



My dear friends in Christ,

*Alleluia! Christ is Risen!
He is Risen indeed! Alleluia*

I wish you all a Peaceful and Blessed Easter, and pray that it will not be too long before we can meet together and worship our Risen Lord. This has been a unique Holy Week and Easter. It has been strange to experience the Liturgies of Holy Week and Easter with just Jane and myself. However, I feel that it has been important that Holy Church celebrates these days, and the strange experience has helped us remember you at home keeping your religious observances. There have been many ways to meet as the Body of Christ. You may have used the SEC resources and streaming services. Perhaps you have joined one of the many 'Zoom communities' (Christ Church have held a 'Zoom coffee morning' and will do so again this Easter Sunday. I understand they will be singing Thine Be The Glory, and Jesus Christ is Risen Today! Alleluia!

Our thoughts this Holy Week will must have wondered about the Resurrection. I have spent much time in prayer and reading trying to come to terms with the gospel accounts and what the Resurrection for me this Easter in particular. My experience has been either extremely academic or that it has not been dealt with at all! All of which is not very helpful when trying to explain the significance of the Resurrection, as a follower of Jesus, to someone when they ask the question. As St. Paul says: *'if Christ has not been raised from the dead our faith has been in vain'*.

The problem with the Resurrection is that it is a mystery!

It is rather like the Work of God (worship) at Pluscarden Abbey. It is beautiful! The singing, the discipline, the pronunciation, and the 'thin' atmosphere all add to the Sacredness of the worship. Yet, to gain an understanding you need to work hard at Latin for the beauty of the worship to reveal the Word of God.

The same can be said of work: Whether it be gardening, cooking, cleaning, calligraphy etc. It is the rhythm of the work that allows you to find yourself through repetition. In discovering yourself you will find God – God's Love waiting for you. There will be Joy in the risen loaf, the well tilled soil, the clean church... The coming together of man and God's creation brings new life to situations, substances, ingredients that makes something quite other – something God given.

This is what Easter is all about. Taking something as ordinary as human life and discovering the God given 'Divine'. Jesus through His death and Resurrection has shown us the Way this Holy Week. All we have to do is follow. Follow in the 'dance of life' rejoicing in the fountain of God's Love that allows us to participate fully in God's creation. To discover ourselves through the rhythm of worship, work, study, charity, and play. It is in this way that we become co-creators with God. The has to be the meaning of Resurrection life. Taking a seed, a beginning and giving of ourselves so totally to God to someone, something that the 'self' becomes totally lost, lost in Love. God like, Love.

Through such Love we become quite other. Our otherness being transformed through Love – God's Love. This is how we enter into the mystery of the Resurrection of Easter. There is nothing to understand. We just have to Be. Be in God!

For those of us who have been worshipping alone or have felt alone. Perhaps this poem may feel appropriate:

*In the deserts of the heart
Let the healing fountain start,
In the prison of his days
Teach the free man how to praise¹*

Loneliness, and the lack of human contact, has been the enemy of so many during this period of 'lockdown'. I know that we are trying to keep in touch with each other by many and varied means. The inability to meet for a coffee

¹ From 'In Memory of W.B.Yeats' by W.H. Auden

or just travel somewhere to meet a friend can be unbearable. May I remind you that I am just a phone-call away 01556 505894 or you could speak to Helen 01556 504007 or Christine 01556 670275. (All calls would be treated confidentially).

Here are some websites that you may find useful:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/how-to-overcome-loneliness/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/>

Relationships can be quite tense during this period of 'lockdown' and this is a useful website for those that suffer from domestic abuse:

<https://www.nationaldahelpline.org.uk/> or you could phone tel: 0808 2000 247

Resurrection

*Is it true that after this life of ours we shall one day be awakened
by a terrifying clamour of trumpets?
Forgive me, God, but I console myself
that the beginning and resurrection of all us dead
will simply be announced by the crowing of the cock.*

*After that we'll remain lying down a while...
The first to get up
will be Mother... We'll hear her
quietly laying the fire,
quietly putting the kettle on the stove
and cosily taking the teapot out of the cupboard.
We'll be home once more.²*

Sacrament

² By Vladimír Holan translated from the Czech by George Theiner

*God, I have sought you as a fox seeks chickens,
curbing my hunger with cunning.
The times I have tasted your flesh
there was no bread and no wine between us,
only night and the wind beating the grass.³*

