

RESOURCING OURSELVES / RESOURCING OTHERS

Continuing Ministerial Development

Diocese of St Andrews, Dunkeld and Dunblane

Edition 2, 25 March 2020

From Around the Diocese

Many around the Diocese have spent the last week learning how to stay connected with our communities through online platforms enabling us to offer daily messages of support, daily prayer and Sunday Eucharists. In many cases numbers viewing exceed usual Sunday attendance. Food for thought in reaching our housebound or those whose working patterns make Sunday morning difficult. One side effect is that clergy and readers who usually lead others in worship and deliver sermons now get a chance to be led in worship and to hear good news spoke to them!

Canon Liz Baker, Highland Perthshire Linked Charge has produced *Church at Home* which can be downloaded from www.hplc.scot

Rev Nerys Brown, Dunblane is preparing online material for use with children.

Rev Carol Latimer, All Souls Fife sent in this reflection: 'I'm sensing increasingly a sweeping away of the established trivialities and differences and a reassurance that they are being gently replaced by a more universal outlook and (at last!) an acknowledgement that God knows no boundaries. I preached in St Serf's on Sunday and included this from a Hindu teacher, quoted by Arandhadi Das on Thought for the Day: 'Beyond our diversity of background and interests we are trying to fulfil the highest human aspirations; to love God and to serve others. Let us realise that our differences are valuable ornaments and let our shared culture be admiration for one another.'

Rev Gerry Dillon, St Luke's Glenrothes writes: 'At this time I continue to pray for those whom I meet or think about by name, maybe it is the only time our Lord will hear their name in prayer that day, and it is important for me to continue to see and pray for the people in need. The times seem

desperate but the little things can make such a difference.'

Rev Christoph Wutscher, Holy Trinity Stirling writes: 'Alistair Warwick, our director of music has started recording music as a resource for people see <https://www.holytrinitystirling.org/musicforreflection.htm>

Rev Elaine Garman, St John's, Forfar & St Margaret's, Lunanhead writes: 'What a joy it is to have to change priorities – and suddenly phoning people on the congregation list whom I have not yet met in church or through visits. These phone calls have been delightful. Where is God in this? Right in the middle of it – with me, with them.'

Canon Christine Fraser, St Peter's Kirrcaldy writes: 'My fellow leaders and I at Fife Cluster Youth Fellowship are also finding ways of keeping in touch with our young people; we are planning a daily post on our Group Facebook page which is a closed group. Its amazing how quickly alternative ways of keeping together as a community present themselves. ... Can I offer a book that I am reading for Lent called *At Home in Lent* by Gordon Giles published by the Bible Reading Fellowship? It uses 46 everyday objects and discovering how God is already in our homes and using these objects as a kind of map to find him in the fixtures and fittings with which we surround ourselves. The book seeks to open access to the spiritual significance of items such as doors, fireplaces, mobile phones, mirrors, keys, articles of clothing, domestic appliances, items of furniture etc. Might be topical given how many people are self-isolating at the moment.'

Rev Dean Norby, All Souls Group, Fife is working on a You Tube channel for worship. Details to follow. Meanwhile he offers two one liners: *We may not know what the future holds but we can know the One who hold the future.*

Love like Jesus but wash your hands like Pontius Pilate. J

Online Worship

SEC Eucharist each Sunday at 11am

www.scotland.anglican.org/broadcast-sunday-worship

Morning Prayer: Old St Paul's livestream each day at 8 am <https://www.facebook.com/ospchurch/>

Evening Prayer: from Taize at 7.30pm each day <https://www.facebook.com/taize>

Sung Compline Old St Paul's at 9pm

<https://www.osp.org.uk/worship/online-resources/>

Spiritual Communion

In this time when our people cannot come to the Lord's table. Canon Liz Baker offers this prayer for Spiritual Communion based on a text by St Alphonsus Liguori.

Good Jesus, we believe that you are present in the breaking of the bread. Through you, may God's love shine on us all, so that I too know myself to be held safe and sure. As I cannot now receive you sacramentally, come spiritually to me, so that I may know myself to be wholly united in communion with God, now and forever. Amen.

Online Resources

CCC - Christ, Covid, Community is a public FaceBook group open to all affected by Covid-19. It is a space to share thoughts, struggles, hopes, dreams, tips and prayers and to open doors in spite of isolation by promoting Christ-centred solidarity which is stronger than any illness.

<https://www.facebook.com/groups/267518617576684/#> =

Contemplation in Quarantine

<https://thejesuitpost.org/2020/03/contemplation-in-quarantine/>



Pray as you Stay is a prayer support series aimed at supporting people during this time of self-isolation,

uncertainty and fear. It offers ideas for creative prayer and reflection with scripture underpinned by the Ignatian practice of finding 'God in all things'.

https://www.pathwaystogod.org/resources/pray-you-stay?mc_cid=ce7f8f879d&mc_eid=dbdfc39e7c

Prayers

God of the branches, God of the vine,
God of the fruit that will last,
when much of the familiar is pruned away
— the work routine, the school run,
the certainty of our day —
may we see what is good and true
blossom in reassuring ways:
colleagues working as one,
children learning from home,
families praying together.
May these days of great disruption
bear out what is always true:
that we can reach others
with the love you provide
when our roots remain in you.
Amen

Source: Corrymeela Community's Prayers for Community in a Time of Pandemic

<https://www.corrymeela.org/news/180/prayers-for-community-in-a>

Reflections

Caller: 'Are you open?'

Priest: 'Absolutely. We are open. Maybe more open than ever. Open to a new work of God. Open to the needs of vulnerable people in our community. Open to doing things differently. This crisis has not broken us. It has broken us open.'

