



**COVID-19**  
**COMING OUT OF LOCKDOWN**  
**EDITION**



**RESOURCING** OURSELVES  
OTHERS

Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane





# RESOURCING

OURSELVES  
OTHERS

Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane

Issue 13, July 2020

## CMD Resources

**Resourcing Ourselves, Resourcing Others** emerged quite spontaneously in response to lockdown and appeared weekly for 12 consecutive weeks. As our context changes and we enter phases two and three of lockdown, this sheet will continue to be offered on a monthly basis.

Rage seems an apposite response  
to pandemic

It's palpable in the air  
Seething not so gently  
just under the surface

If only we could harness  
the energy of rage  
allowing it to carry us onward  
into that "new normal"  
Harnessing the energy  
to raise up "the least of these"

Harnessing the energy  
to continue to honour  
our "unskilled workers"  
who became our heroes.

Harnessing the energy  
to properly fund our NHS  
and our social care

Harnessing the energy  
to keep our streets  
free of the homeless  
by providing adequate resources

Harnessing the energy  
to care for refugees and migrants  
by treating them as brothers and sisters  
who merit compassion

Harnessing the energy  
to refuse to be governed  
by out of touch  
beyond reach politicians



**Do not go gentle into that good night.  
Rage, rage against the dying of the light.**

**Dylan Thomas**

Harnessing the energy  
to put our faith into practice  
by shaking up our ancient creeds  
infusing them  
with transformative covenants  
of justice and love  
that spill out of closed buildings  
and flow like lava  
through our neighbourhoods  
gathering the energy of rage  
to usher in  
the radical kingdom of God.  
Do not go quietly  
into the new normal.

Rage, rage  
against all that diminishes  
the breath  
of the Spirit of God

And may our rage  
be pregnant with potential  
for the healing of all Creation.

**Liz Crumlish, Path of Renewal**



# RESOURCING

OURSELVES  
OTHERS

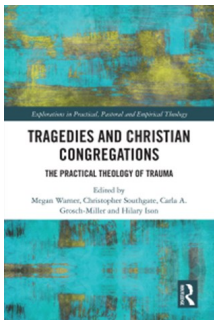
Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane

## Covid 19 - Mapping the Trauma

At the Clergy Reflection Group on 1st July, the Rev'd Dr Michael Paterson (CMD Co-ordinator) led a session on 'Trauma among the People we Serve' Here is an extract.

"Trauma ... is being confronted with more stimuli (or information) than we are able to process or digest. In a way it is like being in a car crash that is happening in slow motion, the trauma is unfolding but we have no idea if we will only be bruised by the inevitable brutality, or if we will be seriously injured or killed. The stress of not knowing something so critical is too much for us to manage, it is too much to process. So we mobilise our defences, for some it is denial, for others control. For me, it is compartmentalising. We all have different coping mechanisms."

<https://medium.com/@sonjablignaut/embracing-uncertainty-find-hope-2bf3d00141b8>



One of the most helpful things that has come out of Covid-19 has been the work of the [www.tragedyandcongregations.org.uk](http://www.tragedyandcongregations.org.uk) in mapping the phases in the trauma we are living through.

The first or **Heroic Phase** is a time of extraordinary generosity in which together is the key word! It's a time when those responsible for governance command, control and comply and the rest of us adapt, adjust, and accommodate....

The second phase of **Disillusionment** is the time when language shifts from we to I, from the collective plural to the individual, from the common good to 'its my right' 'I know best'. It's a time of blame and suspicion, of distrust and of prioritising self or one's own group over others. Three verbs capture this second phase: **provoke**, **protest**, **politicise**. ...We are in a time of widespread disillusionment ... In recent weeks I have heard it on the lips those who are utterly **exhausted** and really need a rest just as Phase 2 asks them to start up all over again ...I have also heard disillusionment among those who have been **exhilarated** by lockdown, These are the clergy and members of our congregations who have loved having absolute free reign to do what they like, worship how they like, minister as they like and have given their imagination free range.

