

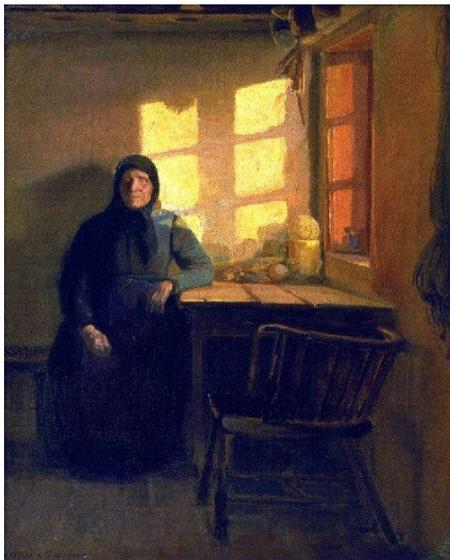
PAX

Dear Friends in Christ

This has been an emotional week. People are expressing the full gamut of their feelings and venting them! Anger abounds. Politically, and from a sense of injustice. You will know what I am referring to here... There has also been a notable rise in people expressing emotions of anxiety, joy, mood swings, and extreme loneliness. Some long to be held, to see family members, friends. Others indicate that their lives have barely changed. We are experiencing a very rich and uncertain time. As we hear of other countries beginning to emerge from 'lockdown', our awareness of what we are missing is perhaps heightened, and I wonder just how our values are changing as individuals and as a society?

Pentecost is a season of new beginnings. It marks the birth of the Church and a radical change in the disciples lives as they became Apostles. Perhaps you might like to consider whether you see yourself as a disciple or an apostle? What is the difference between the two?

St. Ignatius, in his Spiritual Exercises, invites us to meditate on the three persons of the Trinity discussing in heaven how to manifest the Holy Spirit on earth. Should the Holy Spirit be manifested in water? Would it be too dangerous if it was made manifest in wind and flame?



In church circles and the Christian press there has been much debate about what the Church will look like when we return to our buildings. In many respects there will be no change. The Sacraments will be the same, and the Word of God will remain unaltered. How will our relationship with Jesus have evolved during this period though? As you consider some of the questions above pray, for guidance for the Church as we move towards easing the lock down. Ask the Holy Spirit to reveal Her priorities...

1

---

<sup>1</sup> Anna Anchor: Blind Woman at Sunlit Window

*The article below may help you see the breath of the Holy Spirit and how She may affect us.*

*"You hold my right hand"*

*Ps 73: 23*

Whale bone corsets! Our efforts to perfect ourselves is rather like a whale-bone corset. Where the bulge of Vanity is corrected, the protuberance of Pride appears somewhere else – probably around the back, where we do not notice it! During this time of 'lockdown' we have relearnt the value of company on our journey through life, the need for friendship.

Through our life we are shaped by our experiences, in them we find meaning, and a certain way of living comes into being. In periods of great change or crises, such as the one we are living through, ways or styles of life decay because they are no longer capable of putting their stamp on experiences and actions and have lost their power of lending orientation. Then a new style 'breaks in' or has to be worked out. Life is lived differently!

*'Let your manner of life be worthy'<sup>2</sup> or in accordance with "the gospel of Christ."* Many people reject the Christian 'Way' of life, because of it's discipline and it's established form, and yet they have a profound longing for it's clear lines of Love, Hope, and Forgiveness. Perhaps it's the 'legalism' of the Christian way of life (and the churches way of life) that makes "The Way' appear pervasively timid and narrow minded. Self-control and discipline over natural urges and feelings, are its way of life. This says nothing about self-affirmation and acceptance of one's own individuality, about the liberation of our natural and physical life. People perhaps feel spontaneity is forced out through what is permissible and what they are allowed to do. Rather than seeing Jesus' Way of life as liberating them to make the most of themselves. God's 'Way', allows fulfilment and an understanding of the purpose of our life. We do not need to search for the meaning of life anymore.



