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## **Keeping Community                      Thursday 14 May 2020** **Spiritual Resources & Reflections**

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Dear friends,

While churches can now re-open in a limited manner for private prayer and public worship, it will be some months before we can resume Sunday worship, and the physical separation of many members of our community will continue.

One of the ways in which we are able to maintain a community spirit in this time of physical separation is to unite ourselves in acts of prayer and reflection – a “communal solitude” which may well prove to be a seedbed for growth in holiness and wholeness, for communion and connection, for resistance and renewal.

In these Thursday newsletters, we offer ideas and opportunities for nourishing our personal and communal spiritual lives.

### **1. From Fr Graeme – Joy from our Faith**

“As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.” (John 15:9-11)

In the Gospel for today Jesus invites us to share in the Father’s joy. Our normal experience of Joy or human pleasure and happiness is often short-lived. Consequently, we tend to interpret any experience of God’s joy we may have in the same way – as something which will pass, probably fairly soon. Jesus promises that the more we live according to his way of love the more will our sense of joy increase and that joy will be completed by God. I am certain it is true that many of us need to be more open to joy both in our thinking and in our dreams about the future.

The whole idea of joy is important for us to think about. In Anglican churches one could ask, somewhat superficially, “Where is the joy?” Is there joy to be seen on people’s faces? Is there joy in our music? Why is going to church such a serious business?

We make a mistake if we equate joy with happiness and laughter. In some churches happiness and high spirits are very obvious. In our church of St Mary Magdalene our joy is contained when it comes to obvious expressions of it. Does this mean that we are not joyful in heart? I do not know. For myself, my spirits are usually high in church, but my face is more serious than joyful. It is, I think, possible to feel joyful in a fairly solemn way. This joy comes to the fore when we exchange the peace with each other. Holy Communion itself is a fairly solemn act but it one can still be profoundly joyful in heart.

Sometimes in church we sing or say very inspirational pieces. As we say them we really feel our joy. In daily life our joy can influence the way we cope with tragedy, failure, or other bad news. Joy can lead us to be thankful for whatever happens in life because with joy there is always hope and that all will be well in due course – somehow. In these instances our joy can find expression in our calmness and in our ability to think clearly. This can be a more precious gift than being able to laugh and feel happy most of the time.

There are times to laugh and be happy and times to be solemn and serious. At all times Jesus makes it possible for us to be joyful in our hearts.

It is good to make joy a theme for our prayer ... that we might be more open to joy, and that we recognise those thoughts within which are negatively disposed towards joy and which try to dampen it. How easily do we give in to negativity?

A constant joy for us is that our sins are forgiven - thanks to Jesus' death on the cross.

There will be much joy and happiness with Covid-19 restrictions being lifted gradually. These may be short-lived as our lives continue. Those of us who harbour much joy in our hearts will need to ask what we can learn from our experiences of restriction and how we can help other people remain positive about life.

Fr Graeme Kaines  
Locum Priest

## 2. Daily Prayer

Most Christian denominations have forms for prayer in the morning and the evening, and at other times of the day. Morning and Evening Prayer in the Anglican church's *A Prayer Book for Australia*, are available in either a fixed form (pages 3 – 33) or a different form for each day of the week (pages 383 – 424). The Bible readings for each day can be found in *The Australian Lectionary*, and for reference the readings for the coming week are:

	<b>Morning Prayer</b>	<b>Evening Prayer</b>
Thursday 14 May	Ps 34 Numbers 16.-19 John 13.1-11	Ps 119.17-40 Exodus 33.18 – 34.10 1 Corinthians 8
Friday 15 May	Ps 37.1-17 Numbers 16.20-40 John 13.12-20	Ps 37.18-41 Exodus 34.11-24 1 Corinthians 9.1-14
Saturday 16 May	Ps 38 Numbers 16.41 – 17.12 John 13.21-35	Ps 39 Exodus 34.27 – 35.9 1 Corinthians 9.15-27
Sunday 17 May <b>6th Sunday of Easter</b>	Ps 112 Revelation 21.22 – 22.5 John 14.15-21	Ps 66.1-8 Acts 8.14-25 Revelation 11.15-19
Monday 18 May	Ps 41.44.1-9 Number 20.1-21 John 13.36 – 14.7	Ps 44.10-27 Exodus 35.20 – 36.7 1 Corinthians 10.1-11
Tuesday 19 May St Dunstan of Canterbury	Ps 45 Numbers 20.22 – 21.9 John 14.18-31	Ps 46, 47 Exodus 40.17-38 1 Corinthians 10.12-22
Wednesday 20 May	Ps 48 Numbers 20.10-35 John 15.1-11	Ps 99 Isaiah 63.7-14 Colossians 2.20 – 3.4

Thursday 21 May <b>The Ascension of Our Lord</b>	Ps 110 Daniel 7.9-14 John 14.12-29	Ps 97 2 Kings 2.1-15 Revelation 5.1-10
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### Online Resources

There is a complete online version of Daily Prayer from *A Prayer Book for Australia* for each day available at Australian Daily Prayer <https://dailyprayer.ampers.x10.mx/>. There is also a free app for mobile devices from the App Store or Google Play.

