

## PAX

Dear friends in Christ,



I am writing to you on the feast day of the 'Apostle to the Apostle', St. Mary Magdalen<sup>1</sup>. This picture '*Noli Me Tangere*', '*touch me not,*' by Fra Angelico appears to have much to say to our modern age. All the foundations that we used to take for granted appear unrecognisable or worst still, not there! What is so special about today's feast is Mary Magdalen's Faith. How she went out of her way, throughout her life to be with Jesus, and in so doing broke the conventions of the society of her day. I wonder how we would react to such a person, especially one who was seen to be at the edges of respectable society – if she was ever a member at all!

The theme of letting go of the known in order to receive 'new life', 'resurrected life', must have seemed as impossible to Mary as it is for us today. The pandemic has changed our world and global warming is having a massive effect too as we consider the recent weather events in China, Germany, Canada, America... the list goes on. The ability to do whatever we wish because we have the money to do it, must surely become unacceptable. Our use of cars, foreign travel, shipping vegetables and fruits around the world must all be on a limited life now. The changes that will overtake us, in such events, will be unthinkable. Perhaps, a more equal and better life with regard for each other and our planet lie ahead of us? I have been greatly saddened to see some of our trees struggling to survive the incredible heat that we have been living with. I wonder what else is struggling that I have not noticed? We must accept a new way of living. Just as Mary let go of Jesus and became a saint through the quality of her new life in Christ.



Christ Church was showing us how to be innovative with their 'Sale of Work' this week in Beryl's beautiful garden. Our usual means of fundraising have not been open to us but here was an innovative idea that was fun and social too. Did you find the 10 treasure items in the garden?

---

<sup>1</sup> 22<sup>nd</sup> July



Beryl's garden is also beautiful. It is worth a visit in its own right. With its lovely little private corners and seats. Hopefully, you will all have visited Beryl's garden and supported the sale of work.



Next Saturday marks the Feast of St. Ignatius of Loyola. He offers us a unique Way of entering into a relationship with God. Too often, I feel, we forget that being Church is about being in relationship with God. It is this relationship that makes Church unique. Our lives are transformed for the better, as we

come to understand their purpose and the reason for our existence. The Contemplation of the Love of God (from The Spiritual Exercises) may help you during these warm summer days to find God in a new Way. Rather like Mary Magdalen and the picture *Me Noli Tangere!*

Prayerfully, yours in Christ

Christopher  
Rector

**Please Pray for:**

For Earle, Anne and Marion Gardner, Gill Piper, Francis Turnbull, Clem' & Ann Gault, Katherine Hatfield and Jenny Wright, Dr. Ann Wilson, Billy and Llyn Glendinning, Ian Mather, Ines and all their families. Remember especially those who are struggling particularly at this time.

Dr Ann Wilson (Mary Collins's mother), is home from hospital and continuing to recover. Thank you for your prayers on her behalf.

## **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 25<sup>th</sup> July at 11:00am**

**Trinity 8. 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](mailto:suethomas21@btinternet.com)

**Wednesday, 28<sup>th</sup> July at 10.30am Eucharist,  
Bothwell House, Castle Douglas**

**Sunday 1<sup>st</sup> August at 11:00am**

**Trinity 9. Family Eucharist at St. Ninian's, Castle Douglas**

Please book your seat in church in advance of your attendance between Monday and Friday tel. Sandra 01557 331 596 or mailto: [sandrawalshkbt@btinternet.com](mailto:sandrawalshkbt@btinternet.com)

**Thursday, 5<sup>th</sup> August at 11am Eucharist Barlochan, Palnackie**

**Sunday 8<sup>th</sup> August at 11:00am**

**Trinity 10. 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](mailto:suethomas21@btinternet.com)

**Sunday 15<sup>th</sup> July 'Dormition of the Mother of God' at 11:00am**

**Trinity 11. Family Eucharist at St Ninian's, Castle Douglas**

Please book your seat in church in advance of your attendance between Monday and Friday tel. Sandra 01557 331 596 or mailto: [sandrawalshkbt@btinternet.com](mailto:sandrawalshkbt@btinternet.com)

Please take a note of your seat number.

