

St Mary Magdalene's Anglican Church
Moore Street, Adelaide



An open, welcoming and inclusive community
in the heart of the City of Adelaide

Keeping Community Thursday 16 April 2020 **Spiritual Resources & Reflections**

Dear friends,

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 the suddenly altered pace of our lives, we might discover the stillness we all crave, the stillness from which all true wisdom and justice issue. What we love rather than what we fear may come into sharper focus. In these Thursday newsletters, we plan to offer ideas and opportunities for nourishing our personal and communal spiritual lives in the coming months.

1. From Fr Graeme – Coping and Dealing with Wrong Ideas

We can remember during the Easter Vigil liturgy that the lighting of the Paschal Candle pierces the darkness of the church. The resurrection of Christ brings light into the world. The whole of God's character is light - love, joy, goodness, beauty, truth, wisdom and peace are all lights in our world. At Easter we can celebrate the triumph of all these qualities over the darkness of the world.

In our world we are surrounded by a darkness which needs God to banish it. God's light is within us but we need to learn how to release and use it. The darkness in our lives is not simply human wickedness and evil. There is also much darkness in our negative thought and feelings and these often affect us greatly. They result in fear which itself heightens our instability and loneliness or frustration. All this darkness is responsible for an enormous amount of ill health.

Easter fires up God's light within us so that we find we can live a different sort of life in relation to other people. Without Easter we are tremendously affected by the world's atmosphere of darkness. It is good during Easter at some stage to be able to reflect quietly on Easter and the light which springs from it. We can begin to imagine that light entering the mind so that we become gradually calmer and more joyful in outlook. During Easter it is really important that we fill our minds with the light of Easter and allow the darker thoughts and feelings to go.

It is good to allow the light of Easter to sink into us and help us to become more positive and joyful in our thoughts and feelings. We have at least the 50 days of Easter to do this. When I hear people say that Easter is now behind us I think it is such a tragedy for them. A break of four days for recreation and relaxation and then it is over. What a shame! Those of us who

know rather more about Easter have a much longer time to allow the meaning and the light to affect us.

Happy Easter to all!

Fr Graeme Kaines
Locum Priest

3. 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 an unchanging 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:

	Morning Prayer	Evening Prayer
Thursday 16 April <i>Thursday in Easter Week</i>	Psalm 116 Isaiah 62 John 21.15-25	Psalm 117 Exodus 13.1-16 1 Peter 2.4-10
Friday 17 April <i>Friday in Easter Week</i>	Psalm 118.1-18 Isaiah 64 Mark 16.108	Psalm 118.19-29 Exodus 13.17-14.14 1 Peter 2.11-17
Saturday 18 April <i>Saturday in Easter Week</i>	Psalm 136.1-12 Isaiah 65.17-25 Mark 16.9-20	Psalm 136.1, 13-26 Exodus 14.15-30 1 Peter 2.18-25
Sunday 19 April 2nd Sunday of Easter	Psalm 114 Revelation 19.1-9 John 20.19-31	For the Psalm: Exodus 15.1b-13 2 Samuel 22.1-7, 47-51 Mark 16.1-8
Monday 20 April	Psalm 114, 115 Leviticus 6.1-18 Matthew 28.1-10	Psalm 116, 117 Exodus 15.1-18 1 Peter 3.1-7
Tuesday 21 April <i>St Anselm</i>	Psalm 121, 122 Leviticus 9.22 – 10.11, 16-20 Matthew 28.11-20	Psalm 119.129-152 Exodus 15.19-27 1 Peter 3.8-16
Wednesday 22 April	Psalm 118.1-18 Leviticus 16.10-19 Luke 24.1-12	Psalm 118.19-29 Exodus 16.1-21 1 Peter 3.17-4.2
Thursday 23 April <i>St George</i>	Psalm 124, 125 Leviticus 16.20-34 Luke 24.13-27	Psalm 127, 128 Exodus 16.22-17.7 1 Peter 4.3-11

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 and is also available as a free app (App Store or Google Play).