The Church of England provides an online version of its orders for Daily Prayer at <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>. This is also available as a free app (App Store or Google Play).

The Divine Office of the Catholic Church is available online at [www.ibreviary.com](http://www.ibreviary.com) and is also available as a free app (App Store or Google Play).

### 3. Sunday and Weekday Mass

Even though worship on Tuesday and Thursday is resuming, we plan to continue posting the prayers for Sunday and weekday Masses on the web page, along with a copy of the Order of Service for each day.

Sunday Services will also be available on our blog, [stmarymagdalenesadelaide.org](http://stmarymagdalenesadelaide.org), including prayers, readings, reflections and music recorded by members of the congregation.

You can watch live-streams of Sunday and Weekday Masses at St Paul's Cathedral, Melbourne on its [Facebook page](#) or its [YouTube channel](#). Recordings of past celebrations are also available.

### 4. Reflections and Meditations

Fr Graeme and others within our community will be preparing Reflections for Sundays and Holy Days for posting on the web page.

St Peter's Cathedral is producing videos including reflections and Sunday sermons under the title "Acts of Worship at St Peter's Cathedral in Extraordinary Times". These are available in a variety of formats. You can receive updates by subscribing to the Cathedral's e-news. Visit <http://www.stpeters-cathedral.org.au/community/sign-up-to-eneews/> to register.

### 5. Times of Prayer

Many people find it helpful to make a particular time daily for prayer and reflection. One option might be to join your prayer with those of the wider world at some special times during the day. Volunteers are attending at St Mary Magdalene's most days to ring the church bell while praying, in Easter Time, [Regina Coeli](#) at 9 am, 12 noon and 6 pm; as well as on Friday morning at 8 am, which is a time that is being widely observed by the churches as a time of united prayer for all those affected by COVID-19.

## 6. Meditations for the Easter Season

Fr Philip Carter has offered a ministry of spirituality for many years, and he has kindly supplied a series of meditations that we offer as reflections during the Easter season. These meditations are on the Beatitudes, the blessings recounted by Jesus in the Sermon on the Mount.

### Preparing for Meditation

- Find a place to sit comfortably. Mobile phone on silent.
- Take your time. Breathe in and out a few times, slowing down ...
- Don't try too hard. Relax. Be open.
- Prayer isn't telling what God should be doing but becoming aware of what God is already doing.
- "The best prayer is to rest in the goodness of God and to let that goodness reach right down to your lowest place of need." (Julian of Norwich)
- When you seem ready, begin. You don't have to finish the exercise now, or today. If and when something arrests your attention, stay there. Savour the words. Let them speak to you. That may be enough for the next few minutes.

*Enabling me to wonder and see the world as God sees it*

**Blessed are the pure in heart, for they will see God.**

The Beatitudes presuppose a revolution of both the mind and heart, not so that we see different things, but that **we see things differently**. Purity of heart is about being whole-hearted, single-minded. *It means that you are going to have to look at a man on a cross, broken, his wounds streaming with blood, and know that you are looking at God. To have a pure heart is to be capable of that.*

*Simon Tugwell*

*Jesus' overture to his comprehensive symphony sermon (on the Mount), these eight so-called Beatitudes, insist on a radical renovation of our imaginations as a first step in understanding the Kingdom life that Jesus proclaims in word and deed.*

*Eugene Peterson*

*What you are in love with,  
what seizes your imagination,  
will affect everything.*

*Pedro Aruppe*

*Religion resides in our eyes rather than our minds. We see, then we love.*

*Alun Lewis*

*If the doors of perception were cleansed everything would appear to us as it is, infinite.*

*William Blake*

*Our knowledge of God is paradoxically a knowledge not of Him as the object of our scrutiny, but of ourselves as utterly dependent on His saving and merciful knowledge.*

*Thomas Merton*

## 7. In the Church's Calendar – St Dunstan

This week we celebrate the annual memorial of St Dunstan, one of the great saints of the Anglo Saxon church. He was the pivotal force behind the vigorous promotion of 'reformed' Benedictine monasticism which revitalized the religious life in England during his time, and set in being a life that was destined to endure until the Dissolution of the monasteries six hundred years later.