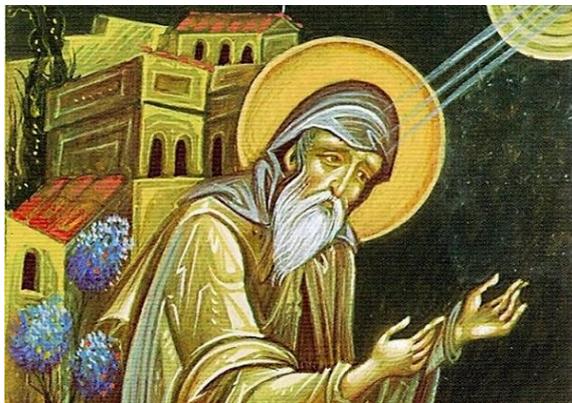
**All of them were  
filled with  
the Holy Spirit!**

**Acts 2.4**

---

<sup>2</sup> Philippians 1: 27

At Pentecost (the giving of the Holy Spirit) God 'comes to us' in the power of the Holy Spirit, the Paraclete. It is now as we are taken by *'the hand'*, our relationship with God can be of a different order, a different level of intensity. Faith is more tangible when something inward comes into view. It is rather like water when it boils, it bubbles up under the lid and spills over the side of the pot. It is like this with the Holy Spirit, She<sup>3</sup> can no longer endure Her confinement within us, so she bursts out and radiates from a person's face, from their eyes, and you can tell what that person is like on the inside. This is how the Spirit bursts forth and, when She does, God is *'holding you by the hand'*.



St. Symeon the New Theologian describes a story where he is led by his spiritual father to refreshing fountains and springs. 'His spiritual father led him by the hand, because of his blindness. He was led by faith, which God had given him, and compelled him to follow his spiritual father.. [He wrote] *"Had he not held me by the hand and made me stand*

*close to the fountain and guided the hands of my mind, I should never have been able to find where the water was welling forth."*<sup>4</sup> When this happens we enter a state of intimacy with God. If we are on familiar terms with a friend we may take each-others hand or arm and draw them closer. It's an expression of love of intimacy, and the honour we hold each other in. God does the same thing with you and me. He takes hold of both your hands, holds them in front of you, looks into your eyes, and you look at Him and wonder. This is a beautiful moment. It belongs to an intimacy of love of friendship. We may have experienced something of this with our partner. The way that leads to this relationship is through our mother 'the Church' (who makes Christ present in the world), and having our own 'spiritual guide', a Symeon the New Theologian.

---

<sup>3</sup> The Holy Spirit was equated with the (grammatically feminine) [Wisdom of God](#) by two early Church fathers, [Theophilus of Antioch](#) (d. 180) and by [Irenaeus](#) (d. 202/3). However, the majority of theologians have, historically, identified Wisdom with [Christ the Logos](#).

<sup>4</sup> Discourse 36 deCatanzaro, (370-371)

Will you allow God to lead you by 'the hand' this Pentecost? If you do let go of your old life and allow God to lead you, you will find new vistas will appear before you. You will see the world in a way that you have never seen it before, because you will be seeing with Jesus' eyes! In your openness to the Holy Spirit you will move toward attaining your full potential in Christ. Only God will know where this will lead you. Perhaps you may experience God in the way Isaac Ambrose did!

Isaac Ambrose, was an English Puritan Mystic. In 1640 he recounts an unusual two-day experience of rapture: "*This day in the evening the Lord in His mercy poured into my soul the ravishing joy of his Holy Spirit. O how sweet was the Lord unto me? I never felt such a lovely taste of heaven before: I believe this was the joyful sound, the Kisses of his mouth, the sweetness of Christ, the Joy of his Spirit, the new wine of his kingdom; it continued with me about two days.*"<sup>5</sup> This language in Christianity may be unfamiliar to us unless we have read the Song of Songs, but our pilgrimage towards union with Christ can be seen as a journey through three covenants. The natural, the legal, and the evangelical. We first experienced the covenant of nature when we saw the divine law in our hearts and in Creation. But this was marred by sin, and so the covenant was harmed. God gave us the legal covenant, the Law revealed in scripture, both in the Old and New Testaments. Both forms of legal covenant pointed beyond themselves to the imminent "yet more glorious day of Christ's second appearance and [release] in the Spirit."<sup>6</sup>

What are the Gifts of the Spirit?



