

Our Lay Director, Jan Watts, writes.

As you receive this my greatest wish is that you are all remaining well, both yourselves and your families. These are very strange and uncertain times and we must hold onto our earnest belief that the Lord is ultimately in charge of this wounded world. As Julian of Norwich said:

"All shall be well and all shall be well and all manner of things shall be well."



Our Lay Director in waiting Wanda Maciuszko writes



Stephen Bowring our National Spiritual Director said "Everyone is a pilgrim on a new phase of their spiritual journey"(BACC pages Autumn 2019)He was talking about the Cursillo weekend but it is very applicable at this moment in time for us. The whole world is facing new unimagined challenges and we are on a very difficult phase of our spiritual journey. We have been left without the normal framework of our lives-family,

friends ,church services, work and our Reunion Groups and Ultreyas.

We are facing loneliness,isolation, loss and grief as well as extraordinary kindness and compassion. Yet we have found new ways of communicating and sustaining ourselves and each other.

At this time the sound of a human voice is special and reassuring.God's voice is even more so. Activities such as reading the Bible, receiving and sending messages ,appreciating nature,creating art, reading and writing stories and books, gardening and embracing silence sometimes have kept us going.This newsletter is a kaleidoscope of sharing what has encouraged us .

**When the disciples
were in "lockdown"
Jesus came to them
saying
"Peace to you".**



A letter from our SD, Jonathan Couper

Dear All,

Looking beyond the present

In this season we are all walking on terrain we have never been before. Our life reflects a verse in laments "How lonely sits the city that was full of people"(1:1). Today in these uncertain times, we can glimpse how Peter must have felt when he first got out of the boat in a storm at the call of Jesus (Matthew 14:29). It is good to remember Peter was fine whilst he kept his eyes on Jesus but began to sink when he looked at the waves.



God is with us wherever we go (Joshua 1:9). Life in Jesus can reach us wherever we are, for He has conquered death and overcome the world. Whatever life brings we should fix our eyes on Jesus (Hebrews 12:2). So, amidst the troubles on earth we choose to do this. We refuse to be anxious. Instead we pray. We turn our souls from the quick-sands of fear to the rock of faith as we make God our refuge and stand in His truth.

We choose to go through the troubles on earth with an eternal perspective knowing that *"our light affliction which is but for a moment is working for us a far more exceeding weight of glory while we do not look at things which are seen, but at the things which are unseen, For the things that are seen are temporary, but the things are not seen are eternal"*. (2 Corinthians 4:17-18). So, in the words of the chorus: "Turn your eyes upon Jesus. Look full in His wonderful face and the things of earth will grow strangely dim in the light of His glory and grace".

We hope the thoughts and prayers contained in this newsletter will be an aid to doing just that!

Jonathan

Rev Jonathan Couper

The disciples cried out in fear but immediately Jesus spoke to them, saying "Be of good cheer! it is I; do not be afraid ".
Matthew 14:26,27

Some photos from Wanda with Psalm 91:2

**I will say of the Lord,
"He is my refuge
and my fortress;
My God
in Him I will trust**



he is my refuge:
a refuge in every time of
trouble, outward or
toward; a refuge when all
others fail; and is himself
a never failing one, a
strong refuge, which
none can break through
and into, and in which all
that have fled thither and
dwell are safe:

my God, In him will I trust;

Our Daily Bread 22/03/2020
He doesn't take us out of hard situations.
He promises to be with us always.

Our Daily Bread 28/03/2020
He doesn't always restore what's lost ,but He
understands and comforts us in our distress.



(photo of Easter Sunrise taken by Ros Dykes of St Marks Scarborough)

THOUGHTS OF PEACE FROM VERONICA GOVENLOCK EMMANUEL SALT BURN

We are going through some unusual times, we have much more free time and I believe God wants us to use it to draw closer to Him – and others are sensing the same thing. He wants us to be still and know that He is God (Psalm 46:10), to come into a place of greater intimacy with Him. I have been spending a lot of time in His Word and, in the peace and quietness, seeing things I've never seen before.

