our village and of our nation, thank you for those men and women who give themselves in politics and civic life to the renewal of our communities. They are often your agents of change while the rest of us sit at home and complain. Help us, Lord, to do as St Paul said, and to recognize in local and national politics whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely – and to see it as part of your good plan and purpose to make all things new. Send forth your Spirit, Lord, **and renew the face of the earth.**

God of our resilient but damaged world, we have survived so much of our own stupidity in war and greed and the abuse of our planet. Particularly we think of Covid 19. And all the time you are asking us to enlist in your kingdom – the better world that both lies within, and surrounds, our own. Help us to live as true citizens of that homeland, and to make the case for peace and justice and care for the good earth in every corner of the Kingdom.

Send forth your Spirit, Lord, **and renew the face of the earth.**

God of the universe, your renewing Spirit refreshes the farthest shores of creation. You never rest from your endless purpose of bringing all things together in Christ. In the Cross we see your pain as we resist your love; in the resurrection we see your inexhaustible life. Help us Lord, this week, to live, as far as lies in us, in the energy and joy of the resurrection. So may our lives contribute to that glorious goal, as you send forth your Spirit, Lord, **and renew the face of the earth.**

Roma Soderberg

The Peace

The peace of the Lord be always with you.
And also with you.

THE LITURGY OF THE SACRAMENT

Offertory Hymn 491 – Love divine

**Love divine, all loves excelling,
joy of heaven, to earth come down,
fix in us thy humble dwelling,
all thy faithful mercies crown.**

**Jesu, thou art all compassion,
pure, unbounded love thou art;
visit us with thy salvation,
enter every trembling heart.**

**Breathe, O breathe thy loving Spirit
into every troubled breast;
let us all in thee inherit,
let us find thy promised rest.**

**Take away the love of sinning,
Alpha and Omega be;
end of faith, as its beginning,
set our hearts at liberty.**

**Come, almighty to deliver,
let us all thy life receive;
suddenly return, and never,
never more thy temples leave.**

**Thee we would be always blessing,
serve thee as thy hosts above,
pray, and praise thee without ceasing,
glory in thy perfect love.**

**Finish then thy new creation;
pure and spotless let us be;
let us see thy great salvation
perfectly restored in thee.**

**Changed from glory into glory,
till in heaven we take our place,
till we cast our crowns before thee,
lost in wonder, love, and praise.**

Charles Wesley (1707-1788) alt.

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Blessed are you, Lord God of all creation;
through your goodness we have this bread to offer,
which earth has given and human hands have made;
it will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation;
Through your goodness we have this wine to offer,
fruit of the vine and work of human hands;
it will become the cup of our salvation.

Blessed be God for ever.

Eucharistic Prayer

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

OPENING PRAYER: celebrating the work of God, Father, Son and Spirit, in creating, restoring and bringing to completion, all that is His.

Worship and praise belong to you, Author of all being.
Your power sustains, your love restores, our broken world.
You are unceasingly at work, from chaos bringing order and
filling emptiness with life.

Christ, raised from the dead, proclaims the dawn of hope.
He lives in us that we may walk in light.

Your Spirit is fire in us, your breath is power to purge our sin and warm our hearts to love.

As children of your redeeming purpose, freed by him who burst from the tomb and opened the gate of life, we offer you our praise, with angels and archangels and the whole company of heaven, singing the hymn of your unending glory:

SANCTUS: an anthem to God's glory.

(Sung)

**Holy, Holy, Holy Lord, God of power and might.
Heaven and earth are full of your glory.
Hosanna, Hosanna, Hosanna in the highest.**

BENEDICTUS: The greeting to him who came in the flesh, comes in the sacrament and is still to come.

**Blessed is he who comes in the name of the Lord.
Hosanna, Hosanna, Hosanna in the highest.**

(Kneel or sit)

CHRISTOLOGICAL PRAYER: Thanksgiving to God for all that was accomplished in the life, death and resurrection of Jesus.

Praise and thanksgiving be to you, Lord of all, for by the Cross eternal life is ours and death is swallowed up in victory. In the first light of Easter glory broke from the tomb and changed the women's sorrow into joy.

From the Garden the mystery dawned that he whom they had loved and lost is with us now in every place for ever.

Making himself known in the breaking of the bread, speaking peace to the fearful disciples, welcoming weary fishermen on the shore, he renewed the promise of his presence and of new birth in the Spirit who sets the seal of freedom on your sons and daughters.

NARRATIVE OF THE INSTITUTION: an account of the Last Supper.

Before he was given up to suffering and death, recalling the night of Israel's release, the night in which slaves walked free, at supper with his disciples he took bread and offered you thanks.

He broke the bread, and gave it to them, saying:

"Take, eat. This is my Body: it is broken for you."

After supper, he took the cup, he offered you thanks, and gave it to them saying:

"Drink this, all of you. This is my Blood of the new covenant; it is poured out for you, and for all, that sins may be forgiven. Do this in remembrance of me."

ANAMNESIS AND OBLATION: The work of Christ is recalled and linked with our offering.

We now obey your Son's command. We recall his blessed passion and death, his glorious resurrection and ascension; and we look for the coming of his Kingdom. Made one with him, we offer you these gifts and with them ourselves, a single, holy living sacrifice.

EPICLESIS: We ask for the descent of the Holy Spirit as the divine response to our obedience.

Hear us, most merciful Father, and send your Holy Spirit upon us and upon this bread and this wine, that, overshadowed by his life-giving power, they may be the Body and Blood of your Son, and we may be kindled with the fire of your love and renewed for the service of your Kingdom.

