



**THE THIRD SUNDAY OF LENT**  
**Sunday, March 7<sup>th</sup> 2021**

**Letter from a Reader**

I caught an item on a recent edition of the Radio 4 lunchtime programme, *You and Yours*, about Boredom. The treatment was fairly light-hearted; but a large number of listeners had contributed to the programme to describe the lengths to which their boredom (induced by the COVID restrictions) had driven them. One had arranged all her socks by colour; another had made an enormous “Advent” calendar, to count down to the Government’s earliest dates in the easing of restrictions. I’ve been spared this affliction, but it has evidently been a problem for many.

A psychologist, who had made a special study of boredom, offered an explanation. We are conditioned to set goals for the future, to be continually looking forward. When the goals are achieved, we set new ones. This activity stimulates dopamine and creates a sense of pleasure. The restrictions brought by COVID have deprived many people of the possibility of such forward planning. They are stuck in the present moment, and don’t know what to do with it.

The psychologist went on to describe an experiment in which people were shut in a room with no sensory stimulation. At first they were intensely bored; but after a while they began to daydream. They became quite creative, and even began to enjoy the experience.

I was reminded of the TV series made in 2010, *The Big Silence*. Five people, aged probably between 25 and 45, working in highly pressured jobs, who had expressed an interest in exploring spirituality, were taken to St. Beuno’s Jesuit Spirituality Centre for a week’s silent retreat. Each was assigned an experienced retreat guide, whom they would meet once a day, or whenever they needed to. Initially, they found the experience almost intolerable. Although they were relieved of the pressures of their normal daily lives, and were surrounded by beautiful scenery, and buildings designed to stimulate the imagination, they found it impossible to keep the silence fully, and made secret plans to visit the nearest pub; but as the week went on, they began to relax and to settle into the stillness. By the end, all of them had been positively affected, and two or three had been profoundly touched by God in surprising ways.

Lent recalls the forty-day retreat Jesus made in the much more extreme silence and monotony of the desert; although, as natural history programmes on TV often show us, even the desert is full of life, and we read that “he was with the wild beasts”. To observe wildlife, all you need to do is to go somewhere quiet outdoors and keep still. But the stillness and silence not only allow us to look *outward*, they also encourage us to look *inwards*, into the deepest part of ourselves: and in *both* we are liable to encounter God.

The absence of pressure and of *future* objectives encourages us to live more fully in the *present* moment, and to relish all that it is offering; or to unpack our *memories*, and to relive them with gratitude or explore them seeking deeper understanding.

Of course, many people are working very hard indeed through the pandemic; but if you are one of those suffering from boredom, try to see the extra time as an *opportunity*.

*Catherine Gibson*

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### **Let Us Pray**

#### **A Prayer for Calmness**

As he sat by the river,  
the eyes of his understanding began to be opened;  
not that he saw any vision,  
but he understood and learnt many things,  
both spiritual matters and matters of faith and of scholarship,  
and this with so great an enlightenment  
that everything seemed new to him.

*Ignatius of Loyola, The Autobiography*

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#### **Collect**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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.  
**Amen.**

**First Reading** *Exodus 20. 1-1*

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.

**Second Reading** *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.

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**Stations of the Cross**  
**The Third Sunday of Lent**

**7: Jesus falls a second time**

*“Rejoice not over me, O mine enemy, when I fall I shall arise.”*

The Lord falls to the ground a second time, conquered by the pain of the Cross. But He will get up again because He has not achieved what He has come to earth to do.

The world judges by a fraudulent method. It looks down on those who have given their best and are now in need. It judges the poor as failures, the sick as ‘past it.’ These are facile judgements – like so much the unthinking, irrational world decides.

**PRAY** O Saviour of the world, prostrate beneath the weight of the Cross, in thy presence we bow down our rebellious wills, confessing the sins we have committed by our own grievous fault. Raise us we pray thee from the death of sin unto newness of life with you.

**8: Jesus speaks to the women of Jerusalem**

The weeping and wailing women were, perhaps, professional mourners. Is that why they are here in the way of the Cross? Or, as women, child bearers who understand what suffering is they come to share the agony of a good man. Is that why they are here in the way of the Cross? “Women of Jerusalem weep not for me; weep rather for yourselves” Luke 23:28

Our Lord urges them to look deeper into His Passion – the real cause for grief is the rejection of the Christ – “He came unto His own and His own did not receive Him” John 1

**PRAY** Deliver me O Lord from all evil. Teach me to do the things that please You for You are my God. Amen.

**9: Jesus falls a third time**

There are times when the crosses we have to carry are more than we can bear. We need the support of Christian friends, SOUL FRIENDS. We cannot, indeed we should not, attempt to follow Jesus on our own. We need friends, we need the Body of Christ, the Church

**PRAY** Lord we have not always obeyed your commandments. Judge us and deal with us according to your mercy, for the glory of your name. Amen

*Stations of the Cross, Fr Godfrey  
Photograph taken by Catherine Gibson*

## In our Prayers

### **Years' Mind**

Sunday	Beryl Watchurst
Monday	Elizabeth Ellis, Anne Roberts, Maurice Wright
Wednesday	Robert Gardner, Walter Parkinson, Sarah Powell, Margaret Stefanuti, Michael Taylor
Thursday	Brian Wilson
Friday	Geoffrey Brook, Joseph Cullingworth
Saturday	John Heap, Pat Proctor

**Please pray for the sick:** Trevor Allen, Christine Atkinson, Val Banks, Ann Bruun, Joan Gelder, Lauren Green, Ramone (Ray) Guha, May Hughes, Fr Garth Kellett, Charlotte Lockhart, Peter Kuchartschuk, Peter Waterhouse.