The following are some Scriptures I find very helpful, not just at this time but in normal everyday life:

Isaiah 26:3-4 (NKJV) says – "You will keep him in perfect peace whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, for in YAH, the LORD, is everlasting strength."

Keeping our minds on God, on what His Word says, is living in a place of peace. Our strength comes from trusting in Him because we don't have to just rely on our own small strength; by faith we can tap into His great strength and keep going through the most difficult situations and emerge victorious!

2 Corinthians 10:3-5 (NKJV) – verse 5 says, "casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"

All kinds of thoughts assail our minds that are contrary to the Word of God because we live in a fallen world, but in these verses the Apostle Paul tells us what to do with them. We are to take them captive, pull them down and replace them with what God says about the situation. Thinking on the goodness of God and on His love for us brings peace.

Philippians 4:4-9 (NKJV) – This is such a great pattern for living everyday life! Whatever we're going through, we are to rejoice! God, by His Holy Spirit, lives in us; He's here to help us all the time. That's something wonderful to rejoice over! He is in us; we have His gentleness inside us. We are to be anxious about nothing, but pray believing He has heard us, and thank Him. When we do that we have His peace that surpasses all understanding and that peace guards our hearts and minds through Christ Jesus. Then in verse 8 we have a list of what to think on in order to keep that peace – things that are noble, just, pure, lovely, of good report, of any virtue, and that are praiseworthy. In verse 9, Paul says that if we do what he told us to do the God of peace will be with us. I believe that our peace and stability in Christ is a great witness to the world, especially at this time.

My prayer is that in the quietness and beauty of this season, with new life springing forth everywhere, hearts might be awakened to the reality that there is a God who created all this and that they need to know Him! Amen.



From Jayne
Moxon,

St Mary's
Scarborough

In these very strange unprecedented times comes many challenges. Not being allowed out of the house at all (for health reasons) the days are long. My daughter, who knows me well set me a task. She has bought some frames and commissioned me to produce 4 black and white drawings to go in said frames. This is one of them which I share with you all. Blessings Jayne x



"And the People stayed home.
And read books, and listened and
rested and exercised and made art
And played games and learned new
Ways of being and were still And
Listened more deeply. Some
Meditated, some prayed, some
danced. Some met their shadows.

And the people began to
To think differently

And the people healed.
And in the absence of people living
In ignorant, dangerous, mindless
And heartless ways,
The earth began to heal.

And when the danger passed.
And the people joined together again,
They grieved their losses, and made
New choices, and dreamed new
Images, and created new ways to live
And heal the earth fully, as they had
been healed

Source unknown. A letter put through
our letterbox.

Jonathan * & Anne Couper



BLESSED HOPE

There is nothing like hope; it
provides calm for the future
So, when life hurts and dreams
fade, look forward to the
blessed hope of the return of
our Lord and Saviour Jesus
Christ.

I keep returning to Romans
15:13 "May the God of hope fill
you with all joy and peace as
you trust in Him, so that you
may overflow with hope by the
power of the Holy Spirit"

From Jayne in Scarborough



Easter 2020 by Malcolm Guite



And where is Jesus, this strange Easter day?
Not lost in our locked churches, anymore
Than he was sealed in that dark sepulchre.
The locks are loosed; the stone is rolled away,

And he is up and risen, long before,
Alive, at large, and making his strong way
Into the world he gave his life to save,
No need to seek him in his empty grave.

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He might have been a wafer in the hands
Of priests this day, or music from the lips
Of red-robed choristers, instead he slips
Away from church, shakes off our linen bands

To don his apron with a nurse: he grips
And lifts a stretcher, soothes with gentle hands

The frail flesh of the dying, gives them hope,
Breathes with the breathless, lends them strength to cope.

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On Thursday we applauded, for he came

And served us in a thousand names and faces

Mopping our sickroom floors and catching traces

Of that virus which was death to him:

Good Friday happened in a thousand places

Where Jesus held the helpless, died with them

That they might share his Easter in their need,

Now they are risen with Him, risen indeed.

Submitted by Jan Watts



from Berenice
All Saints Church Hunmanby

I have gained inspiration from the church and community effort in our village.. People looking after each other, making sure they have food, texting each other every day.