PRAYER OF PETITION: As members of the Church we pray for her whole life and mission.

Help us, who are baptised into the fellowship of Christ's Body to live and work to your praise and glory; may we grow together in unity and love until at last, in your new creation, we enter into our heritage in the company of the Virgin Mary, the apostles and prophets, Saint Cuthbert and of all our brothers and sisters living and departed.

DOXOLOGY: A concluding act of praise.

Through Jesus Christ our Lord, with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be to you, Lord of all ages, world without end. **Amen.**

Breaking of the Bread

The living bread is broken for the life of the world.

Lord, unite us in this sign.

Lord's Prayer

As our Saviour Christ has commanded and taught us, we are bold to say:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Communion

Lamb of God; you take away the sins of the world: have mercy on us.

Lamb of God; you take away the sins of the world: have mercy on us.

Lamb of God; you take away the sins of the world: grant us peace.

Communion Hymn 61 – Be still and know that I am God

**Be still and know that I am God,
be still and know that I am God,
be still and know that I am God.**

**I am the Lord that healeth thee,
I am the Lord that healeth thee,
I am the Lord that healeth thee.**

**In thee, O Lord, I put my trust,
In thee, O Lord, I put my trust,
In thee, O Lord, I put my trust.**

Unknown, based on Psalm 46

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THANKSGIVING AND SENDING OUT

Give thanks to our gracious God
Whose mercy endures for ever.

Post Communion Prayer

Father, you restored us to life by raising your Son from death. May we who receive this sacrament always be strengthened to do your will, in the name of Jesus Christ the risen Lord. Amen.

HYMN 556 – O Jesus, I have promised

**O Jesus, I have promised
to serve thee to the end;
be thou ever near me,
my Master and my friend:
I shall not fear the battle
if thou art by my side,
nor wander from the pathway
if thou wilt be my guide.**

**O let me feel thee near me;
the world is ever near;
I see the sights that dazzle,
the tempting sounds I hear;
my foes are ever near me,
around me and within;
but Jesus, draw thou nearer,
and shield my soul from sin.**

**O let me hear thee speaking
in accents clear and still,
above the storms of passion,
the murmurs of self-will;
O speak to reassure me,
to hasten or control;
O speak, and make me listen,
thou guardian of my soul.**

**O Jesus, thou hast promised
to all who follow thee,
that where thou art in glory
there shall thy servant be;
and, Jesus I have promised
to serve thee to the end:
O give me grace to follow,
my Master and my friend.**

**O let me see thy foot-marks,
and in them plant mine own;
My hope to follow duly
is in thy strength alone:
O guide me, call me, draw me,
uphold me to the end;
and then in heaven receive me,
my Saviour and my Friend.**

John Ernest Bode (1816-1874)

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Blessing

The God of peace, who brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the eternal covenant, make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Dismissal

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

~

St Cuthbert's Notes 17 May 2020

Virtual Gathering:

If you would be interested in joining a Zoom coffee morning one Sunday morning, could you please email me at stcuthbertsrector@gmail.com so that I can organise a date and time. It would be nice to see faces again. Keep safe. Nicki



YouTube:

<https://www.youtube.com/channel/UC3iPQOkQiVERjeHZbj2OnBQ/playlists> to hear the readings, intercessions and hymns in the order of the service for Sunday 17 May.

Especially useful for those without internet access:



Defibrillator Congregational Consultation:

Following a fundraising event at The Colinton Inn to raise money for a defibrillator to go outside the pub, the local community were very generous and money was raised for two. As St. Cuthbert's donated, the Landlords offered the second to us.

The Vestry propose to place it on the hall wall, facing Westgarth Avenue. They have to be visible for obvious reasons. (Please see photos below).

If you have any objection to the installation of this defibrillator on the church hall wall, could you please notify me in writing within four weeks of the date of this notice.

Many thanks.

Revd Nicki McNelly

3rd May 2020



Thy Kingdom Come Global Prayer 2020

You may remember that last year St Cuthbert's participated in Thy Kingdom Come, which runs from Ascension to Pentecost. Our church was open for prayer over a 24 hour period and many of you took an active part. This year things are very different but prayer is even more important.

You are all invited to take part in our **Phone, Chat and Pray** initiative which will run from **Sunday 24th May for one week and close on Pentecost Sunday, 31st May.**

Nearly all of us have access to a phone, most of us enjoy a chat and we all pray in lots of different ways. In this time of lock down and separation due to the pandemic, **Phone, Chat and Pray** is a very practical way of drawing our church family together, over one week. Together we can share our friendship and by saying a prayer together we can help to sustain one another and be part of the worldwide body of Christ.

So how does it work?

Only names and phone numbers of those who have already signed and agreed to be part of The Membership Booklet issued May 2019 will be used.

If you DO NOT wish to participate please let Nicki know by Tuesday 19th May.

By Sunday 24th May you will be emailed (or posted) the names and phone numbers of two members of the congregation. You will also be sent a prayer written for ourselves during these times, **Our St Cuthbert's Prayer** and some tips on helpful conversation starters.

Between Sunday 24th and Sunday 31st May, you will get a call from somebody in the congregation and after a conversation, if you are both comfortable to do so, you are invited to say **Our St Cuthbert's Prayer** together before saying goodbye.

In exactly the same way, you will make your phone calls to the names sent to you, have a chat and close the time together with **Our St Cuthbert's Prayer**. It doesn't matter if you make your calls before or after you have had your call. The important thing is that we are all sharing time together and praying.

The phone calls can be as long or short as you like. What is important is making that connection, which is a form of prayer in itself.