<sup>5</sup> Ambrose media (1650), 71 as quoted in Schwanda, Soul Recreation, 178 p. 272 Mysticism in the Reformation 1500-1650 bernard McGinn

<sup>6</sup> Ibid p.274

*"[T]he fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control."*<sup>7</sup>

I pray that you will recognise them in yourselves and each other. The reason God became human is that He promised us union with Himself. When we say "Come Holy Spirit; come and dwell in us" we are asking that the Holy Spirit, having already known what She is, and having already come to know Jesus, having already listened to Him, already seen Him, having been cultivated by Him, kneaded by Him, shaped by Him and conquered by Him. We are ready to be One with Him. To achieve this we need to be 'led by the hand'. This is what the Psalmist foresaw when he wrote the words "*You hold my right hand*" Ps 73: 23. In Romans we read "*This is why I brought you into the world; this is why I knew you before all time; this is why I baptised you, called you, and glorified you.*"<sup>8</sup> In glorifying God we the assembly, the Church, are glorified. We join the saints before the altar of God in Joyfulness and before the Lord, manifest in His glory and rejoicing in the Fruits of the Spirit. So much better than thinking we are now perfect, yet bulging from our corset of righteousness, inappropriately!

Let us pray

*Come, Holy Spirit, fill the hearts of your faithful. Be our companion on the journey, teaching us to observe all that Jesus taught and keeping alight in our hearts the flame of hope and confidence. Amen.*



---

<sup>7</sup> Galatians 5: 22

<sup>8</sup> Romans 8: 29-30

## 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 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.

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

Open Noon to 2pm tel: 07730 788 335 Manager Sarah-Jane Allsopp

### Dalbeattie Food Bank

Heart of Galloway food bank, 24 High Street, Dalbeattie. If you need food stop in Monday-Friday 12noon-2pm.

If you cannot attend then call 07730788335 or email [projects@castledouglas.info](mailto:projects@castledouglas.info) and we will deliver to your door.

## Prayer Chain

Prayer is perhaps the only help we can give to people in need throughout the world. Please consider joining our growing 'Prayer Chain'.

Contact Sandra Walsh tel.01557 331596 email

[sandrawalshkbt@yahoo.com](mailto:sandrawalshkbt@yahoo.com).



A free phone line of hymns,  
reflections and prayers

Daily Hope, offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period

of restrictions in mind.

Callers will hear a special greeting from the Archbishop before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19.

### LOCKDOWN

This world has been attacked by an illness obscure,  
COVID-19's the name; to date there is no cure.  
This virus is passed on from those who have the bug  
Through their coughs and sneezes and even from a hug.

Hospitals and care homes have patients in despair -  
Each with a fever high and breathing problems rare.  
This virus is so potent that people pass away  
But thousands have recovered to live another day.

This lockdown's causing strife, lost jobs, no salary  
People needing foodbanks to feed the family.  
No dentist and no schools, no haircuts and no bars,  
Yet petrol's going cheap 'cos we can't use our cars!

Stay in and work from home has now become the law  
Lest your job is vital – hospital staff and more.  
Just shop for what you need, and exercise, we're told.  
We truly must take care, 'specially if we're old.

This virus loves us oldies as well as the infirm  
To stay at home protects us from this deadly germ.  
If I go for a walk, and from my home I stray,  
Self-distancing two yards will keep me safe, they say.

We stand outside our homes each Thursday night at eight  
And clap to recognize the work done by the great -  
The doctors and police – postmen and nurses too  
And other willing folk who can be named by you.

Just how would we survive without technology?  
Computers, mobile phones and satellite TV...  
Help us to keep in touch with family and friends  
And keep us up to date with all the latest trends.

I find I'm deep in thought, reflecting life today,  
Our children can't pop in: Can't go to church to pray.  
I cannot comprehend an end to all this pain  
But hope one day I'll say, "The world's alive again!!"

©Jenny Armstrong2020

**Prayer Themes for Wc. 31<sup>st</sup>, May**

Pentecost Sunday:	Pray that the Holy Spirit will renew the Church
Monday:	The NHS, our local surgeries, and all at DGRI
Tuesday:	For those affected by the Coronavirus
Wednesday:	Our local community, key workers & volunteers. Bothwell House, Hanover House, Carlingwark Care Home, Barlochan House Care Home, Munchies Park House, and Alma McFadyen Care Centre
Thursday:	The Government, and all in authority
Friday:	Refugees throughout the world
Saturday:	Guidance of the Holy Spirit, and ourselves.

