

PAX

Dear friends in Christ,



Alleluia! The Eucharist returns to our pattern of Sunday worship at St. Ninian's and we are allowed to sing (still whilst wearing our face masks though). It is with great Joy that we make this announcement. **Please do not forget to reserve your seat this Sunday with Sandra** as we have been fully booked the last couple of weeks at Christ Church.

Our life in church is evolving and moving on. Our prayer must be that our positive progress with the pandemic continues in the UK and throughout the world.

Life in the Rectory and my early morning walks with 'the boys' have been transformed with the birth of birds and God's Creation springing into 'new life'. Everywhere is transformed!



This morning on the Feast of Corpus Christi I saw a Swan with cygnets on her back (similar to this picture) it was such a joyous scene and reminded me of this text from the Book of Exodus:

how I bore you on eagles' wings and brought you to myself¹

(You can read in an article below on the significance of the Eagle and Holy Communion in the writings of St. Ephrem whose feast day occurs next week.) There is also a wonderful hymn based on Psalm 91



*And He will raise you up on eagle's wings,
Bear you on the breath of dawn,
Make you to shine like the sun,
And hold you in the palm of His Hand.²*

¹ Exodus 19: 4

² By Michael Joncas

We are so lucky to be people of Faith. It allows us to know that when we cannot cope anymore God, is there with us. This past year has been difficult for us all and I wonder what the future may hold? Walking with God, in the present, after the experience of the pandemic, has allowed us to see the world with new eyes. We have been given the space to reorientate ourselves and understand the value of each other and Creation. My prayer is that we may now take more care of our environment and world. Perhaps, the greatest lesson has been the importance of worshipping together. Our Zoom services earlier this year were a wonderful experience, and allowed us to be open to each other in ways that are not possible in a 'formal' church service. Yet, the intimacy of the Eucharist's celebrated in people's homes and in church have been particularly special. God has been present in a way that has not been perceived before, and the privilege of sharing in the Sacrament has really helped bear us up on 'eagles wings'. I am reminded of the Latin verb *celebrare* which means to gather together in one place. So many of us have been lonely and, perhaps, still are. In coming together to worship God and make Eucharist there is a new solace. We are no longer a pixelated digital people, obsessed with the 'i' of ourselves and phones (thank you Jill), but God's community present in worship and our local communities. The way ahead is perhaps unclear. Who knows how many unexpected turns there may be in our path? Whatever happens we can continue to worship in Sacrament, song, and voice! The familiar prayer of St. John Chrysostom from Morning Prayer in the Scottish Prayer Book, sums up our worship together:

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise, that when two or three are gathered together in thy Name thou wilt grant their requests...

May God answer our prayers. Keep us and the world safe.

Please continue to keep safe and others safe.

Yours in Christ

Christopher

Rector

There will be no Newsletter next week as the Rector is on leave.

Please Pray for:

For Earle, Anne and Marion Gardner, Gill Piper, Francis Turnbull, Clem' & Ann Gault, Katherine Hatfield and Jenny Wright, Dr. Ann Wilson and

all their families. Remember especially those who are struggling particularly at this time.

Support at St.Ninian's, Castle Douglas & Christ Church, Dalbeattie



If anyone is in need of help, conversation or prayer please do not hesitate to contact Christopher 01556 505894, Helen Evans 01556 504007 or Christine Collier 01556 670275. We are all available to talk or help in any way.

It is important that we keep in touch as much as possible.

Church Services

Sunday 6th June at 11:00am

Trinity 1. Family Eucharist at St Ninian's Castle Douglas

Please book your seat in church in advance of your attendance tel.

Sandra 01557 331 596 or mailto: sandrawalshkbt@btinternet.com

Please take a note of your seat number.

Sunday 13th June at 11:00am

Trinity 2. Service of Family Eucharist at Christ Church Dalbeattie

Please book your seat in church in advance of your attendance with Sue

tel. 01556 612863 or emails suethomas21@btinternet.com

Sunday 20th June at 11:00am

Trinity 3. Family Eucharist at St Ninian's Castle Douglas

Please book your seat in church in advance of your attendance tel.