Source: Revd Dr Margaret Wesley

Mothering Sunday this year is decidedly difficult for some because it's going to be very hard for mothers and their offspring to be near each other, let alone give each other a hug. Caring for

someone else means not just caring about what happens to them, but also being near enough to do something practical and loving.

In our first reading, we heard about Hannah. A barren woman, she had prayed to God for a child and vowed to dedicate him to God's service. But what was it like for her to hand him over as a newly-weaned child to the priest Eli and leave him in the Temple? She would be parted from him, unable to soothe him or encourage him, unable to feed him or nurse him if he became ill.

In our gospel reading, Jesus faces being parted from his mother, for he is about to die on the Cross. He handed her over to the 'Beloved disciple', who was to look after her. Jesus would be unable to soothe her or encourage her, unable to feed her or nurse her as she aged.

We may feel anxious or frustrated that we cannot be on hand to care for our loved ones during this crisis. We may have to rely on the kindness of neighbours and friends. We shall certainly have to learn to trust in the goodness of God and the steadfastness of God's love. One way is to imagine leading our loved one by the hand towards Christ, and gently placing their hand in his hand.

Our love for parents, children and friends has to deepen into this trusting commitment of them to God. One day we shall have to let them go fully into God's presence, and one day we too shall enter that eternal life. But we will remain one with them in love for ever, just as we are one with them now in love and in spirit, even if we are far apart. Nothing can separate us from that love.

Source: Canon Alison Peden, St Modoc's Doune

Theological Reflection

Walter Brueggemann, (Scripture teacher), points out that even though about one third of the Psalms are psalms of "lament," these have been the least used by Catholic and Protestant liturgies. We think they make us appear weak, helpless, and vulnerable, or show a lack of faith. So we quickly resort to praise and thanksgiving. We forget that Jesus called weeping a "blessed" state (Matthew 5:5) and that only one book of

the Bible is named after an emotion: Jeremiah's book of "Lamentation." ... Aaron Graham writes: We need to be reminded that our cries are not too much for God. [God] laments with us. In fact, [God] wants us to come to the [Divine Presence] in our anger, in our fear, in our loneliness, in our hurt, and in our confusion. Each lamenting Psalm has a structure; They begin with a *complaint*. . . that things are not as they should be. They turn to a *request*. God, do something! Rescue me! Heal me! Restore me! Show mercy! Laments end with an *expression of trust*. Laments end with the reminder that God is setting things right, even though it often seems so slow. It is right for our laments to turn towards a reminder that God is in control and about the business of righting all things made wrong.

Source: Richard Rohr's Daily Meditation

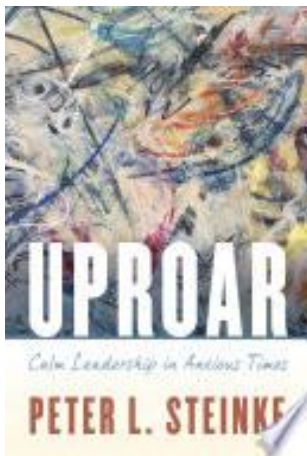
On Psalm 23

It's early days
and there's much to do
Who would have imagined
the sheer scale
of havoc wreaked
in every area of life?
And this is just the beginning.
It's right that we're busy
trying to ensure
not just the safety
but the care
and the spiritual support
of others.
But, when that work is done,
what then?
When the brave new world
becomes the norm,
what then?
What then to distract us
from our own fears
from our own insecurities
from our own lost hopes
from our suspended dreams
from our own vulnerability?
When we've done all we can
for others?
What about us?
Who will sit with us
as we grieve
the world we knew

and embrace
a world we never imagined?
Who will lend a virtual hug
when we face the uncertainty
of not being able to fix things?
To whom will we
be open
and honest
as we come
with empty hands
and full hearts
to start again
learning new ways
to be
without all the trappings
of our role
without those defences
we've built around ourselves.
Who will lead us
by the still waters
so that we might confront
our souls
that need restored?

Source: Rev Liz Crumlish, Path of Renewal

Book Suggestion



In these times, when those who lead may be just as anxious as those they serve there is a real risk that we leave our people leaderless. Anxiety flows down like water from a leaky pipe. Effective leadership requires us to understand the impact of powerful emotional

forces on behaviour – ours and others - especially in anxious times such as this.

In *Uproar: Calm Leadership in Anxious Times* Peter Steinke, author of *Congregational Leadership in Anxious Times* draws on decades of work on system conflict and personal experiences to share real stories of challenges leaders have faced and how understanding the power of emotions has dramatically influenced their success. As Steinke suggests, being anxious

causes us to lose perspective, and leaders do their best thinking when they are not overly stressed and can think about options, doing their best work when they work on themselves.

Good News

China has closed down its last coronavirus hospital - not enough new cases to support them.

Doctors in India have been successful in treating coronavirus. Combination of drugs used which they will suggest going global to treating this.

Researchers of the Erasmus Medical Centre claim to have found an antibody against coronavirus.

A 103 year old Chinese grandmother has made a full recovery from Covid-19 after being treated for 6 days in Wuhan, China.

Apple reopens all 42 China stores.

Good news from South Korea, where the number of new cases is declining.

Italy is hit hard, experts say, only because they have the oldest population in Europe.

Scientists in Israel likely to announce the development of a coronavirus vaccine.

A network of Canadian scientists are making excellent progress in Covid-19 research.

A San-Diego biotech company is developing a Covid-19 vaccine in collaboration with Duke university and National University of Singapore.

Individuals are recovering and are said to have immunity from the disease once they have had it.

So there is research, there is progress, there is recovery and there is always hope.

Appeal for materials

Please send material to share with your colleagues to cmdcoordinator@gmail.com