One exhilarated minister told me that after leading worship for years that he wouldn't choose to go to he has loved being more experimental during Covid and is really fearful of having to go back to what the Vestry will let him away with on a Sunday. ... I have also heard members of congregations say 'He's been trying to get us to buy his new fangled ideas for years and until Covid we resisted, but since lockdown he's done his own thing with no vestry consultation and put it online. If he thinks he can do that when the church reopens he's mistaken.' The voice of Disillusionment ...

The third phase in the trauma map is the **Rebuilding Phase**. But after a public trauma like Covid19, ... there can be no rebuilding until the immediate threat is over, the panic has settled and people have enough mental and psychological safety to **re-member** (literally to put the pieces back together); to **re-evaluate** what was lost in the crisis that was needed thrown out anyway and identify what was found in the crisis that is worth keeping; and to re-envision the future that takes both the past and the present seriously..

As we prepare to 're-open' are we ready to face the disillusionment in ourselves, in our congregations and in our communities? Those questions are just as important as getting the deep cleaning done. The building may be ready to re-open but are the church's ministers for the spiritual onslaught?

---

## Mission of the Church post Lockdown: Three viewpoints

**Fr Damian Howard**, Leader of the UK based Jesuits highlights three opportunities for the Church as we come out of lockdown:

Helping people slow down, to become more contemplative, to become once again capable of appreciating symbols, which is an essential pre-condition for living a sacramental life.

Welcoming people into a life that is more local, more connected with family and with the earth - and, paradoxically, more connected with people in other parts of our interconnected globe. A new localism would be wonderful news for parishes.

Venturing out into some of those dark corners of our society. That will be challenging. It will require courage and, more importantly, communities of discernment who hear God's call to go out, to take a risk.



<https://www.jesuit.org.uk/blog/lockdowns-lauriston-fr-damian-howard-post-covid-church>

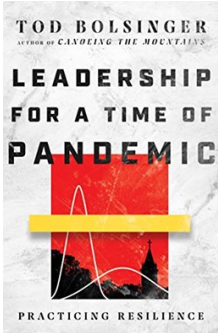


# RESOURCING

OURSELVES  
OTHERS

Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane

## Mission of the Church post Lockdown: Three viewpoints



**Tod Bolsinger** (author of *Canoeing the Mountains*) suggests that the antidote to exhaustion is not rest but wholeheartedness and that far more difficult and exhausting to leaders than the challenges that face them outside the organization is the resistance to change inside the organization. He urges clergy to refocus on what is essential, get closer to their people and to be curious about the opportunities for small starts rather than big plans in this new moment.

<https://depre.org/leadership-exhaustion-and-a-spirit-of-adventure/>

The **Matthew 25 Movement** (Whatever you do to the least of my brothers and sisters you do to me) calls on churches to focus on 'the least of these' in three ways:

Building congregational vitality by challenging people and congregations to deepen their faith and get actively and joyfully engaged with their community and the world. Dismantling structural racism by advocating and acting to break down the systems, practices and thinking that underlie discrimination, bias, prejudice and oppression of people of colour. Eradicating systemic poverty by working to change laws, policies, plans and structures in our society that perpetuate economic exploitation of people who are poor. If you really don't want to return to what we used to call normal, then in your next Vestry meeting ask three questions: How does what we are doing tonight help 'the least of these'?

<https://www.presbyterianmission.org/ministries/matthew-25/become-a-matthew-25-church/>

*Truly, I tell you,  
whatever you did for one of  
the least of these  
brothers and sisters of mine,  
you did for me.*  
~MATTHEW 25:40

## Contributions from Around the Diocese



**David Andrews**, Anstruther, draws our attention to a Hymn for Our Times recently written by John Bell of the Iona Community's Wild Goose Resource Group. John has made the hymn freely available.