### **Prayer Themes for Trinity 8**

Sunday:

Pray for the victims of the floods in Germany, Belgium and Holland all affected by climate change. For the mission of our church and our church family. For Refugees and Asylum Seekers as they make their

journeys to safety. We pray they may be welcomed and cared for.

Monday: For continued Peace in the world. For tolerance and understanding among the nations. May they have a love for the poor and vulnerable.

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.

Tuesday: For University students & staff. For all school teachers and pupils on holidays. For those who cannot afford a holiday.

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. All who suffer the effects of 'Global Warming'.

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 8**

Sunday	Trinity 8	John 6: 1-21
Monday	St Joachim & Anne	Matt 13: 16-17
Tuesday	feria	Matt 13: 36-43
Wednesday	feria	Matt 13: 44-46
Thursday	Ss. Martha, Mary & Lazarus	Luke 10: 38-42
Friday	feria	Matt 13: 54-58
Saturday	St. Ignatius of Loyola	Luke 14: 25-33

-----



## 2 metre distancing

Although it is now possible to make the distance between people 1 metre it has been decided that within our churches we will maintain the 2 metre rule until September when the situation will be reviewed.



The caption reads: "At mass we will leave a space for our guardian angel (wingspan about 2 metres)."

## Contemplation to Attain the Love of God<sup>2</sup>

By **Marina Berzins McCoy**

The Contemplation to Attain the Love of God is a kind of capstone of Ignatius's Spiritual Exercises. Sometimes it is phrased as "**The Contemplation on Divine Love**," since God's love is not something that we "attain" through our own actions. The aim of the meditation is to be aware of the gracious and abundant love of God and to respond in love, generosity, and freedom.

Ignatius asks us to pray for the grace that we desire: "an intimate knowledge of all the goods which God lovingly shares with me" and, from gratitude, to be able to respond totally "in my love and service" (SE 233).

He suggests that we recall two key ideas before beginning: first, "love is shown more in deeds than in words" (230), and second, that "love consists in the mutual sharing of goods" (231). Lovers want to share of their possessions with their beloveds. So too, is the mutual gift between God and me. We give what we have, not out of obligation, but out of immense love for the other.

### Four Points

<sup>2</sup> <https://www.ignatianspirituality.com/contemplation-to-attain-the-love-of-god-2/>

The Contemplation consists of four points over which I pray, and a sort of repetition of meditating on different aspects of God's gifts to me, followed by four responses of love on our part. This repetition deepens our **gratitude**. For me, the repetition also dramatizes the ongoing love and response of love between God and each one of us, one that takes place over and over again, through time.

First, I consider how God creates me out of love: my existence, my natural gifts and talents, through Baptism and Eucharist, and many individual graces given. For example, I might rest in and turn over in my heart the gift of my existence, that God made me out of love, and that my existence is a pure gift of love, for a purpose. How do I want to respond? Ignatius suggests the **Suscipe**. We give God back all our gifts, not as something we anticipate being taken away, but rather to use in whatever way God wants. Perhaps God will take me in an entirely new direction than I had anticipated. For me, the force of this meditation means holding myself as precious in God's eyes, and yet also lightly, as a creature here only by grace. How freeing!

In the second focal point, I again meditate on God's gifts to me, this time considering that God gifts me with "the fullness of divine life in Jesus" (235). Jesus gives me his Body and Blood, his Spirit, and loves me so much that he wants me to become a dwelling place, a home for God. We dwell in God, and God desires to dwell in us (John 15:4). God gives us God's very self. Again, how do I want to respond in love and generosity?