**Gospel Readings for the 7<sup>th</sup> week of Easter**

Pentecost		John 17: 1-11
Monday	The Visitation of the BVM	Luke 1: 39-56
Tuesday	feria 9 <sup>th</sup> wk OrdinaryTime	Mark 12: 13-17
Wednesday		Mark 12: 18-27
Thursday		Mk 12: 28-34
Friday	St. Boniface	John 10: 11-16
Saturday		Mark 12: 38-44

**Answers to last week's puzzles**

**Ascension Quiz**

**Questions**

1. What is Jesus's Hebrew name?
2. Jesus was of which tribe of Israel?
3. How long between the Resurrection and The Ascension?
4. What did Jesus promise his disciples?
5. Where did Jesus tell his disciples to wait?
6. Which feast was about to begin?
7. Where did Jesus ascend to heaven?

**Answers**

- Yeshua  
Judah  
Forty days  
  
Holy Spirit  
Jerusalem  
Pentecost  
Mount of Olives

8. As he ascended, what hid Jesus from those watching? A cloud
9. Who appeared to the disciples after Jesus ascended? Two men dressed in white
10. What did they say to the disciples? Jesus will return the same way he left

The crossword was a tough one here's the answers – how did you get on? I missed quite a few. Helen.

### **Bible Crossword 1 Answers**

#### **Across:**

1 Shekel,  
4 Appeared,  
10 Ephesians,  
11 Cubit,  
12 Rare,  
13 Meditation,  
15 Raisins,  
16 Nathan,  
19 Agreed,  
21 Torches,  
23 Atonements,  
25 Baal,  
27 Glean,  
28 Millstone,  
29 Teachers,  
30 Rashly.

#### **Down:**

1 Shearers,  
2 Exhorting,  
3 East,  
5 Passion,  
6 Enchanters,  
7 Rabbi,  
8 Doting,  
9 Bakers,  
14 Nineteenth,  
17 Ashtaroth,  
18 Psaltery,  
20 Dreamer,  
21 Tittle,  
22 Taught,  
24 Omega,  
26 Asia.

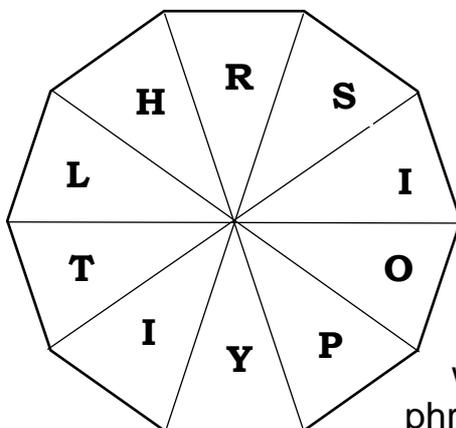
### Bible Quiz 1

1. What are the two parts of the Bible called?
2. What does the word 'Bible' mean?
3. Who was the first man created by God?
4. What was Moses given on Mount Sinai?
5. What did God tell Noah to build?
6. Who are the first twins in the Bible?
7. What did Joseph's father give him? a) shoes b) coat c) spear
8. What unusual souvenir did Naaman take back to Syria?
9. Where was the baby Moses found?
10. Which wild animal appears most often in the Bible?
11. What burning object did Moses see?
12. Which city was nicknamed 'the city of palm trees'?
13. What swallowed Jonah?
14. Which doctor wrote two books of the Bible?
15. In which town was Jesus born?
16. How many times was Paul shipwrecked?
17. What gifts did the Wise Men bring for Jesus?
18. Who had a vision of a sheet full of animals?
19. Why was Jesus born in a stable?
20. Where in the Bible does it say that heaven has gates made from pearls?

based on quizzes in *Family Bible Flip Quiz*. © Miles Kelly Publishing Ltd  
2002

**Answers next week.**

### Word Circle



How many words of three letters or more can you make using only the letters in the word circle? Can you find the two-word phrase that uses all ten letters?



**...what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit... (Acts 2 v 3b – 4a)**



**...what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit... (Acts 2 v 3b – 4a)**