We will meet when the danger is over,  
we will meet when the sad days are over;  
we will meet sitting closely together  
and be glad our tomorrow has come.

We will join to give thanks and sing gladly,  
we will join to break bread and share wine;  
and the peace that we pass to each other  
will be more than a casual sign.

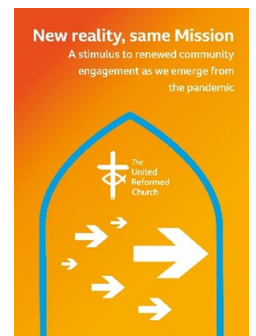
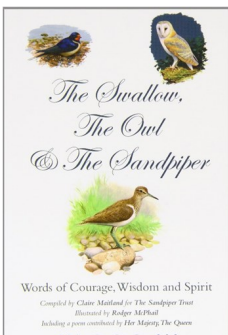
So let's make with each other a promise  
that when all we've come through is behind,  
we will share what we missed and find meaning  
in the things that once troubled our mind.

Until then may we always discover  
faith and love to determine our way.  
That's our hope and God's will and our calling  
for our lives and for every new day.

<https://iona.org.uk/2020/06/15/we-will-meet-a-new-song-by-john-l-bell/>

**The Rev'd Canon Dr Alison Peden** commends *New Reality, Same Mission: A Stimulus to renewed community engagement as we emerge from the Pandemic* a clear and useful recent publication by the United Reform Church available here <https://urc.org.uk/same-mission>

**Margaret Gray**, Tayport & Newport sent in this quotation from *The Swallow, The Owl, & The Sandpiper*. 'The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, midst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles.' Anne Frank (1929-1945)





# RESOURCING

OURSELVES  
OTHERS

Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane

For Children & Young People



**Scripture Union** continues to offer a range of resources, practical advice and helpful tips on how you can engage with children and young people during lockdown, including how to run an online holiday club. See Inspire their bite-sized Bible challenges for teenagers and Make and Pray (a range of craft based videos). Look out for 'leaving lockdown' soon to appear <https://content.scriptureunion.org.uk/95-campaign>

**Bible2020.org** offers a range of videos for children and online services. Here is the story of David and Goliath for example: [bible.scot/davidandgoliath](https://bible.scot/davidandgoliath)

## July Celebrations



### 22 July Mary of Magdala

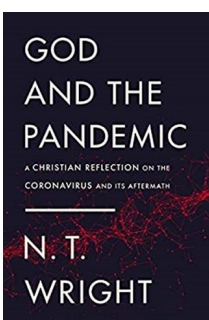
Future Church, a US based organization campaigning for gender parity in the church, will be marking St Mary of Magdala with a virtual art tour on 28 July concentrating on two themes popular in Medieval public art: "Mary Magdalene - Model Penitent Preacher" and "Mary Magdalene - Exalted Hermit". The tour will also explore why Mary Magdalene Proclaimer of the Resurrection" was reserved for private art collections. Tour given by Dr Christine Axen, of Fordham University New York, a medievalist with a specialization in French religious history and female religiosity in the Middle Ages who teaches at Fordham University in New York. <https://www.futurechurch.org/2020-feast-of-saint-mary-of-magdala-celebration>



### 31st July Ignatius of Loyola

In his Spiritual Exercises, Ignatius commends imaginative contemplation. The practice continues online in Imagine, a weekly 60 minute meditation session on Zoom. Inspired by meditative practices that engage with story, image, scripture, imagination, desire, affect, body and silence, these sessions involve a variety of guided meditations with some opportunity for sharing. All welcome. Every Wednesday at 8pm. <https://us02web.zoom.us/j/83997700895>  
**Meeting ID: 839 9770 0895**

## Suggested Reading



New Testament scholar and former member of our diocese, **Bishop Tom Wright** has written a short book in response to Covid-19, titled 'God and the Pandemic'. Here is a short extract...