Sandra 01557 331 596 or mailto: sandrawalshkbt@btinternet.com

Please take a note of your seat number.

Prayer Themes for Trinity 1

Sunday:

For the Guidance of the Holy Spirit in our churches' Mission as we live in times of great change. Pray for the mission of our church and our church family.

Monday:

For continued Peace in Israel and Palestine. For tolerance and understanding among Jesus' followers that they may truly walk His Way.

Tuesday: For those in danger of losing their jobs and those sectors of industry and hospitality which are not allowed to open. For those in financial difficulties. For University students & staff. For all school teachers and pupils.

Wednesday We pray for our care homes and especially their residents at Bothwell House, Hanover House, Carlingwark Care Home, Barlochan House Care Home, Munchies Park House, and Alma McFadyen Care Centre. For those at home who are dependent on carers and those who look after them.

Thursday: For our politicians, Governments, Councils and all in authority.

Friday For the people of Afghanistan, Myanmar and Hong Kong. For those awaiting execution on death row.

Saturday For the people of India, Brazil and all nations struggling with the Covid pandemic. For the people of war-torn Syria, and Yemen. For Refugees, Asylum seekers and all who are persecuted for their colour, Faith, gender, or orientation. For the NHS, our local surgeries, and all at DGRI. For those affected by the Coronavirus throughout the world. For all who are experiencing 'Lockdown', and for our own communities.

Gospel Readings for Trinity 1

Sunday		Mark 3: 20-35
Monday	feria	Matt 5: 1-12
Tuesday	Ephrem the Syrian	John 16: 12-15
Wednesday	St. Columba of Iona	Mark 10: 17-30
Thursday	feria	Matt 5: 20-26
Friday	St. Barnabas	John 15: 12-17
Saturday	John Skinner, Priest & John Skinner, Bp	John 21: 15-17

Sunday	Trinity 2	Mark 4: 26-34
Monday	Basil of Caesarea	Matt 5: 13-19
Tuesday	feria	Matt 5: 43-48
Wednesday	feria	Matt 6: 1-6, 16-18
Thursday	feria	Matt 6: 7-15

Friday
Saturday

feria
St. Romuald, Abbot

Matt 6: 19-23
Luke 14: 25-33

Thank you

Can I thank everyone for the unexpected gift and blessings last Sunday, as I celebrated 25 years of my ordination to God's Priesthood. It was a wonderful occasion, one that I thought would have to go unmarked due to the pandemic restrictions. Thank you so much. And so begins the next 25 years...

With love in Christ
Christopher

It was Fr. John Woodley's 60th Anniversary of Priesting last Sunday. (former Rector of Christ Church).



St. Ephrem the Deacon (Syrian)

Prayer of Ephraim

“O Lord and Master of my life, a spirit of idleness, curiosity, ambition, and idle talking; give me not.”

“But a spirit of chastity, patience, and love, bestow upon me, Thy servant.” Yea, O Lord King: grant me to see mine own failings, and not to condemn others; for blessed art Thou unto the ages of ages. Amen.”

A portion of an article by Sebastian Broch on Ephrem and the Eucharist

Ephrem depicted that the partaker of the Eucharist as an “eagle who reaches as far as Paradise”:

*Earthly creatures consumed the heavenly Manna
And they became dust on the earth, because of their sins.*

The spiritual Bread of the Eucharist makes light and causes to fly: the Peoples have been wafted up and have settled in Paradise.

Through the Second Adam who entered Paradise everyone has entered it, for through the First Adam who left it everyone left it.

By means of the Spiritual Bread everyone becomes an eagle who reaches as far as Paradise.

*Whoever eats the Living Bread of Son flies to meet Him in the very clouds.*³

As an eagle flies to Paradise, so Ephrem thought that the Eucharist functioned to transform the mode of the person who has eaten it, enabling him or her to fly in the clouds like an eagle and finally meet the Living Bread, the Son, in Paradise.

