

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 6 August 2020

Spiritual Resources & Reflections

Dear friends,

The relaxation of Covid-19 restrictions makes it possible to once again worship on Sunday, when Mass is sung at 10 am. The church is also open for private prayer and public worship 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 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 – God's Presence in Us is Love

We know our minds should be filled with God, but we know as well – only too keenly - that our minds are more likely to be filled with frustration about life and the negative emotions and feelings which accompany this. This sense of frustration causes a deep resentment - sometimes depression - to build within us, so that we go about each day with too many regrets in our minds and fear of what we think may be coming. Often people assume that this is just the way they are and do not realize that healing is possible.

Many people visit psychiatrists and psychologists in search of a better mind set. This is one way of addressing the need for healing. Another (less expensive, at least in monetary terms) way is to think of the problem as spiritual – at least in part.

Negative emotions are not sin, but they are certainly evil because of their effect on us. The lack of spiritual wholeness can be helped by spiritual means. Negative emotions can be subdued with a heightened consciousness of God's love, peace and joy ... and sometimes with God's forgiveness. Prayer and meditation are important ways of helping us to dwell on the positive aspects of God's character. The more we can dwell on God's positive power the more we can hope to triumph over our negative thoughts.

It is as if the evil inside us is being replaced by the love of God. Think of all our depression, resentment and fear being "melted" away by the incoming love of God in our hearts and minds.

Deep feelings of resentment and fear are not necessarily due to any fault on our part. Often they are caused by the various circumstances in our lives. It could even be from something

which happened many, many years ago. Sometimes feelings remain deep within us and they can cause pain and illness as time passes.

As people of Christian Faith we should always be clear that personal emotions can be changed. The beginning of this change is to be able to come to times of prayer with great expectations of God' love. It can be part of our training to learn always to call on the great love of God to be manifest in our lives. If it has come to us naturally to call on God in this way, it will help us to be more confident in his healing love and be less vulnerable to negative thoughts.

Last Sunday, at the end of the sermon, I called on everyone to be people who lived as if they were lucky in life. We are lucky, thanks to God, and together with this we have various levels of adversity to cope with. When we encounter someone we know and their first words are about their misfortune, or they complain in some way, we can tell that they do not feel lucky. It is good, always, to sound and look positive - because the love of God is present within us.

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 6 August The Transfiguration	Ps 99 Habakkuk 3.3-19 2 Corinthians 3.12 – 4.2	Ps 89.5-18 1 Kings 19.1-16 John 12.20-33
Friday 7 August	Psalms 90 Hosea 10.1-15 John 12.12-36a	Ps 119.89=104 Lamentations 3.1-33 Romans 8.18-27
Saturday 8 August <i>St Dominic</i>	Ps 89.1-18 Hosea 11.1-11 John 12.36b-50	Ps 89.19-38 Lamentations 3.34-66 Romans 8.28-39
Sunday 9 August 10th Sunday after Pentecost	Ps 78.51-70 Matthew 15.10-20	Ps 85 Genesis 35 Romans 11.7-16
Monday 10 August <i>St Laurence</i>	Ps 92, 93 Hosea 12.2-14 Acts 15.36 – 16.10	Ps 94 Lamentations 4.1-11 Romans 9.1-13
Tuesday 11 August <i>St Clare of Assisi</i> <i>St John Henry Newman</i>	Ps 95, 96 Hosea 13.1-16 Acts 16.11-24	Ps 97, 98 Lamentations 4.12-22 Romans 9.14-24
Wednesday 12 August	Ps 99, 100 Hosea 14 Acts 16.25-40	Ps 103 Lamentations 5 Romans 9.25 – 10.4
Thursday 13 August <i>Jeremy Taylor</i>	Ps 101, 102.1-11 2 Chronicles 26.1-15 Acts 17.1-14	Ps 102.12-28 Song of Songs 1 Romans 10.5-13

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).

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.

3. Responding to the COVID Challenge: Please Give Us Your Feedback!

We are living in extraordinary and uncertain times – there is no doubt about that. Everyone of us has had to make changes to the way we live, work, and interact with other people. At St Mary Magdalene's we have adapted to the COVID world by introducing some approaches to worship and pastoral care that we envisage will continue for the foreseeable future.

There has been a lot of positive feedback about the way our community has held together, and indeed even been able to flourish, during this difficult time. We are thankful for the abundance of generosity in the extra or different work people have taken on and for the positive and caring relationships that support everyone in the parish.

We are seeking your feedback on the way the parish is supporting you. This will assist with planning for the future and help us to maintain flexibility as we move forward.

Could you please respond to the following three questions in as full and detailed way you are able to.