In addition to his impact on monastic life, Dunstan became a celebrated Archbishop of Canterbury, an advisor to kings, and a minister of state. He greatly influenced early English law on the balance between earthly and spiritual priorities and obligations, particularly the payment of taxes and tithes.

Dunstan's life was of sufficient merit for no fewer than three biographers to write about him in the hundred years after his death. They attributed to him many remarkable stories and extraordinary miracles, not least of him holding the Devil's nose with tongs!



St Dunstan is also the source of the legend, very popular in Irish folklore, of horseshoes bringing good luck. The story goes that the Devil once asked Dunstan (whose skills included being a blacksmith) to re-shoe his horse. Dunstan instead nailed the horseshoe to the Devil's hoof, causing him great pain, and Dunstan only agreed to remove the horseshoe when the Devil agreed never to enter a place where a horseshoe is over the door.

The following "Prayer for Confession and Forgiveness" is attributed to Dunstan:

*O Lord, O King, resplendent in the citadel of heaven, all hail continually; and of Thy clemency upon Thy people still do thou have mercy.*

*Lord, Whom the hosts of cherubim in songs and hymns with praise continually proclaim, do Thou upon us eternally have mercy.*

*The armies aloft, O Lord, do sing high praise to Thee, even they to Whom the seraphim reply, 'do Thou have mercy'.*

*O Christ, enthroned as King above, Whom the nine orders of angels in their beauty praise without ceasing, deign Thou upon us, Thy servants, ever to have mercy.*

*O Christ, Whom Thy one only Church throughout the world doth hymn, O Thou to Whom the sun, and moon, and stars, the land and sea, do service ever, do Thou have mercy.*

*O Christ, Whose holy ones, the heirs of the eternal country, one and all with utter joy proclaim Thee in a most worthy strain, do Thou have mercy upon us.*

*O Lord, O gentle Son of Mary free, O King of kings, Blessed Redeemer, upon those who have been ransomed from the power of death, by Thine own blood, ever have mercy.*

*O noblest unbegotten, yet Begotten Son, having no beginning of age, yet without effort (in the weakness of God) excelling all things, upon this Thy congregation in Thy pity, Lord have mercy.*

*O Sun of Righteousness, in all unclouded glory, supreme Dispenser of Justice, in that great Day when Thou shalt strictly judge all nations, we earnestly beseech Thee, upon this Thy people, who here stand before Thy presence, in Thy pity, Lord, then have mercy upon us.*

Dunstan died, a very old man, on the Feast of the Ascension in 988.

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## 8. Intentions for Your Daily Prayers

*We continue to pray throughout the week for the world and the church. These intentions may be helpful in your private or family prayers.*

*For the world.* The leaders of the world as they seek to respond to the challenge of the COVID-19 pandemic. For medical researchers, that they may be granted knowledge and wisdom as they search for a vaccine and cure. For peace, in the world, in our own hearts and lives, and within our families and communities. For refugees and asylum seekers, that they may find places of safety and welcome.

*For the church.* For all those who are challenged to be church in a different and unfamiliar way. In the Anglican Cycle of Prayer, pray for the Dioceses of Mytikyina (Myanmar), Zonkawa (Nigeria) and Zululand (Southern Africa). In our national church, pray for the National Aboriginal Bishop, Chris McLeod; and within the Diocese of Adelaide, for the chaplaincies to Flinders University, and to prisons.

*For our local community.* For the Collective as it considers alternative ways of serving the community while the Drop-In Centre is suspended, and for its guests as they seek other places to eat and rest. For the Magdalene Centre, as it deals with the need to change the way it delivers services in order to safeguard the health of customers, staff and volunteers.

*For those in need.* For all those who are sick in body, mind or spirit. For all those affected by the COVID-19 coronavirus and all who care for them. For those who are commended to our prayers, especially Paull, Valerie, Bishop David McCall, and Sim.

*For those who have died.* For all those who have died recently; those who have died as a result of COVID-19; and those whose anniversaries of death occur at about this time. For those who have worked and worshipped in this place before us. ✠ Rest eternal grant unto them, O Lord, and let light perpetual shine upon them.

*For the saints.* For the Blessed Virgin Mary, St Joseph, St Mary Magdalene, St Dunstan, and holy women and men of every time and place.



One Of Michelangelo's Later Works - Creation Of Social Distancing

This newsletter will normally be distributed weekly on Thursday. Any appropriate items should be emailed to the Parish Office, [omarymag@anglicaresa.com.au](mailto:omarymag@anglicaresa.com.au), by Tuesday evening at 5 pm.