In the third point, I pay attention to how God tirelessly "labours for me" (SE 236). God enters ordinary human life, its work and struggles. Like a potter with clay, a mother in childbirth, or a mighty force giving life to dead bones, God brings life out of suffering and death and works to create and recreate me. How has God personally been at work in my life? As a gardener, I think of God as the Divine Gardener, planting the seeds, nourishing the soil, and doing the weeding and hard pruning in me. Indeed, God not only gardens but is also the sun, air, rain, soil, and seed, too—in all, working through all. Again, I respond to these gifts in love: "Take, Lord, and receive...."

In the last point, we draw all these previous ideas together and pay attention to how everything comes from God, as rays descend from the sun, or water flows from a fountain, with mercy, justice, love, and so on (237). Everything is a gift—everything.

After each one of these focal points, we offer ourselves, our gifts, our talents—everything—back to God, asking God to do whatever God likes with us. "Give me only your love and your grace. That is enough for me" (234). (I

always end up singing the St. Louis Jesuits' version of "Take, Lord, Receive"!)

We can return it all to God and even sing it all back to God, because God's love is trustworthy, and God's care and generosity for us are beyond measure. For me, praying and recognizing this truth is almost like remembering something that I have always known but sometimes forget. How happy and freeing to "remember." God invites each one of us to recall our true origin and true home, so that we might remain in love with God and labour with God, in whatever way God calls, today.

### **Contemplation to Attain the Love of God EXX230<sup>3</sup>**

#### Note

Before presenting this exercise it will be good to call attention to two points:

- I. The first is that love ought to manifest itself in deeds rather than in words.
- II. (231)

The second is that love consists in a mutual sharing of goods, for example, the lover gives and shares with the beloved what he possesses, or something of that which he has or is able to give; and vice versa, the beloved shares with the lover. Hence, if one has knowledge, he shares it with the one who does not possess it; and so also if one has honours, or riches. Thus, one always gives to the other.

#### Prayer

**The Prayer: Soul of Christ**  
SOUL OF CHRIST, SANCTIFY ME  
BODY OF CHRIST, SAVE ME  
BLOOD OF CHRIST, INEBRIATE ME  
WATER FROM THE SIDE OF CHRIST, WASH ME  
PASSION OF CHRIST, STRENGTHEN ME  
O GOOD JESUS, HEAR ME  
WITHIN THY WOUNDS HIDE ME  
PERMIT ME NOT TO BE SEPARATED FROM THEE  
FROM THE WICKED FOE DEFEND ME  
AT THE HOUR OF MY DEATH CALL ME  
AND BID ME COME TO THEE  
THAT WITH THY SAINTS I MAY PRAISE THEE  
FOR EVER AND EVER. AMEN.

(232)

---

<sup>3</sup> <http://spex.ignatianspirituality.com/SpiritualExercises/Puhl#marker-p230>

### First Prelude

This is the representation of the place, which here is to behold myself standing in the presence of God our Lord and of His angels and saints, who intercede for me.

(233)

### Second Prelude

This is to ask for what I desire. Here it will be to ask for an intimate knowledge of the many blessings received, that filled with gratitude for all, I may in all things love and serve the Divine Majesty.

(234)

### First Point

This is to recall to mind the blessings of creation and redemption, and the special favours I have received.

I will ponder with great affection how much God our Lord has done for me, and how much He has given me of what He possesses, and finally, how much, as far as He can, the same Lord desires to give Himself to me according to His divine decrees.

Then I will reflect upon myself, and consider, according to all reason and justice, what I ought to offer the Divine Majesty, that is, all I possess and myself with it. Thus, as one would do who is moved by great feeling, I will make this offering of myself:

Take, Lord, and Receive

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me.

(235)

### Second Point

This is to reflect how God dwells in creatures: in the elements giving them existence, in the plants giving them life, in the animals conferring upon them sensation, in man bestowing understanding. So He dwells in me and gives me being, life, sensation, intelligence; and makes a temple of me, since I am created in the likeness and image of the Divine Majesty.

Then I will reflect upon myself again in the manner stated in the first point, or in some other way that may seem better.

The same should be observed with regard to each of the points given below.

