

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 18 June 2020

Spiritual Resources & Reflections

Dear friends,

The relaxation of some Covid-19 restrictions makes it possible to once again open the church for private prayer and public worship: the church will be open on Tuesday and Thursday from 11.30 am to 1 pm, and Mass is offered at 12.10 pm after the Angelus at 12 noon.

The return of Sunday worship is now in sight, but the decision to return to worship in community, even for private prayer, is not a straightforward matter, so we will continue to produce these newsletters for now.

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

1. From Fr Graeme – Resuming Sunday Worship

Parish Council has today (18 June) discussed the opportunity to resume Sunday worship, following the further relaxation of Covid-19 restrictions on Friday 19 June.

It has been agreed that we will resume Sunday worship on Sunday 28 June with a single Sung Mass at 10 am. Throughout the month of July, we will have a single Sunday Mass at 10 am as we review attendance and participation.

There is some further information on the factors that have underpinned the Parish Council's thinking in item 3 below, and a specific communication is being developed to be emailed to the whole parish in the next day or two.

For the time being, please continue to pray for all those who are working so hard to maintain a sense of community in these strange times. I have been enormously impressed by the effort that has been put in by so many, and the quality of our communications, both in terms of keeping the community informed about current happenings, and in providing resources to sustain our spiritual lives.

I am of the strong view that this has been a very valuable initiative, and may well point to a new opportunities for ministry in the months and years ahead. Ours is a community of great devotional and spiritual depth, and that is a gift to be shared with the whole church and the wider community.

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:

	Morning Prayer	Evening Prayer
Thursday 18 June	Ps 107.1-22 2 Chronicles 8 Acts 10.34-48	Ps 107.23-43 Proverbs 13.15 – 14.6 2 Corinthians 12.6-13
Friday 19 June	Ps 110, 111 2 Chronicles 9.1-12 Acts 11.1-18	Ps 112, 113 Proverbs 14.7-19 2 Corinthians 12.14-21
Saturday 20 June	Ps 114, 115 2 Chronicles 9.13-31 Acts 11.19-30	Ps 116, 117 Proverbs 14.20-35 2 Corinthians 13
Sunday 21 June The 3rd Sunday after Pentecost	Ps 93 Romans 1.20-35 Matthew 10.24-39	Ps 69.7-19 Genesis 21.22-33 Matthew 10.9-23
Monday 22 June St Alban	Ps 118.1-18 2 Chronicles 10 Acts 12.1-11	Ps 118.19-29, 120 Ezekiel 1.1-21 James 1.1-18
Tuesday 23 June	Ps 124, 125, 126 2 Chronicles 11 Acts 12.12-25	Ps 71.14-24 Malachi 3.1-6 Philippians 3.7-11
Wednesday 24 June The Nativity of John the Baptist	Ps 50.1-15 Judges 13.2-7, 21-25 Luke 12.49-59	Ps 71 Malachi 3.1-6; 4 Matthew 11.2-19
Thursday 25 June	Ps 130, 131, 132 2 Chronicles 13 Acts 13.13-25	Ps 136 Ezekiel 4 James 3

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

Worship on Tuesday and Thursday has resumed with prayers at noon, and Mass at 12.10 pm. Up to 20 people are permitted to be in the church at any one time.

Beginning Friday 19 June, The number of people permitted inside buildings will lift to 75, and will be uncapped entirely from the end of the month. All the now-customary cleaning, health and hygiene requirements, and physical distancing will continue to apply.

Capacity will nonetheless be dictated by the size of the space, as there needs to be sufficient room in the building to enable physical distancing. The official capacity of the church, which has an area of 210m², is 52, though in practice it will be somewhat less.

This means that there is a real possibility of Sunday worship resuming in the short to medium term, but we are not acting hastily on this. Parish Council will discuss the matter this week.

In recognition of the ongoing need for some members of our community to maintain a relatively isolated lifestyle for the time being, 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.

We have written in the Tuesday newsletters about the changes that have been made in the celebration of Mass, and take this opportunity to repeat the comments about Sunday worship, when it returns.

The structure of Sunday celebrations will also have its challenges and changes, and we need to be mindful of these well ahead of time. The most significant of these will be the custom of gathering around the altar at the 9 am Sunday Mass, which will not be possible for now. We need to think about this, and pray about it, as this particular practice has often been identified as a really important element of this service to the community.

Another issue for Sunday worship is the offering of hospitality after services. Physical distancing requirements mean the official capacity of the hall is much reduced, and in any event we do not yet have all the preparations in place to allow the building to re-open.

The decision to come back to church, whether for private prayer or public worship or both, is still not a straightforward matter for many people. It will be some time before it is possible, or even desirable, for some of us to once again physically gather for worship, whether in smaller or larger numbers. We hope that the regular bulletins of news items and of spiritual offerings will go some way towards keeping our spirits up while we continue to wait.