3. Sunday and Weekday Mass

You can also see the prayers for the Mass of the Day (Maundy Thursday, Good Friday and Easter Sunday) on the web page, along with a copy of the Order of Service for each day.

Orders of Service will also be available on our new blog, stmarymagdalenesadelelaide.org, featuring prayers and readings recorded by members of the congregation.

If you are a Facebook member, you can watch livestreams of Sunday and Weekday Masses at St Paul's Cathedral, Melbourne <https://www.facebook.com/StPaulsCathedralMelbourne/>. Recordings of past celebrations are also available.

4. Meditations for the Easter Season

As many of you will be aware, 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.

The truth of being creatures and trusting God

**Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are the meek, for they will inherit the earth.**

The Beatitudes are both **promise** and **invitation**.

Knowledge of God without knowledge of our own poverty makes for pride. Knowledge of our own poverty without knowledge of God makes for despair. Knowledge of Jesus Christ lets us be present both to God and to our own poverty.

Blaise Pascal

Charles Elliott suggests "Blessed are the poor in spirit" might read: *You are in the right place when you are poor in spirit.* In fact, this reading could be applied to each of the Beatitudes.

Being in the right place implies being poor, gentle, mourning, merciful, peaceable and persecuted-in other words, powerless, weak and vulnerable. How can that possibly be the "right place"? It is the right place because it makes no claims on anyone, not even on God. And it is then that God's offer of love and wholeness for the individual and the offer is revealed.

Charles Elliott

Spiritual poverty... is the possession of all things in Christ, while being possessed by none, the ability to enjoy and delight in God's creation without being trapped by it, it is the discovery of our true identity ...

Thomas Merton

5. Prayer in Easter Time

A prayer which it has long been our custom to recite at St Mary Magdalene's during Easter Time is the Regina Cœli, one of the four traditional antiphons of the Blessed Virgin Mary. The prayer is in the nature of a call and response, an exhortation and reply,

Call: *Queen of heaven, rejoice, alleluia.*

Response: *The Son you were worthy to bear, alleluia,*

Call: *Has risen as he said, alleluia.*

Response: *Pray to God for us, alleluia.*

Call: *Rejoice and be glad, O Virgin Mary, alleluia.*

Response: *For the Lord has truly risen, alleluia.*

Let us pray.

*God of life, you have given joy to the world
by the resurrection of your Son, our Lord Jesus Christ.
With his mother, the Virgin Mary,
bring us to the happiness of eternal life.
We ask this through Christ our Lord.
Amen.*

Why this Marian hymn? It goes to the basic understanding of Mary's role in salvation. A former Archbishop of Canterbury, Rowan Williams, writes: *Mary helps us root our faith in the real world, not a world of fantasy. The Magnificat which is sung every day at evening prayer, "My soul proclaims the greatness of the Lord", is a rallying cry for the transformation of the world. It is the song of every Christian who shares that vision of a better world - where the hungry are fed and the powerless enabled, where wealth and influence are equally distributed, and nobody is made more perfectly in the image of God than anyone else. Mary's is a profound and radical call to put our faith into action, and to build up the kingdom of God.*

Mary's story, Mary's song, is ours too: an ordinary human being, called into relationship with God, called to work with God to bring about the Kingdom on earth. A great thing to celebrate in Easter Time.

6. 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. There will be special reflections for the Great Three Days this week, Maundy Thursday, Good Friday and Easter Sunday. To read these, visit the [blog](#) or 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-enews/> to register.

7. 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.

8. St Augustine on Easter

This excerpt on the Easter Alleluia from St. Augustine is a wonderful explanation of the joy of the Easter Season. Just as Lent was a season of penance, so the fifty days of Easter is a season of praise and song, an anticipation for the age to come in heavenly glory.

Our thoughts in this present life should turn on the praise of God, because it is in praising God that we shall rejoice for ever in the life to come; and no one can be ready for the next life unless he trains himself for it now. So we praise God during our earthly life, and at the same time we make our petitions to him. Our praise is expressed with joy, our petitions with yearning. We have been promised something we do not yet possess, and because the promise was made by one who keeps his word, we trust him and are glad; but insofar as possession is delayed, we can only long and yearn for it. It is good for us to persevere in longing until we receive what was promised, and yearning is over; then praise alone will remain.

