

St James', Wulfstan Way, Cambridge

# The Weekly Sheet

28 March 2021

**PALM SUNDAY**



## **Today:**

9.30 am Children's Activity session  
10.00 am Sunday Service via Zoom

**This week is Holy Week – the richest and deepest time in the Christian year**, and working within the government roadmap out of lockdown, we are excited to be able to re-open the church for a few services this week. All the details can be found on the poster on the last page. If you are coming along to a service in church please remember to let Steve know in advance ([s.rothwell3@btinternet.com](mailto:s.rothwell3@btinternet.com)). Guidelines for social distancing, hand sanitizing and the wearing of face masks will be followed.

There will be other on-line services, via Zoom, throughout the week, including our 10 am service on Easter Day.

**Individual private prayer and reflection.** The church will be open between 10.00 am and 12 noon on Monday and Wednesday for quiet prayer.

You are very welcome to come in to church but please respect social distancing rules of 2 metres, wear a mask, and use hand sanitiser upon entering and leaving the church. Please do not touch Bibles and other literature.

**Morning Prayer** will be held via Zoom at 8.45 am on Monday, Wednesday, Thursday and Friday. We will be using a recurring link as given out in the Weekly Update email.

There is no mid-week Eucharist.

**Bible reading and Compline.** Please join us on Wednesday, at 8 pm, via Zoom.

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## **Dates for your Diary:**

Sunday 11 April

**Sunday 25 April, 11.30 am**

Deadline for APCM reports and changes to Electoral Roll

**APCM.** See page 6 for further details.

## Collect for today

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.

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## Today's readings are:

**Liturgy of the Palms:** Mark 11.1-11

**Liturgy of the Passion:** Isaiah 50.4-9a; Psalm 31.9-16; Philippians 2.5-11; Mark 15.1-39

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## Mark 11.1-11

### Jesus' Triumphal Entry into Jerusalem

When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, he sent two of his disciples and said to them, 'Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, "Why are you doing this?" just say this, "The Lord needs it and will send it back here immediately."' They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, 'What are you doing, untying the colt?' They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, 'Hosanna!

Blessed is the one who comes in the name of the Lord!

Blessed is the coming kingdom of our ancestor David!

Hosanna in the highest heaven!

Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

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## Isaiah 50.4-9a

### The Servant's Humiliation and Vindication

The Lord GOD has given me  
the tongue of a teacher,  
that I may know how to sustain  
the weary with a word.  
Morning by morning he wakens—  
wakens my ear  
to listen as those who are taught.

The Lord GOD has opened my ear,  
and I was not rebellious,  
I did not turn backwards.  
I gave my back to those who struck me,  
and my cheeks to those who pulled out the beard;  
I did not hide my face  
from insult and spitting.

The Lord GOD helps me;  
therefore I have not been disgraced;  
therefore I have set my face like flint,  
and I know that I shall not be put to shame;  
he who vindicates me is near.  
Who will contend with me?  
Let us stand up together.  
Who are my adversaries?  
Let them confront me.  
It is the Lord GOD who helps me;  
who will declare me guilty?  
All of them will wear out like a garment;  
the moth will eat them up.

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## **Psalm 31.9-16**

Have mercy on me, Lord, for / I am in / trouble;  
my eye is consumed with sorrow,  
my / soul and my / body / also.  
For my life is wasted with grief, and my / years with / sighing;  
my strength fails me because of my affliction,  
and my / bones are con/sumed.  
I have become a reproach to all my enemies  
and even to my neighbours,  
an object of dread to / my ac/quaintances;  
when they / see me in the / street they / flee from me.  
I am forgotten like one that is dead, / out of / mind;  
I have be/come like a / broken / vessel.  
For I have heard the whispering of the crowd;  
fear is on / every / side;  
they scheme together against me,  
and / plot to / take my / life.  
But my trust is in / you, O / Lord.  
I have / said, 'You / are my / God.  
'My times are / in your / hand;  
deliver me from the hand of my enemies,  
and from / those who / persecute / me.  
'Make your face to / shine upon your / servant,  
and save me / for your / mercy's / sake.'

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## Philippians 2.5-11

Let the same mind be in you that was in Christ Jesus,  
who, though he was in the form of God,  
did not regard equality with God  
as something to be exploited,  
but emptied himself,  
taking the form of a slave,  
being born in human likeness.  
And being found in human form,  
he humbled himself  
and became obedient to the point of death—  
even death on a cross.