I have had support and comfort by being in touch with people from our Home group and Bible study group.

. I have found the following particularly helpful at this time:

First, some thoughts from a retired vicar in our group of parishes: "The coronavirus outbreak will have done a good thing if it drives home our mortality and the slenderness of the thread that divides this world from the next. We don't live our life in fear but neither do we take it for granted. Life is a gift, to be treasured and appreciated. It is also, in a sense, a loan because we are never our own, but God's. In truth we own nothing, our bodies included, but that is a relief. We are ultimately safer that way. And, finally, the current troubles will also bring good if they lead to a greater appreciation of the simpler things of life. We can 'count our blessings'. Praise be!"

Second, the Queen's Easter message: "Many religions have festivals which celebrate light overcoming darkness. Such occasions are often accompanied by the lighting of candles. They seem to speak to every culture, and appeal to people of all faiths, and of none. They are lit on birthday cakes and to mark family anniversaries, when we gather happily around a source of light. It unites us. As darkness falls on the Saturday before Easter Day, many Christians would normally light candles together. In church, one light

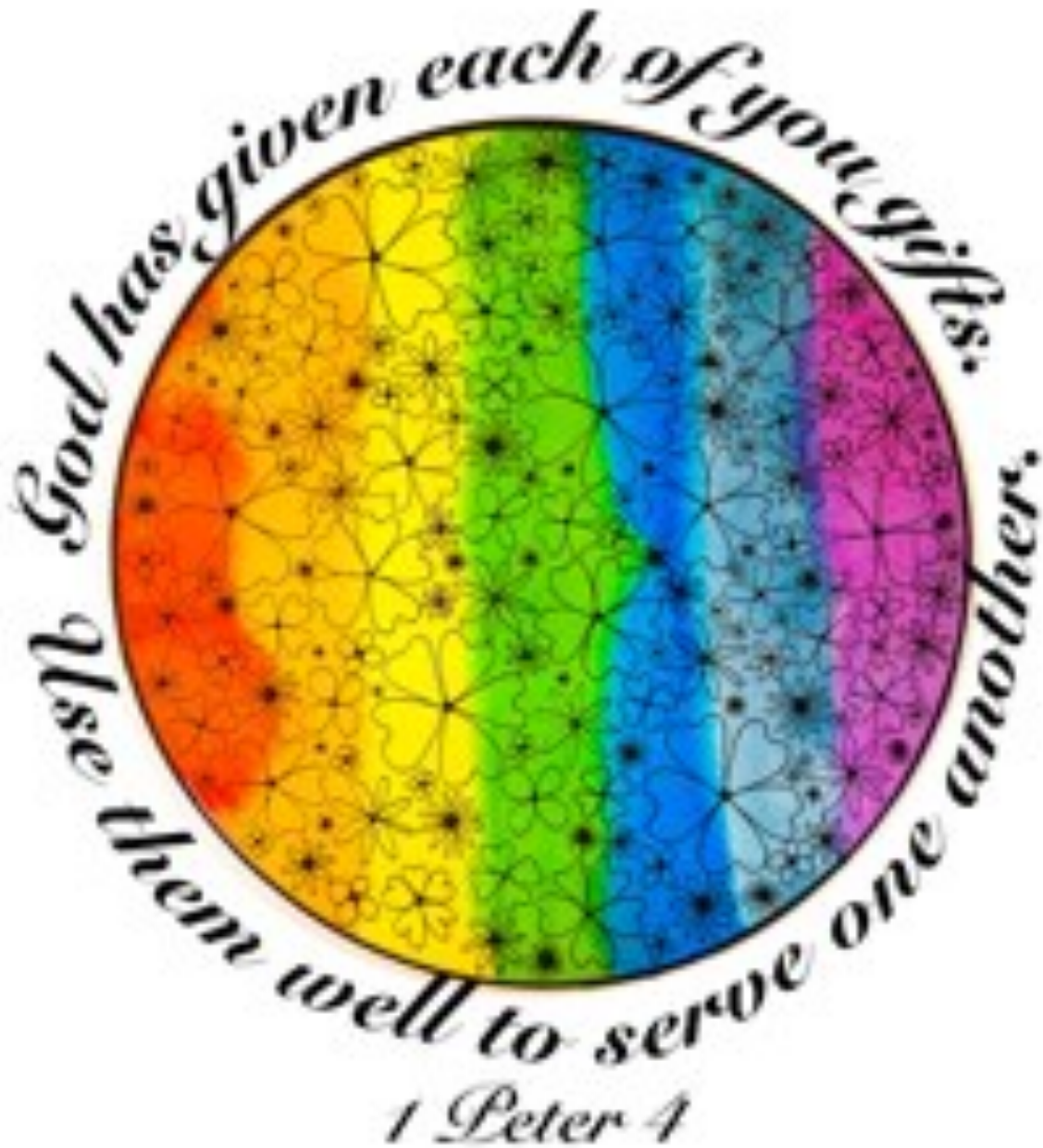


would pass to another, spreading slowly and then more rapidly as more candles are lit. It's a way of showing how the good news of Christ's resurrection has been passed on from the first Easter by every generation until now. This year, Easter will be different for many of us, but by keeping apart we keep others safe. But Easter isn't cancelled; indeed, we need Easter as much as ever. The discovery of the risen Christ on the first Easter Day gave his followers new hope and fresh purpose, and we can all take heart from this. We know that Coronavirus will not overcome us. As dark as death can be - particularly for those suffering with grief - light and life are greater. May the living flame of the Easter hope be a steady guide as we face the future."