Because there are these two periods of time – the one that now is, beset with the trials and troubles of this life, and the other yet to come, a life of everlasting serenity and joy – we are given two liturgical seasons, one before Easter and the other after. The season before Easter signifies the troubles in which we live here and now, while the time after Easter which we are celebrating at present signifies the happiness that will be ours in the future. What we commemorate before Easter is what we experience in this life; what we celebrate after Easter points to something we do not yet possess. This is why we keep the first season with fasting and prayer; but now the fast is over and we devote the present season to praise. Such is the meaning of the Alleluia we sing.

Both these periods are represented and demonstrated for us in Christ our head. The Lord's passion depicts for us our present life of trial – shows how we must suffer and be afflicted and finally die. The Lord's resurrection and glorification show us the life that will be given to us in the future.

Now therefore, brethren, we urge you to praise God. That is what we are all telling each other when we say Alleluia. You say to your neighbour, "Praise the Lord!" and he says the same to you. We are all urging one another to praise the Lord, and all thereby doing what each of us urges the other to do. But see that your praise comes from your whole being; in other words, see that you praise God not with your lips and voices alone, but with your minds, your lives and all your actions.

We are praising God now, assembled as we are here in church; but when we go on our various ways again, it seems as if we cease to praise God. But provided we do not cease to live a good life, we shall always be praising God. You cease to praise God only when you swerve from justice and from what is pleasing to God. If you never turn aside from the good life, your

tongue may be silent but your actions will cry aloud, and God will perceive your intentions; for as our ears hear each other's voices, so do God's ears hear our thoughts.

This excerpt on the Alleluia as the song of the Easter Season of praise comes from St. Augustine's discourse on the Psalms (Ps. 148, 1-2)



Australian Symbol of Resurrection
- after a bush fire.

***Do not
abandon
yourself
to despair.
We are
the
Easter
people
and
hallelujah
is our song.***

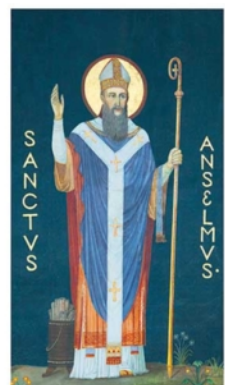
John Paul II

9. Those who have gone before us ...

In the intercessions for each week that in our prayers for those who have died, we also remember the Saints and other holy women and men who appear in the church's calendar. This week includes the annual commemorations of two great saints of the church, St Anselm and St George.

St Anselm was the western church's outstanding philosopher and theologian of the 11th century. His greatest work was a philosophical treatise called *Proslogion*, in which offered a single argument that establishes both the existence of God and the attributes Christians believe God possesses. He also wrote movingly about human freedom, sin, and redemption.

Anselm was Archbishop of Canterbury between 1093 and 1109. The motto he took when he was made a bishop was "fides quaerens intellectum", "faith seeking understanding".



St George was born in Greece in the 3rd century, and although little survives that attests to his historical life, he is venerated throughout the Christian church – and in Islam, as well – as great holy man and prophet. His legendary slaying of a dragon – some sources say in Syria, others in the Levant – has led to his reputation for overcoming evil and death. We tend to associate St George with England. This probably came about through his invocation by the Crusaders in the 12th century. He is also the patron of Portugal, Malta, Ethiopia, Georgia, the Palestinian territories, Serbia and Lithuania, and is widely venerated through the middle east. The Anglican Cathedral in Jerusalem, among others, bears his name.



10. 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 refugees and asylum seekers, that they may find places of safety and welcome. For all who work for peace and justice.

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 Western Michigan and Western New York (USA) and Mityana (Uganda). In our national church, pray for the Diocese of Newcastle; and within the Diocese, pray for the Parish of St Mary's, South Road.

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, especially 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 Blessed Virgin Mary, St Joseph, St Mary Magdalene, St Anselm, St George, and holy women and men of every time and place.

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