Please contact the churchwardens or Vickie if you would like to add someone to our prayer list.

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### **Morning Prayer on Zoom Wednesday, March 10th**

The Readers will be holding a service of Morning Prayer on Zoom on Wednesday, March 10th at 10.00am. We will use the words from Common Worship. These will be shown on the screen or can be downloaded [here](#). Click the link scroll down and click on Morning Prayer for the order of service.

Click the Zoom link to join morning prayer [here](#). The link will be open from 9.50am. All are welcome.

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### Links to live-streamed worship

#### **St Matthews, Northampton**

St Matthews is an Anglican Parish Church, in the catholic tradition. You are welcome to join Fr Nicholas Setterfield and the congregation of St Matthews for their live-streamed Parish Mass at 10.15am [here](#). You can also "like" St Matthew's facebook page to receive

live notifications of streamed services.  
<https://www.facebook.com/stmatthewschurchnorthampton/> Don't forget you are welcome to join coffee time at St Matthews after the service.  
<https://www.facebook.com/stmatthewschurchnorthampton/>

### **Links to live-streamed services in churches within Leeds Diocese**

Click on <https://www.leeds.anglican.org/covid-19/live-streaming#churches> to reach live worship in churches across the Diocese.

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### **Lord for Thy Tender Mercy's Sake**

Listen [here](#)

There is no new virtual choir entry this week - we're working on Purcell's 'Remember not Lord our offences' for next week! I have, however, dug deep in the archive for a recording we put together back last Lent (!) of the Tudor anthem 'Lord for thy tender mercy's sake'. Its provenance is not clear - it has been attributed to John Hilton or Richard Farrant (before 1535 - 1581). It is one of the most touching of these simple Reformation anthems from the second half of the 16th century. The words are printed in 'Christian Prayers' by J.Bull, published in 1568, and consist of a single sentence which reads as follows:

*Lord, for Thy tender mercy's sake, lay not our sins to our charge, but forgive that is past, and give us grace to amend our sinful lives, to decline from sin and incline to virtue, that we may walk in a perfect heart before thee now, and ever more. Amen.*

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### **Update on Further Parking Restrictions on Queen's Road**

Following the notice in the news sheet last week concerning the extension to the double yellow lines on both sides of Queen's Road many of our congregation have written to Cllr Kyle Green to support his request to Bradford Council that the parking restrictions outside St. Margaret's should be reviewed. Despite the objections raised by Cllr Green on our behalf, Bradford Council has not been prepared to change its decision and so no solution has been found.

Cllr Green has proposed a meeting take place (via Zoom) to include himself, the relevant highways officers and those of our congregation who wish to be involved and support the objections already raised. A date is to be arranged.

If you would like to join the meeting to help persuade the Council to remove the additional double yellow lines please email Cllr Green at [kyle.green@bradford.gov.uk](mailto:kyle.green@bradford.gov.uk). It is hoped this meeting can take place sooner rather than later. Cllr Green will be in touch with participants directly with a meeting date and zoom log in details.

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### **Bringing Art into Your Home**

While public art galleries are closed we have, on occasion, included links in our news sheet to *The Great British Art Tour*, a collaboration between The Guardian and Art UK. This time, we are linking you directly to Art UK, the online charitable home for every public art collection in the UK. It's well worth a browse to discover both well known and lesser known art in institutions across the UK. You can visit Art UK [here](#).

Image:

A Sunday Evening (The Return from Church), Richard Harry Carter (1839–1911) Royal Cornwall Museum

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### **Practical Support and Help**

**Ilkley and District Good Neighbours** provides a range of support and practical help during coronavirus to include shopping, a regular phone call, collecting prescriptions and other help needed. For more information go to <http://info@goodneighboursilkley.org.uk>

**Ilkley Corona Response Group (ICRG)** can be contacted via the Bradford Hub on 01274 431000, or use the online form at <https://bit.ly/ilkeleycorona>

**Ilkley Library** To reserve books from the online catalogue and for the Home Library Service – [ilkley.library@bradford.gov.uk](mailto:ilkley.library@bradford.gov.uk) 01943 436225

**Ilkley Chat** provides the latest news affecting Ilkley as a result of COVID-19 <https://www.ilkeleychat.co.uk/coronavirus>

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**During this difficult time it is important to keep in touch with friends. Please do feel you can call a member of our church family who will be pleased to hear from you.**

Helen Buswell	01943 608146
Alison Stretton	01943 430024
Fr Bernard	01943 816253
Fr Godfrey	01943 603861
Jane Sheldon	01943 431288
Linda Whittaker	01943 601144

**Daily Hope, is a 24 hour free phone line for Christian worship and prayer.  
Call 0800 804 8044**