Love and blessings to you all
Margaret & Brian James



Sometimes having more free time allows us to do the things we love and makes us appreciate our lives more - sending my latest painting and love Joy Hadley



Many Cursillistas sent the following prayer

For the Christian community

We are not people of fear:

we are people of courage.

We are not people who protect our own safety:

we are people who protect our neighbours' safety.

We are not people of greed:

we are people of generosity.

We are your people God,

giving and loving,

wherever we are,

whatever it costs

For as long as it takes

wherever you call us.

Barbara Glasson, President of the Methodist Conference

Some Quotes

Proverbs 16:24

Pleasant words are like a honeycomb,

Sweetness to the soul and health to the bones

Archbishop Sentamu

Church is not a building. After the Resurrection Jesus was in a garden, on a road and a locked house.

A woman in China

You learn to appreciate the little things

Sunshine through the window

Flowers blossoming

Being able to enjoy a coffee in a cafe

And when this is over

And we are no longer in this pain

We'll never take for granted

Those little things again

100 year old woman in Scarborough

"Be sensible and help each other. Things went back to normal before and they'll go back to normal again."

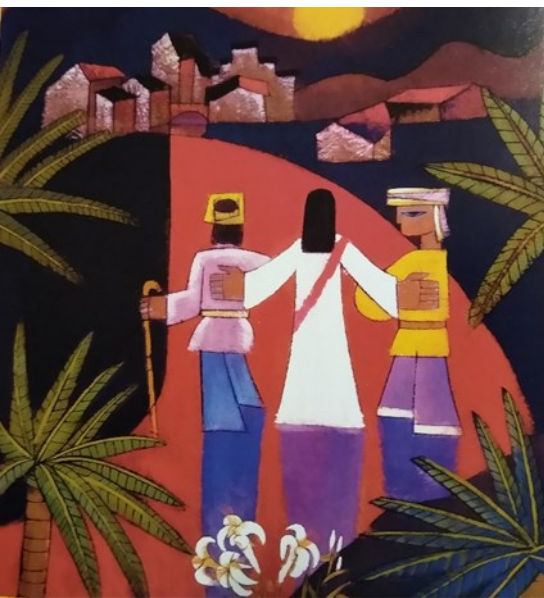
Some Thoughts as we prepare for Easter - from Margaret Price, Lay Dean

I have always loved springtime and I always seek out the place where I can find the first snowdrop, or the first primrose, or the first wood anemone. After the warm weather of last week we are beginning to see lots of blossoms - the black thorn in the hedgerows and in my garden damson, plum and pear. I just hope that the frost doesn't come to ruin the crop.