Therefore God also highly exalted him  
and gave him the name  
that is above every name,  
so that at the name of Jesus  
every knee should bend,  
in heaven and on earth and under the earth,  
and every tongue should confess  
that Jesus Christ is Lord,  
to the glory of God the Father.

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## Mark 15.1-39

### Jesus before Pilate

As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. Pilate asked him, 'Are you the King of the Jews?' He answered him, 'You say so.' Then the chief priests accused him of many things. Pilate asked him again, 'Have you no answer? See how many charges they bring against you.' But Jesus made no further reply, so that Pilate was amazed.

### Pilate Hands Jesus over to Be Crucified

Now at the festival he used to release a prisoner for them, anyone for whom they asked. Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. So the crowd came and began to ask Pilate to do for them according to his custom. Then he answered them, 'Do you want me to release for you the King of the Jews?' For he realized that it was out of jealousy that the chief priests had handed him over. But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate spoke to them again, 'Then what do you wish me to do with the man you call the King of the Jews?' They shouted back, 'Crucify him!' Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!' So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

## The Soldiers Mock Jesus

Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

## The Crucifixion of Jesus

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, 'The King of the Jews.' And with him they crucified two bandits, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, 'Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!' In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, 'He saved others; he cannot save himself. Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe.' Those who were crucified with him also taunted him.

## The Death of Jesus

When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son!'

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## Readings for next Sunday, 4 April (Easter Day)

Acts 10.34-43; Psalm 118.14-24; 1 Corinthians 15.1-11; Mark 16.1-8

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**APCM:** Our APCM meeting will be held on Sunday 25th April. Pam Butler is retiring after long and faithful service as churchwarden. Hatty Harris was elected as second churchwarden in October, and it is too much to ask her to fulfil this position on her own. **We urgently need another churchwarden.** In addition members of the PCC who have served their 3 year term will be retiring and we really need to elect **3 more members** to fill vacancies. Could you fill any of these positions? If you want more information please speak to Steve or Anne or Hatty.

**APCM Reports.** We recognise that many groups haven't been able to meet, but if your group or church activity has met over Zoom, even for a few sessions, please consider writing a few lines for our annual report. Please forward as a Word document to Caroline by 11 April at the very latest. Thank you. [stjameschurchcambridge@yahoo.co.uk](mailto:stjameschurchcambridge@yahoo.co.uk)

The **Electoral Roll** is currently being updated in preparation for the APCM. The list of names on the roll can be found on the St James website under the PCC tab. The full details can be found as usual on the church noticeboard. If any of your details have changed, e.g. you have moved house over the last year, please email the church office [stjameschurchcambridge@yahoo.co.uk](mailto:stjameschurchcambridge@yahoo.co.uk) giving the email the subject Electoral Roll. If you have started coming to St James in the last year and would like to be on the roll, please download a form from the website, complete and email a scanned copy to the church office. All completed forms or information about changed details need to be received by 11 April.

**Banner making request:** We want to make a candle for our banner out of pieces of white/cream silk. If you have any small strips of white silk leftover from making items for a sacramental occasion, such as a wedding dress, christening or baptism robes, ecclesiastical garments, and you are willing to let us have a piece 5cm by 20cm, please let me know at [wreathmaking20@gmail.com](mailto:wreathmaking20@gmail.com), or leave it in the church for me in the box under the banner. Many thanks. Jacqui Worster

**Grass-cutting rota.** Stanley Wilson would like to thank all those who helped with the grass cutting last season. For the coming months, he is asking for new volunteers to join the rota. It is likely to be every 6 weeks (or longer if the numbers increase). The more volunteers we have, the fewer times those on the rota will have to participate. Please get in touch with Stanley by emailing [sue@wilsonstutorhouse.plus.com](mailto:sue@wilsonstutorhouse.plus.com) – thank you.

**Spiral Prayer Walk or Labyrinth.** G and Tom Davies (through the Queen Edith Community Forum) have expertly laid out a simple spiral in the side garden of the church, using paint which will gradually fade away. It will remain there for Lent, so do drop by as families or individuals to use it as part of your daily exercise! There is no correct way to walk a labyrinth, but there is a sheet on the hedge next to the spiral with some suggestions from Anne which you are free to use or ignore as you please. We're not expecting there to be many users at one time, but be prepared to socially distance if necessary. See page 8 for picture and more information.