1. *Tell us about the things the parish is doing that are helpful to you in your worship and in your spiritual life.*
2. *Tell us your ideas for anything that is currently happening that you think could be tweaked to make it work better.*
3. *Keeping in mind the limitations of our parish in personnel and finances, and the limitations of COVID, do you have any suggestions about things we could do to further enrich the life of the parish?*

As a prompt, some things you may like to write about include

- The Sunday and weekday services – how we celebrate, music, communion, COVID distancing rules,
- Hospitality – Sundays after church, ideas for community meals and other activities
- Blog – to support worship and the current move to use it to publish Fr Philip's meditation writings

- The pastoral care network and pastoral care both formal and informal
- Keeping in touch with people who are not able to come on Sundays
- The Art Group

How to give us your feedback

EITHER – send your responses by email to alison.mca@gmail.com

OR – if you prefer to remain anonymous, or don't have access to email, pick up a printed sheet at the back of the church and return it to the marked box

Final date for responses

Please have your responses to us **by Sunday 23 August** so we can have a report ready for Annual Vestry Meeting on 30 August.

4. Reflections and Meditations

Fr Graeme and others within our community will continue to prepare Reflections for Sundays and Holy Days for posting on the web page.

Fr Philip Carter's meditations and spiritual reflections will in the future be presented on our blog, <https://stmarymagdalenesadelaide.org/>. To access the tab, simply go to the blog and select the "Spirit matters" tab on the top.

If you would like to receive an email update when there is a new posting on the blog, whether for a Sunday or weekday service, or for meditations and other supports for prayer, please subscribe to the blog using the box on the right-hand side of the page.

The blog has provided services for the parish during the COVID lockdown and through to the end of July, when we celebrate our patron saint, Mary Magdalene. We will keep publishing services, but not every Sunday. The plan is to publish one service a month on a special feast day - for example in August we celebrate the Blessed Virgin Mary; in September, the Holy Cross; and in October, the Anniversary of the Dedication of the Church.

Service booklets as PDF files will still be available for Sunday services, both on the web site and on the Parish's Facebook page.

5. In the Church's Calendar

We begin our commemorations in the church's calendar this week with the Feast of the Transfiguration.

The Transfiguration was a special event in which God strengthened the wavering faith of some of his apostles, in order that they might be emboldened for the challenges they would later endure.

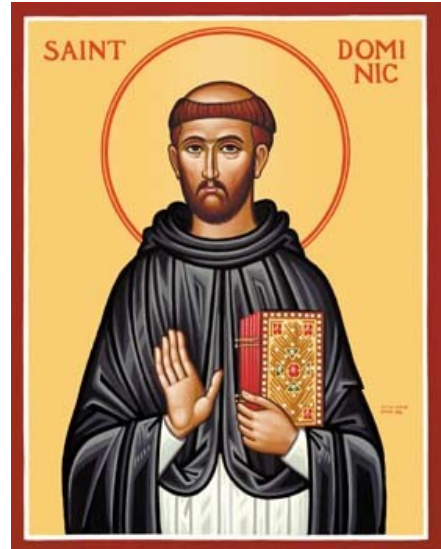
In the same way, at certain times in this life, God may give certain members of the faithful (not all of the faithful, all the time), special experiences of his grace that strengthen their faith.



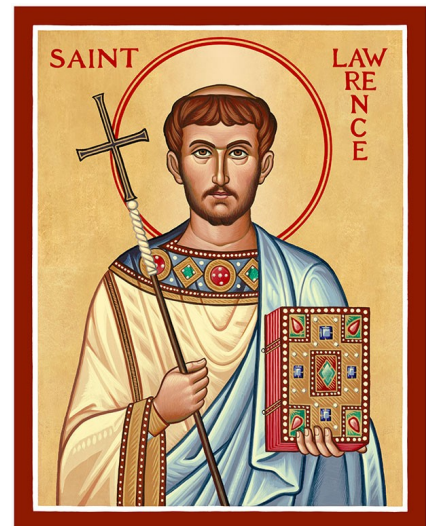
We should welcome these experiences for the graces they are, but we should not expect them to continue indefinitely, nor should we be afraid or resentful when they cease.

St Dominic preached for many years against heresy in the church, realising early on that the warm reception his preaching received within the wider community was not always shared by the officialdom of the church. He nonetheless persevered in his ministry, and in 1215 founded a religious house at Toulouse, the beginning of the Order of Preachers or Dominicans

Dominic's ideal, and that of his Order, was to organically link a life with God, study, and prayer in all forms, with a ministry of salvation to people by the word of God. His ideal: *contemplata tradere*: "to pass on the fruits of contemplation" or "to speak only of God or with God." The Dominican life combines contemplation and activity, which together are the wellspring of all their works.