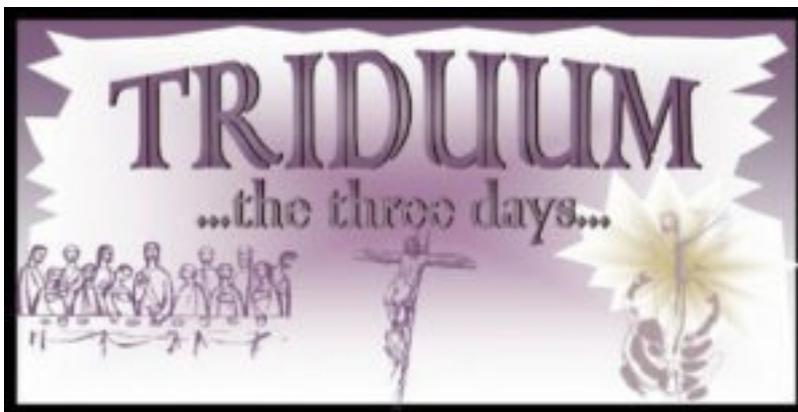
So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, 'Greetings!' And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, 'Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.'
Matt 28: 8-10

“CHAIRETE” - a word which means both “greetings” and “rejoice”.⁴

- “Fear not” (mä fobeisthe) is the present imperative tense and therefore means “You don’t have to be afraid now in this particular situation or, generally, anymore”

Paschal Triduum Online Worship

In [News](#) / April 9, 2020



³ By Alden Nolan

⁴ <https://www.uni-goettingen.de/en/55404.html>

As you will all be aware, digital communication has taken on increased importance during this extraordinary time, and many of you will be aware of the online worship that has been available on the Scottish Episcopal Church website every Sunday, led by the College of Bishops. This will continue during the current crisis, with four broadcasts In Holy Week:

- **Maundy Thursday**, 6pm: The Rt Rev Ian Paton and the Rev Canon Dr Carrie Applegath celebrate a Eucharist from their home.
- **Good Friday**, 2.30pm: Bishop Anne Dyer leads a Passion Narrative and the Veneration of the Cross.
- **Holy Saturday**, 8.30pm: The Easter Vigil is led by the Primus, the Most Rev Mark Strange, from his home in Arpafeelie.
- **Easter Sunday**, 11am: The Rt Rev Ian Paton and the Rev Canon Dr Carrie Applegath will celebrate the Easter Eucharist from within St Ninian's Cathedral, Perth (no-one else will be present).

Full details of how to access the services will be available on the [SEC website here](#). The Liturgies for Holy Week will be available to [download before each broadcast service here](#).

[Share on Twitter](#) [Share on Facebook](#) [Share on LinkedIn](#)

The Daily Prayer Offices

<https://www.scotland.anglican.org/spirituality/prayer/daily-offices/>

It is an important part of the tradition and spiritual life of the Scottish Episcopal Church that prayer is offered throughout the day. Set times of prayer, called the Office, are set aside for this purpose. Clergy are obliged, by reason of the vows they make, to pray at least the Offices of Morning and Evening Prayer and should also offer Compline (Night Prayer). Others are invited to join this round of devotion and praise, to strengthen their own spiritual life with God.

The Offices may be prayed either alone or in Church with others.

Each day, the Offices will be available on this page. Morning Prayer is made available from 6am, Evening Prayer after Midday for use later in the afternoon and Night Prayer from 6pm.

Prayer Themes for Wc. 12th, April

Easter Sunday:	Our Church Community, Diocese, and Province
Easter Monday:	The NHS, our local surgeries, and all at DGRI
Easter Tuesday:	For those affected by the Coronavirus
Easter Wednesday:	Our local community, key workers & volunteers
Easter Thursday:	The Government, and all in authority
Easter Friday:	Refugees throughout the world

Easter Saturday: Guidance of the Holy Spirit, and ourselves.

Gospel Readings for the Octave of Easter

Easter Sunday	Matthew 28: 1-10
Easter Monday	Matthew 28: 8-15
Easter Tuesday	John 20: 11-18
Easter Wednesday	Luke 24: 13-35
Easter Thursday	Luke 24: 35-48
Easter Friday	John 21: 1-14
Easter Saturday	Mark 16: 9-15

NEW Foodbank at The Heart of Galloway Visitors Centre, Castle Douglas

Open Noon to 2pm tel: 07730788335 Manager Sarah-Jane Allsopp