

# 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 Spiritual Resources & Reflections

Thursday 28 May 2020

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 – We and the Spirit within

We all have within us the Holy Spirit. What a gift! If we wish to encourage the Spirit to grow within we need to encourage this in every way possible. One way is to feed our minds with the right kind of thoughts.

It is amazing to think that within each one of us is the same Spirit who created the universe and who made the incarnation of Jesus possible and who is at work bringing the world to its fullness – overcoming human hatred and conflict, and greed which causes starvation and every other evil we can think of. It is an enormous help to be able to remember this when we are tempted or beguiled to think negatively about bad human relations or the ills of the world.

If we can train ourselves to think of the Spirit at work within and around us the whole idea of the Spirit within us comes to us more naturally in our thoughts.

In our times of prayer it is good to concentrate on the Spirit and the potential we all have in our lives. For some it may be the potential of building better relations with people around us or with the family. For others it can be the potential of involving oneself with difficult enterprises which we think are important – we can pray regularly about them - involvement through prayer and conversational interest we might show with others. In these ways everyone can be involved – prayer is a vital part of all activities in the Church. Prayer is the foundation of good physical work or skilled planning.

When our minds are used to focussing on the Holy Spirit within and around us we are far likelier to be at our best. We shall no longer be bogged down by thoughts of hopelessness, depression and living as though God does not exist.

This Sunday is the Feast of Pentecost when we celebrate God the Holy Spirit. The Spirit was the great gift promised by Jesus before he ascended into Heaven. It is the Spirit who makes so much possible. The Spirit provides the Body and Blood of Christ in the Mass. The Spirit influences our journeys and many of the decisions we make along the way. The Spirit makes Jesus Christ's presence in our lives very real.

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 28 May	Ps 71 Numbers 24.12-25 John 17.20-26	Ps 119.65-88 Deuteronomy 32.23-38 1 Corinthians 13
Friday 29 May	Ps 69.1-16 Numbers 27 Acts 1.1-14	Ps 69.17-38 Deuteronomy 32.39-52 1 Corinthians 14.1-12
Saturday 30 May	Ps 72 Numbers 36 Acts 1.15-26	Ps 48 Numbers 11.16-17, 24-30 1 Corinthians 14.13-25
Sunday 31 May <b>Pentecost</b>	Ps 104.26-36 1 Corinthians 12.1-13 John 20.19-23	Ps 103.13-22 Joel 2.28-32 Galatians 5.13-26
Monday 1 June Justin Martyr	Ps 74 Ezekiel 25 Acts 6.8 – 7.8	Ps 75, 76 Deuteronomy 12.1-14 2 Corinthians 3.7-18
Tuesday 2 June	Ps 77 Ezekiel 26 Acts 7.9-22	Ps 78.1-15 Deuteronomy 13 2 Corinthians 4.1-12
Wednesday 3 June Marytrs of Uganda; Janani Luwum; Pope St John XXIII	Ps 78.16-38 Ezekiel 27.1-9, 25b-36 Acts 7.23-34	Ps 78.39-70 Deuteronomy 15.1-18 2 Corinthians 4.13 – 5.10
Thursday 4 June	Ps 80 Ezekiel 28.1-19, 29.17-20 Acts 7.35-43	Ps 81 Deuteronomy 16 2 Corinthians 5.11-21

### 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.ibrevariary.com](http://www.ibrevariary.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. As attendance at these services is presently limited to 10, and 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.

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 [Regina Coeli](#) (in Easter time, the [Angelus](#) from next week) 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 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?

*The assumption of spirituality is that God is always doing something before I know it. So the task is not to get God to do something I think God should be doing but to become aware of what God is already doing, participate in it and take delight in it.*

*Eugene Peterson*

*If God is God, He is likely to be the most common of human experiences: people keep bumping into Him all the time, but that is not what they call Him.*

*John V. Taylor*

*All the time God is relating to us: all we have to do is relate back.*

*John Dalrymple*

*We live the given life not the planned.*

*Wendell Berry*

**It is good to ask ourselves: Who is the person coming to this place? Can I recognize the "me" who comes to this place and time, in fact the many and different "me's" ... the "me" who is tired, on top of things, bored, anxious ... and can I then recognize the deeper "me", the hidden "me" (the one I may not ordinarily be in touch with), who is in reality oriented toward God and who desires God.**

**We get in touch with "what?" to hear an invitation to go deeper into a journey of self-discovery and transformation. Some ground rules for this journey are:**

***Is, not should:* offering us freedom from the tyranny of shoulds or oughts**

***Now, not then:* moving us away from the grip of the past and anxiety about the future**

***What, not why?:* focusing us on the realities of life, and not lost in the futile head question Why?; and *Me, not you:* moving us from competitiveness and defensiveness into the grace-filled responsibility of learning to live out of our deepest truth.**