According to Sebastian Brock the role and function of the Holy Spirit in baptism and the Eucharist, the Holy Spirit transforms the physical materials (water, bread, and wine) into “a new mode of existence,” and the materials “are rendered capable of conveying this new mode of existence to those who participate in the sacraments of baptism and the Eucharist.”⁴ Hence, the person who is baptized and then participates in the Eucharist becomes “an eagle who reaches as far as Paradise.” Accordingly, Brock concludes that the eagle implies the baptized Christian’s new mode of existence, which is transformed by virtue of the Holy Spirit residing in the bread. Brock understands Ephrem’s eagle to mean that “the fire of the Holy Spirit becomes mingled in the baptized, transforming them into angelic beings, denizens of Paradise.”⁵ In order to recapitulate the role and function of the Eucharist as a re-entry into Paradise, Ephrem applies the image of the medicine of life; “Our Lord baptized humankind with the Holy Spirit, He nourished it with the Medicine of Life.”⁶ Ephrem was aware that baptized Christians in the Holy Spirit should be nourished with the medicine of life, the Eucharist.

Three Medicines

Ephrem narrated in his hymns that Jesus came down to the earth and mingled human beings with Fire and Spirit, thus making humanity a new creation; it was a miracle that the Lord gave Fire and Spirit to bodily man thereby to eat and to drink.⁷ Furthermore, he specified the materials of the medicine—wheat (bread), olive (anointing), and grapes (wine):

³ *Unleavened Bread* 17:8-13; translation from Brock, *The Luminous Eye*, 101.

⁴ Brock, *The Holy Spirit in the Syrian Baptismal Tradition*, 123.

⁵ *Ibid.*

⁶ *Nisibis* 46: 8; translation from Brock, *The Luminous Eye*, 99.

⁷ *Hymns on Faith* 10:9-11;; translation from Murray, “A Hymn of St. Ephrem to Christ on the Incarnation, the Holy Spirit, and the Sacraments,” 143-144.

Wheat, the olive, and grapes, created for our use—
the three of them serve You symbolically in three ways. With three
medicines You healed our disease.

Humankind had become weak and sorrowful and was failing. You
strengthened her with Your blessed bread,

Charge Walk 10am Monday 5th July



Weather and Covid restrictions permitting, I
have been asked if we could resume our
Charge walks. There would be 12 places for a
walk. We would meet at St. Ninian's and then
drive up to the Galloway Hills for a flatish walk.

If you would like to come let Christopher the
Rector know either by email cg.ketley@zen.co.uk or 01556 505894.

Stewartry Food Banks

If you cannot attend tel: 07730 788 335 or
email projects@castledouglas.info and they will deliver to your door.

Castle Douglas Food Bank (Stepping Stones), 198 King Street, Castle
Douglas

steppingstones@castledouglas.info

Manager Emma Haigh Open 10-2pm Monday to Friday

Dalbeattie Food Bank, 24 High Street, Dalbeattie. Telephone 07730 788
335 between 9am & 5pm. Enquiries donnamck.dci@gmail.com The
shop is open between 6 & 8pm.

Useful Contacts

National COVID-19 Helpline 0800 111 4000

For people who don't have family or existing community support and
can't get online and who are over 70, disabled, require the support of
mental health services, are pregnant or receive a flu jab for health
reasons, will be directed to our dedicated local team who can offer
essential assistance.

NHS24 111 www.nhsinform.scot

Emergency 999

Doctor Out of Hours 111

Dumfries and Galloway Council 030 33 33 3000

www.dumgal.gov.uk/SupportDG

Business Support Helpline 01387 260280 Mon-Fri 9am-5pm

Multi Agency Safeguarding Hub 030 33 33 3001
 Social Work Out of Hours 01387 273660
 Third Sector Dumfries and Galloway 0300 303 8558
 Dumfries and Galloway Citizens Advice Service 0300 303 4321
www.dagcas.org
 Samaritans 116 123
 SHOUT Text SHOUT to 85258 for free
 Scotland's Domestic Abuse Helpline 0800 027 1234
 Age Scotland 0800 12 44 222 Mon-Fri 9am-5pm
 Shelter Scotland 0808 800 444 Mon-Fri 9am-5pm
 LGBT Helpline Scotland 0300 123 2523
 Childline 0800 1111