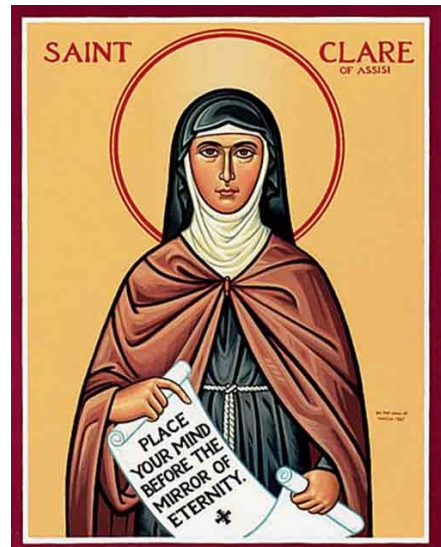
St Laurence was a martyr of the early church. We know little about his life, but a legend persists that as deacon in Rome, he was charged with the responsibility for the material goods of the Church, and the distribution of alms to the poor. When Laurence knew he would be arrested along with the pope, he sought out the poor, widows, and orphans of Rome and gave them all the money he had on hand. When the prefect of Rome quizzed him about the location of what was assumed to be a great treasure-trove, Laurence took him to the church, gathering together the blind, lame, maimed, leprous, orphaned, and widowed. Opening the doors, he said to the prefect, "These are the treasures of the church." He was put to death, suffering willingly for the poor.



St Clare was a disciple of St Francis of Assisi. Having refused to marry in an arranged marriage at the age of 15, she was profoundly moved by Francis's dynamic preaching. He became her lifelong friend and spiritual guide.

At 18, Clare escaped from her father's home one night, was met on the road by friars carrying torches, and in a poor little chapel received a rough woollen habit, exchanged her jewelled belt for a common rope with knots in it, and sacrificed her long tresses to Francis' scissors.

St Francis placed Clare in a Benedictine convent, which her father and uncles immediately stormed in rage. Clare clung to the altar of the church, threw aside her veil to show her cropped hair, and remained adamant.

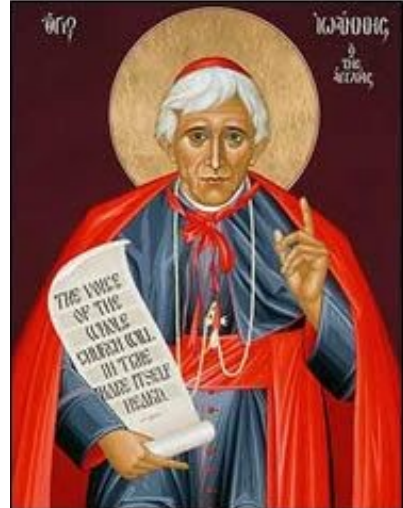


To this day, the "Poor Clare" nuns live a simple life of great poverty, austerity, and complete seclusion from the world. They are often called "a powerhouse of prayer".

St John Henry Newman is still commemorated in the Anglican church on 11 August, the date of his death, though since his canonisation in the Catholic Church, his feast is now celebrated in October.

Newman spent the first half of his life as an Anglican priest, when he was a prominent member of the Oxford Movement, and later as a Roman Catholic. He was an eminent theologian, preacher and writer in both.

Newman's writings on conscience, religious liberty, Scripture, the vocation of lay people, the relation of Church and State, and other topics were extremely influential in the shaping of modern ecclesiology, especially after Vatican II. He is often called the "absent Father" of the Council.



Jeremy Taylor (1613-1667) was a scholar, a man of prayer, and a true pastor. He lived through a century that saw the execution of King Charles I, the Cromwellian interregnum which suppressed the Church of England and banned the Book of Common Prayer, and finally the Restoration.

He was a renowned liturgist and scholar, and is best known for *The Rule and Exercises of Holy Living and Holy Dying*, his contemplation of the purposes of life in the face of our final end, and advice on the means to living well, and preparing ourselves for a blessed death.

Filled with hope and love, not dark or distressing, Taylor's work offers practical advice:



The memories of the saints are precious to God, and therefore they ought also to be so to us; and such persons who serve God by holy living, industrious preaching, and religious dying, ought to have their names preserved in honour, and God be glorified in them, and their holy doctrines and lives published and imitated; and we by so doing give testimony to the article of the communion of saints ...

6. 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 Ogbomoso (Nigeria); Botswana (Central Africa); and Brandon (Canada). In our national church, pray for the Diocese of Bendigo; and within the Diocese of Adelaide, for the Parish of Seacliff.

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 Rebecca.

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, 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.