'This is what it looks like,' he said as he hung on the cross, with the words 'King of the Jews' above his head. A lot of the talk about 'What is God doing in the Coronavirus pandemic' assumes that God is 'sovereign', and it assumes what that 'sovereignty' will mean. Jesus, though, was unveiling a different meaning of divine sovereignty. This is what it looks like, he was saying as he healed a leper, or as he announced forgiveness on his own authority to a penitent woman.

This is what it looks like, he was saying as he celebrated parties with all the wrong people. This is what it looks like, he was saying as he went up to Jerusalem that last time and solemnly announced God's final judgment on the city, the system, and the institution – the Temple – that had refused God's way of peace.





# RESOURCING

OURSELVES  
OTHERS

Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane

## Suggested Reading

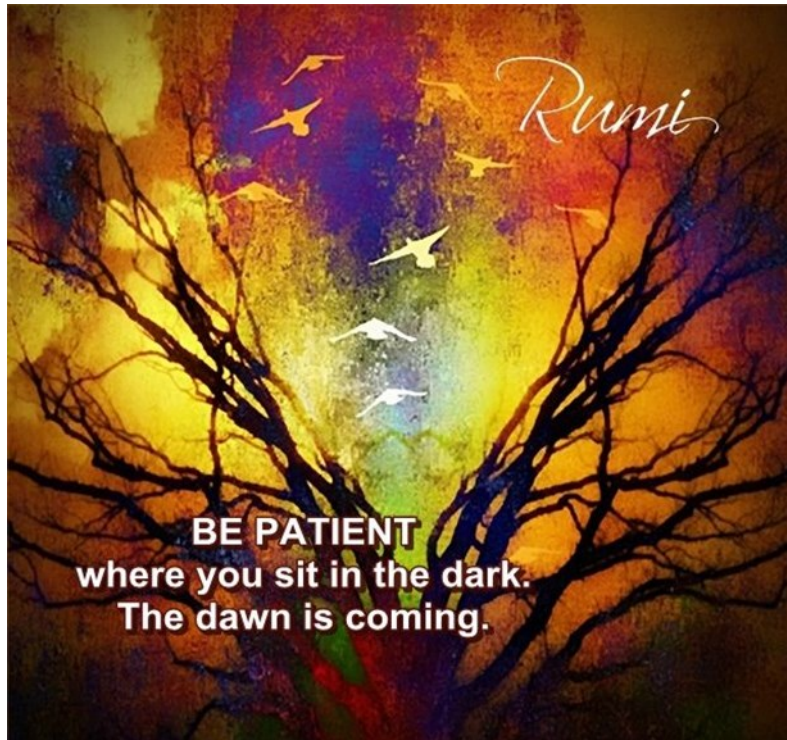
GOD  
AND THE  
PANDEMIC  
A CHRISTIAN REFLECTION ON THE  
CORONAVIRUS AND ITS AFTERMATH  
N. T.  
WRIGHT

This is what it looks like, he said as he broke bread on the last night with his friends.

This is what it looks like, he was saying three days later to his astonished friends in the upper room.

Unless we are prepared to see these events – the Jesus-events, the messianic moment – as the ultimate call to penitence, because they are the ultimate announcement of the arrival of God's kingdom, we will be bound to over-interpret other events to compensate. There will be a vacuum, a Jesus-shaped blank, and we will fill it by saying (as Jesus had warned that people would say) 'Look here!' or 'Look there!' (Luke 17.21)

## The Last Word



These Resources are compiled & edited monthly by **the Rev'd Dr Michael Paterson**, CMD Coordinator and published by **the Rev'd Gerry Dillon**, Priest Evangelist, Central Fife Centre of Mission.

Contributions are invited from across the Diocese to [CMDCoordinator@gmail.com](mailto:CMDCoordinator@gmail.com)

Next edition August 2020

Back copies of these Resources can be found on the Diocesan Website

<https://standrews.anglican.org/clergy-development-resources/>