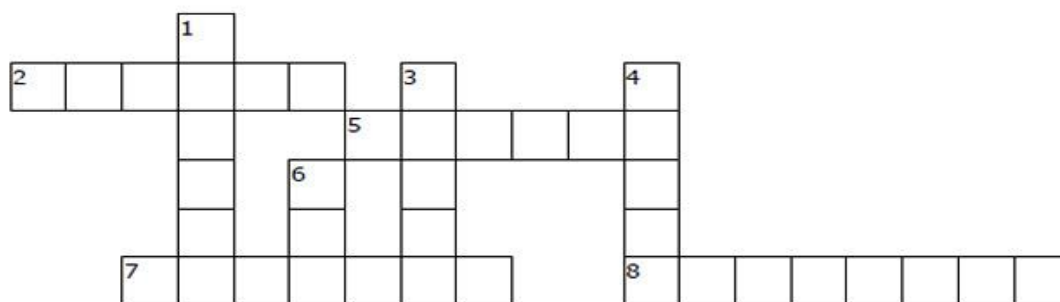
Food Train tel: 01556 288427 email: everything@thefoodtrain.co.uk
 (for food deliveries from local supermarkets)

Dumfries and Galloway Community Bulletin
[SupportDG - Dumfries and Galloway Council - Community Bulletin](#)
dumgal.gov.uk

Family Ties

"Whoever does God's will is my brother and sister and mother."
 Mark 3:35(NIV)

Puzzle is based on Mark 3:20-35

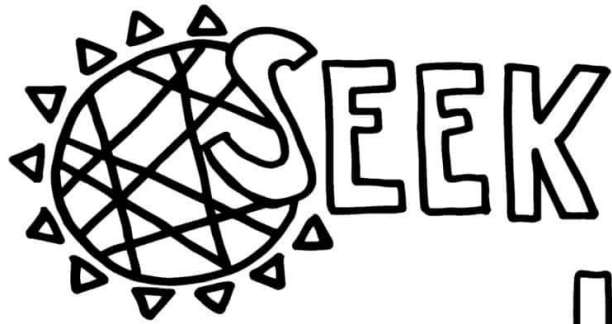


ACROSS

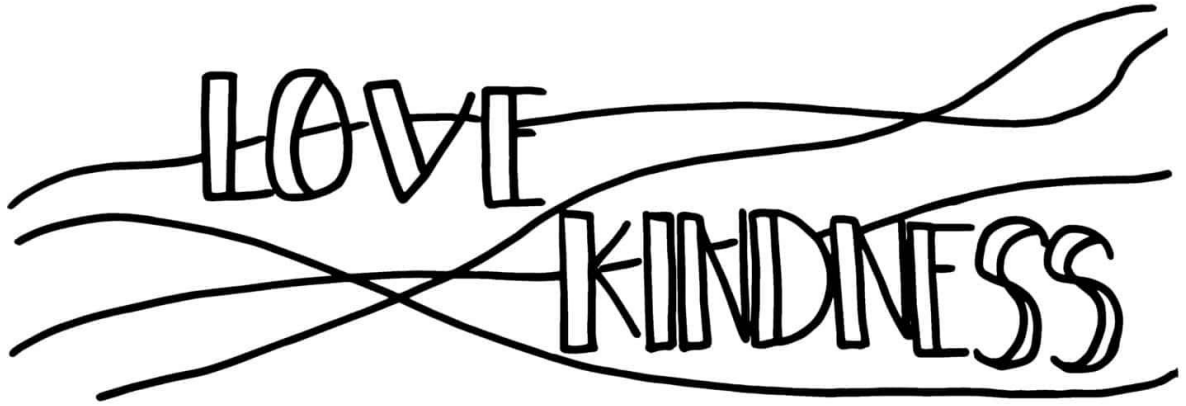
2. Parents and children; people descended from a common ancestor
5. A woman who has given birth to a child
7. A male with the same parents as someone else
8. A follower of Jesus

DOWN

1. A female with the same parents as someone else
3. A dwelling that serves as living quarters for one or more families
4. A large number people gathered together
6. To take in food



JUSTICE



Sierra Service Project