Spring is always a time of hope for me, of anticipation, but above all the time of recognising yet again God's wonderful creation that we are part of.



And yet nature can be cruel. Think of the sight of carnivorous animals or fish feeding on their prey. The beautiful pale barn owl that I watched at dusk quartering the field was actually seeking a mouse or vole to eat. Humans, a part of God's creation



can be cruel too. We are approaching the main festival of the Christian year, Easter, when we remember on Good Friday how cruel the Roman authorities were who crucified our Lord Jesus Christ. And yet, even out of that cruelty comes great hope - the hope that we have because Jesus overcame that cruelty and rose from the dead on Easter Day.

Sometimes I think we are so familiar with the story of Easter Day that we don't connect with just how amazing Christ's resurrection was. Recently I was reading a book by the theologian Alister McGrath on the Resurrection (2007 SPCK). He asked his reader to think about the way in which a seed germinates and brings forth a new plant. At the

Christian after school club in Stillington the children recently did that lovely experiment of placing a broad bean against a bit of blotting paper in the jar so that we could watch this happening - first the small root, then more strands on the root, then a stalk, then leaves unfurling on the stalk and finally flowers so that the cycle was complete. He was suggesting that just as we take this miracle of nature for granted so we risk, as Christians, being far too complacent about Christ's resurrection; not understanding the mind-blowing experience of the first disciples when they met the risen Christ. It came as a shock, they were terrified. It was something that they were not expecting. Each chapter of the book is based around a picture and I particularly liked this one to illustrate the Road to Emmaus (Luke 24: 13 - 35). The Chinese artist He Qi painted this in the 1970s soon after restrictions were lifted on Christianity and the seeds of faith could grow again in China.

We are living through a very difficult period now with lockdown to try to suppress the transmission of the very contagious Covid-19 virus. Almost all of us have never experienced anything like this before. It is a shock, and we are frightened. So many aspects of our normal life are turned upside down. We are threatened with illness, even death; with the loss of livelihood, with the failure of businesses; with separation from our families and the absence of such a simple thing as a handshake or a hug. And yet out of this very serious situation comes hope. The hope

that comes by the wonderful acts of generosity and kindness from friend and stranger, The hope that is generated by being united against a common enemy. The hope that comes from seeing the dedication of everyone in the health service. I believe that God will lead us through this time of suffering. I trust God to be with us. But I also know when we are rescued, and after all the parties are over we must show the same spirit in building a better world for our children and our children's children.

May you find hope as we celebrate Palm Sunday and enter Holy Week, travelling the dark journey with Our Lord, but celebrating his resurrection on Easter Sunday.

You may find this gentle service of Compline helpful, courtesy of the Revd Nick Bird at Dunnington <http://www.stnicholasdunnington.org.uk/content/media/3022-1585420717.mp3>

Margaret

(Some words from Margaret Price in Stillington who wrote as lay Dean at Holy Week for her deanery .)



Hymn

"Through all the changing scenes of life,
In trouble and in joy,
the praises of my God shall still
my heart and tongue employ"

Bible Verses

"From the ends of the earth I call to you, when my heart is overwhelmed; lead me to the rock that is higher than I" Isaiah 62:1

Trust in the Lord with all your heart. Lean not on your own understanding. In all your ways acknowledge Him and He will direct your paths" Proverbs 3:5,6

Some words of Teresa Of Aquila

We are so far from esteeming highly enough our soul in which God so delights
Each of us possesses a soul, but we do not realise its value as made in the image
of God;

therefore we fail to understand the great secrets it contains.

If we reflect, we shall see that our soul is a paradise in which God takes delight.

Let us think of our soul as resembling a castle,

formed of a single diamond containing many rooms .

In the centre, in the very midst of them all is the principal chamber
in which God and our soul hold their most secret conversation.

What do you imagine that dwelling to be

in which a king so mighty, so wise, so pure—

containing all good— can come to rest?

Nothing can be compared to the great beauty

and capabilities of our soul.

However keen our intellects be,

we are no more able to comprehend

the depths of our soul”



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