(236)

### Third Point



This is to consider how God works and labours for me in all creatures upon the face of the earth, that is, He conducts Himself as one who labours. Thus, in the heavens, the elements, the plants, the fruits, the cattle, etc., He gives being, conserves them, confers life and sensation, etc. Then I will reflect on myself.

(237)

Fourth Point

This is to consider all blessings and gifts as descending from above. Thus, my limited power comes from the supreme and infinite power above, and so, too, justice, goodness, mercy, etc., descend from above as the rays of light descend from the sun, and as the waters flow from their fountains, etc.

Then I will reflect on myself, as has been said.

Conclude with a colloquy (reflect on the essence of you meditation and where you have met with God) and the *Our Father*.

**The Diocese is running a course for Lay Ministers and anyone who would like to attend entitled “Emerging Together in Hope & Fear: pilgrims to our new future.” 9<sup>th</sup> October (details to follow).**



## **Castle Douglas Branch**

**VETERANS BREAKFAST CLUB**  
**(ALL WELCOME)**



**EVERY FRIDAY MORNING**  
**9AM-1PM (UNTIL END OF JULY)**

**Location**

**MarketHill, Castle Douglas**  
**(Located on the carpark)**

### **Stewartry Food Banks**

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

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

[steppingstones@castledouglas.info](mailto:steppingstones@castledouglas.info)

Manager Emma Haigh Open 10-12pm Monday to Friday. Dels M,W, F only.

Dalbeattie Food Bank, 24 High Street, Dalbeattie. Telephone 07730 788 335 between 9am & 5pm. Enquiries [donnamck.dci@gmail.com](mailto: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](http://www.nhsinform.scot)

**Emergency** 999

**Doctor Out of Hours** 111

**Dumfries and Galloway Council** 030 33 33 3000

[www.dumgal.gov.uk/SupportDG](http://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](http://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](mailto:everything@thefoodtrain.co.uk)  
(for food deliveries from local supermarkets)

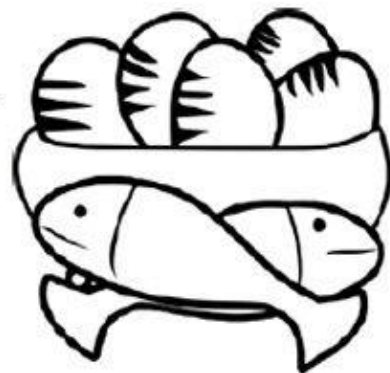
### **Dumfries and Galloway Community Bulletin**

[SupportDG - Dumfries and Galloway Council - Community Bulletin  
\(dumgal.gov.uk\)](http://dumgal.gov.uk)

# Jesus Feeds the 5000

Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. John 6:11 (NIV)

The puzzle is based on John 6:1-14



H J F W W W H F J S S X N N V  
 V B B O A T T B K X A Y C D D  
 X P T J M F L N A M T H Q P J  
 C D Q F E A A C K K I E N T R  
 T H C L O H V R E U S G K W Z  
 O E U U T L G I T Z F C P E V  
 W A X T J R L P X Z I L A L V  
 N L H T X E Z O L S E P M V B  
 S E I C Y H S V W P D B V E I  
 L D C R G S C U L E E S F S K  
 J O T A E M I M S J D O D K C  
 F B A S K E T F U L S W P S K  
 P I B V T T A K B D O H S L W  
 P S S L E B D U I R K M X M E  
 Q D J H K S F K C L M E H A O

JESUS	BASKETFULS	SATISFIED	CROWDS	LOAVES
THANKS	LEFT	FOLLOWED	PEOPLE	TOWNS
TWELVE	HEALED	FISH	BOAT	SICK



# More Than Enough

**Jesus Feeds  
5,000**

—John 6

When Jesus fed the great crowd of people starting with only two little fish and five loaves of barley bread, God provided more than enough food. After everyone had eaten all that they wanted, Jesus' followers gathered up the leftovers. How much extra food was there?

Color each space that contains a "y" yellow. Color each space that contains a "b" brown. Color each space that contains a "r" red. Count how many baskets full of food were left over.