Sunday Services will also be available on our blog, 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 the Angelus at 9 am, 12 noon and 6 pm.

6. Meditations from Fr Philip

Fr Philip Carter has offered a ministry of spirituality for many years, and has kindly supplied a series of meditations on some questions that we may well ask as we consider our life in God. The questions are *What?*, *How?*, *What if?*, *What do I want?*, and *Can I tell how it is?*

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.

What do I want?

Underneath all my surface wants, what is it I most deeply want? My deepest desire is God's desire.

Prayer is the place where we sort out our desires and where we are ourselves sorted out by the desires we choose to follow.

Ann and Barry Ulanov

I ask Jesus our Lord that I might not be deaf to his call in my life and that I might be ready and willing to do what he wants.

Ignatius of Loyola

The saint is the person who has discovered his/her deepest desire. They "do their own thing" which is also God's thing. Their will and God's will are in harmony ...

Gerard Hughes

Write your own obituary notice. Do not write the obituary you are afraid you might have, but the one, in your wildest dreams, you would love to have. Don't analyze it, or try to think it out too clearly, but allow your fancy to run free.

Draw two columns on a piece of paper, one headed with "What leads me to life?" and the other with "What deadens me?"

Become aware of those things in your life which are destructive, which lead nowhere, which inhibit you or rob you of life. Now become aware of another movement within- often unnoticed, drowned out by stronger, more insistent voices. This is the movement towards life and hope and promise. This invitation arises out of a growing sense of yourself as "I am", as someone cherished and valuable and beautiful.

Can you notice any difference between living out of this deep, purposive movement of your soul and living out of your shallower, surface desires?

7. In the Church's Calendar

This week we we celebrate the annual memorials of St Alban and the Birth of St John The Baptist.

St Alban was the first known Christian martyr of Britain. Alban lived in the early third century in a Roman city close to where St Alban's Cathedral stands today. One day he gave shelter to a stranger fleeing from persecution. This stranger was a Christian priest: Alban was inspired by how important faith was to the priest and asked to be taught more about Christianity.

The Roman authorities soon caught up with the priest. However, Alban's new-found faith would not allow him to let the authorities arrest the priest. Instead, Alban exchanged clothes with him and was arrested, allowing the priest to escape. Alban refused to renounce his beliefs and the magistrate ordered that he should receive the punishment intended for the escaped priest.

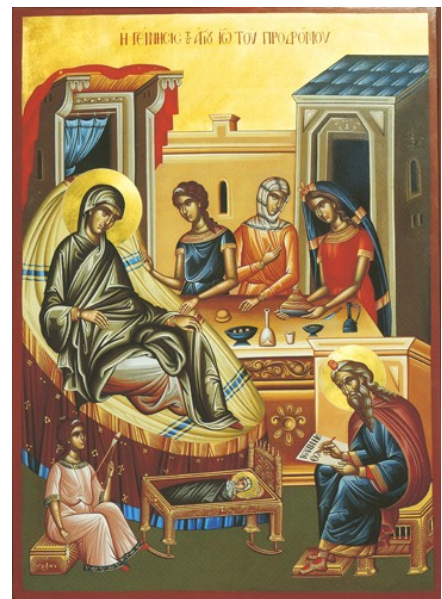
Alban was led out of the city and up the hillside where he was beheaded. His grave on the hillside quickly became a place of pilgrimage. This story of an ordinary person, doing an extraordinary thing has endured and continues to inspire to this day.

The Birth of St John the Baptist

Ordinarily, the day of a saint's death is usually celebrated as his or her feast day, because it marks his or her *dies natalis*, or "birthday", into eternal life. To this rule there are two notable exceptions: the birthday of the Blessed Virgin Mary and that of John the Baptist.

Christians have long interpreted the life of John the Baptist as a preparation for the coming of Jesus Christ, and the circumstances of his birth, as recorded in the New Testament, are miraculous. John's pivotal place in the gospel is seen in the emphasis given in St Luke's Gospel to the announcement of his birth and the event itself, both set in prominent parallel to the same occurrences in the life of Jesus.

In the Eastern Christian Churches, St John the Baptist is usually called St John the Forerunner, a title sometimes also used in the West. This title indicates that the purpose of his ministry was to prepare the way for the coming of Jesus Christ.



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 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 Newala (Tanzania), Andaman & Car Nicobar Islands (North India) and Angola (Missionary Diocese, Southern Africa). In our national church, pray for the Diocese of Gippsland; and within the Diocese of Adelaide, for the Archdeacon of Sturt, the Ven Dr Ruth Mathieson.

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, Sim, and John.

For those who have died. For all those who have died recently, especially Raven Baylock; 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 Antony, Evelyn Underhill, 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.