**CMS Boxes.** Please hold on to your box until further notice. Thank you.

**100000 steps challenge for Arthur Rank Hospice** - a message from Eleanor Pippard  
I have decided to attempt the Arthur Rank's fundraising challenge to walk a million steps in a hundred days. This works out at an average of 10000 a day. To make it more interesting I have calculated that this is about the equivalent of walking from my house to Inverness, using roads rather than going 'as the crow flies' which would involve a lot of swimming. This means that each week I shall be able to see where I have got to in the country. The walk started on 11 January and finishes on 20 April.

Any sponsorship would be gratefully received to help this excellent charity. The link to my giving page is <https://arhc.enthuse.com/pf/eleanor-pippard-d0c4e>

**Food Hub.** The Food Hub will continue operating on a Saturday morning between 10.30 am and 12.30 pm here at St James'.

The food remains a basic food package ideally for those who are either struggling to pay for provisions or who cannot get to the shops or book an online delivery.



During lockdown the Food Hub is unable to receive or collect personal donations from people, but if you would still like to help, look on the Queen Edith Community Forum website to find more details about how to donate financially. Thank you.

**Caroline** is working from home this week and has access to the office answering machine and email - so please do contact her as you would normally. She will be on holiday the week after Easter.

**Phone line.** The Church of England central team have supported the release of the Daily Hope phone line. Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind. Find out more here - <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/daily-hope-phone-line>

### Spiral Prayer Walk or Labyrinth



## Prayer Walk

A Labyrinth is a single, spiralling path that leads to a central area. There you might pause, before continuing on the same path, which takes you out again

There is no right or wrong way to walk a labyrinth. Just set off at a natural pace.

One approach is to focus on your breathing and on matching your steps it.

Another is to silently ask an open question such as those on the poster next to this.

Or you could simply pray. If something is troubling you, using the walk to share that concern with God can really help.

## Prayer for Friends and Congregation of St James'

Sunday	David Sanders
Monday	Michael and Caroline Sanford and family
Tuesday	Janet and Robert Scott, Anne and Adam
Wednesday	Peggy Shortley
Thursday	Mary and Michael Smale and family
Friday	Lisa and Matthew Stocker, Emilia, Olivia, Reece and Talia
Saturday	Anne Streather, Mark and Catherine

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## Contacts

Priest-in-charge	Rev'd Steve Rothwell (01223) 246419 s.rothwell3@btinternet.com
Curate	Rev'd Anne Strauss stjamescurate@gmail.com
Churchwardens	Pam Butler, 07745 591235 pambutler27@hotmail.com Hatty Harris (01223) 504720 harrishatty458@gmail.com
Pastoral Assistants	Mary Calladine (01223) 246742 Rosemary Monk (01223) 246421 rem66@btinternet.com
Director of Music	position vacant
The Music Group	Grae Worster (01223) 846295 mgw1@cam.ac.uk
Safeguarding Officer	Jill Bradley, 07971 013645 happybeadsuk@gmail.com
Church Office:	(01223) 246419 (Mondays, Wednesdays & Thursdays, 9.15 am -1.15 pm)
E-mail:	stjameschurchcambridge@yahoo.co.uk
Website:	stjamescambridge.org.uk

## Weekly Church Activities – currently suspended

Junior Choir Practice	Sundays, 11.15 am – 12 noon
Choir Practice	Mondays, 6.30 pm—7.30 pm
Meditation Group	Fridays, 1.30 pm—2.00 pm

## Community Activities – currently suspended

Beavers (6-8 yrs)	16thcambridgebeavers@gmail.com
Cubs (8-11 yrs, QE Schl)	Stephen Harrison, 07548 765421
Scouts (10½ - 14 yrs, QE Schl)	16thcambridgescouts@gmail.com

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Our parish magazine **Crosspiece** is available on the website.

If you are ordering goods from **Amazon**, please remember to use the Amazon link on the St James' website fundraising page. It doesn't cost you any more but gives St James a percentage of the price you pay.



# Holy Week & Easter

We hope to be able to offer some small-scale services inside the church building. Please email Rev'd Steve Rothwell if you would like to attend any of the services in church. [s.rothwell3@btinternet.com](mailto:s.rothwell3@btinternet.com)

## Monday 29 March

7.30 pm Stations of the Cross—online only

## Wednesday 31 March

8.00 pm Bible Reading and Compline—online only

## Maundy Thursday

7.30 pm Communion service in Church

## Good Friday

2.00 pm Service in Church

## Easter Eve

6.00 pm Service outside in Church garden

## Easter Day

8.00 am Holy Communion in Church

10.00 am Easter Morning Service—online only



A service in Church will follow guidelines for social distancing, hand sanitizing and wearing face masks.