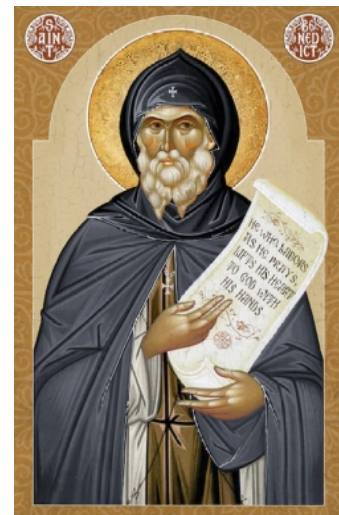
***Drawn, not driven:* hinting at the authentic movement of the Spirit, releasing us from addictions and compulsions:**

## 7. In the Church's Calendar

This week we we celebrate the annual memorials of one of the Church's earliest martyrs, and other holy people of relatively modern times.

Justin Martyr, also called Justin the Philosopher, was among the most important apologists for the emerging Christian church in the second century AD. He studied the various schools of Greek philosophy, and became very learned and wise.

After being baptised at the age of 30, Justin concluded that none of the writings he had studied, or his skill in their exposition, revealed the way to knowledge of the true God, and he gained an equally impressive knowledge of scripture, and the rabbinical schools of thought. Ever thereafter he sought to defend the truth of Christian teaching in his preaching and writing.



As an apologist, Justin was skilled at the art of debating, and incurred the wrath of philosophers of other schools, but also of the political leaders of the time. He was tried before the authorities with other philosophers, and put to death.

The **Martyrs of Uganda** are a group of 23 Anglican and 22 Catholic missionaries who were put to death between 1885 and 1887 by a tribal ruler determined to stamp out what he perceived as a threat to his absolute rule, and the cult of his own divinity. In spite of their terrible deaths, Christianity became strongly founded, and today the nation of Uganda continues to have a practising Christian population of some 80% of the people. It is the third largest province in the Anglican Communion (after the UK and Nigeria).

**Archbishop Janani Luwum** was the Primate of the Anglican Church of Uganda from 1974 until his death in 1977. He was a leading voice in criticising the regime of the dictator Idi Amin, who had him arrested and killed. He is widely revered as a true martyr of modern times, and a statue of him is among the statues of the Twentieth Century Martyrs on the front of Westminster Abbey.

Many martyrs are people facing real danger, real life and death situations, not only people whose opinions and beliefs other people do not accept. Luwum knew this and yet he continued to advocate for justice and peace. He trusted that God would care for him and would give him the strength and the ability to face whatever had to be faced so that others could be free and safe.



**Pope St John XXII** is chiefly remembered for having convened the Second Vatican Council. He promoted ecumenism, was concerned about fraternal relations with the Orthodox of the East, undertook more intense relations with Anglicans and the diverse world of the Protestant Churches. He lay the foundations for a new attitude in the Catholic Church toward the Jewish world, decisively opening up the Church to dialogue and collaboration. He preached constantly about the need for peace among all nations. He visited hospitals and prisons and in his charity was always close to the suffering and the poor of the Church and the world.

## 8. For your special prayers ...

The **Week of Prayer for Reconciliation** is celebrated this week. It is an initiative of faith communities in Australia committed to a just reconciliation with Indigenous people. It is part of the wider process of reconciliation, which has been going on since 1991. The Week of Prayer begins on 27 May, the date of the 1967 Commonwealth Government Referendum which acknowledged the rightful place of Indigenous people in the Australian population, and ends on 3 June, the anniversary of the historic Mabo decision of the High Court of Australia, recognising the pre-existence of native title to land in Australia.

Bishop Arthur Malcolm, the first Aboriginal bishop in the Anglican Church of Australia, wrote this prayer in 1994.

Lord God, bring us together as one,  
reconciled with you and reconciled with each other.  
You made us in your likeness,

you gave us your Son, Jesus Christ.  
 He has given us forgiveness from sin.  
 Lord God, bring us together as one,  
 different in culture, but given new life in Jesus Christ,  
 together as your body, your Church, your people.  
 Lord God, bring us together as one,  
 reconciled, healed, forgiven,  
 sharing you with others as you have called us to do.  
 In Jesus Christ, let us be together as one. Amen.

Within our parish community, please pray at this time for **John Hooke**, who is home convalescing after surgery last week. John sends his thanks for the messages of encouragement and support he has received.

---

## 9. 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 Navajoland Area Mission (Episcopal Church, USA), Aipo Rongo (Papua New Guinea) and Ajayi Crowther (Nigeria). In our national church, pray for Anglicare Australia; and within the Diocese of Adelaide, for St Peter's Girls School.

*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 Robert Morley; 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 Justin, the Martyrs of Uganda, Janani Luwum, Pope St John XXIII, 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](mailto:omarymag@anglicaresa.com.au), by Tuesday evening at 5 pm.

 [stmarymagdalenes.weebly.com](http://stmarymagdalenes.weebly.com)

 [stmarymagdalenesadelaide.org](http://stmarymagdalenesadelaide.org)