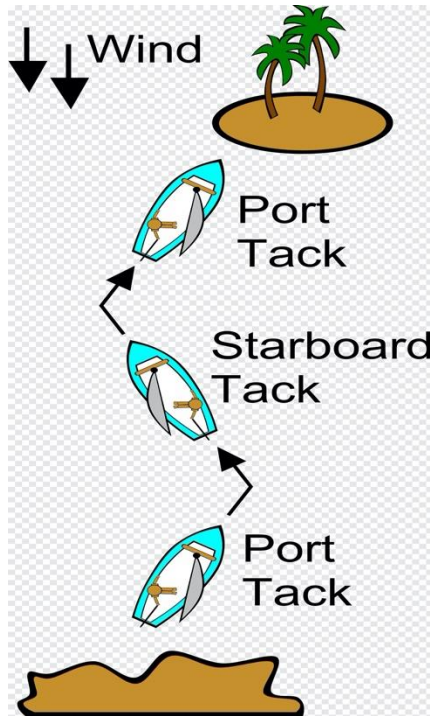


PAX

Dear friends in Christ,



The boom on the sail boat of life has begun to move, as Scotland prepares to tack and 'come about' on to our new 'Phase Two' course of the Corona Virus 'Lockdown'. If we were sailing, this manoeuvre would be fun! However, for every move towards the return to 'normal' living, there is fear and trepidation, mixed with euphoria. What is it that you have missed the most? I imagine for nearly all of us it is the lack of social contact. The ability to go and meet family & friends, share meals, enjoy being together and being able to move around at will. Some will have even missed going to Church to worship God and make their Communion!

To my mind there is a certain tiredness abroad. A busy life has suddenly become more complex.

Different: Ever changing. All the old familiar norms have been almost swept away in a tsunami of hand sanitizer, face masks, and social distancing or should it be physical distancing? Discuss! We in Dumfries & Galloway have been relatively fortunate concerning the Covid virus. Though sadly, lives have been lost and changed. The effects will stay with us for a generation. Some have loved the stillness and Silence. The ability to watch the spring arrive and the clarity of the skies and the unforgettable dawn chorus (there have even been complaints that the birds sing too loud and too early in the morning!) have allowed us to witness God's Creation in a way not witnessed for generations. Whilst some have been able to have the luxury of time, for others it has been too much! The endless reclusive days, turning into weeks, have become a living nightmare. Whereas some will feel there was no time! All was frenetic activity. Trying to do the old familiar, in a new way or worse still realising that the old ways are no more! Personally, I find myself longing for the Silence and Solitude of a Retreat! This is madness I tell myself. Yet, I have a real hunger for Silence, stillness and solitude. How are you feeling? Are you surprising yourself with the way you feel? One of the most shocking discoveries for me, during this 'lockdown', was that for

some, it would seem that life has been like this in recent years! Senior faithful members of our congregations have lived enclosed in their home or room with no hope of going out except for a trip to hospital for years! Then of course there have been the outrageous desires or passions... but perhaps you have already sated your craving with a bucket of chicken nuggets in Dumfries!



The important question is where do we go from here? Our two Vestries have decided that it will not be possible to open our churches for Private Prayer for the present. This is a source of great sadness to us, but our concern for people's safety has to be paramount. There will, we hope, be a simple focus for prayer in St.Ninian's church garden that will be available day or night. God willing, as we move into July a return to our churches and services will be able to safely take place.

A major concern about the future we are moving into is 'What will it be like?' The answer has to be: The future belongs to us. We must work to make it the future kingdom God envisions us to desire and build. The world and our country is in need of healing, forgiving, Loving and sharing. These are all Christian qualities. The time is coming for us to truly share with our town, our country and the world these God given gifts.

I would like to end with a quotation of Carlo Carretto's from 'In Search of the Beyond':

Three premises:-

Those who do not love feel superior to everyone else.

Those who love feel equal to everyone else.

Those who love much gladly take the lower place.

Each of us can identify our position somewhere along this spectrum, which comprises the three degrees of spiritual life here on earth.

Death for those who do not love.

Life for those who love.

Holiness for those who love much.

May God walk closely with you, and bless your every step, as we walk into the future together.

Yours in Christ

Christopher
Rector

Please continue to hold in your **prayers** Kirsty & Douglas Allison and Barbara Chadwick. Also pray for George Sims recovering in hospital.

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 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). Why not contact someone you have not spoken to in a while?

Here are some websites that you may find useful:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/howto-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

Prayer Chain

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

Contact Sandra Walsh tel.01557 331596 email

sandrawalshkbt@yahoo.com.

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

SC010918 & SC011079

Newsletter No. 14

Pentecost 3

21st June 2020

Prayer Themes for Wc. 21st June

Pentecost 3	Pray for the Church and it's life of witness. For Peace, Equality and Justice in the UK, USA and throughout the world
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:	For those with job security or financial difficulties. For refugees throughout the world
Saturday:	Guidance of the Holy Spirit, and ourselves.

Gospel Readings for the 12th week of Ordinary Time (Proper 12)

Sunday	Pentecost 3	Matt 10: 24-39
Monday	Alban Martyr	Jn 12: 24-26
Tuesday	St. Etheldrada (Audrey)	Matt 5: 43-48
Wednesday	Birth of John the Baptist	Lk 1: 57-66, 80
Thursday	Moluag of Lismore	Jn 21: 15-17
Friday	Robert Leighton Bp	Jn 10: 11-16
Saturday	St. Cyril of Alexandria	Matt 5; 13-19

Prayer Book On-Line Morning and Evening Prayer (BCP)

I have found a Prayer Book Office on line. Admittedly it is not the 1929 Scottish Prayer Book but for those who like a more traditional form of daily prayer everything is clearly laid out including the psalms, readings, and appropriate collects for the day.

<http://daily.commonworship.com/daily.cgi?today mp=1&book=bcp>

Galloway Food Banks

Manager Sarah-Jane Allsopp if you cannot attend tel: 07730 788 335
email projects@castledouglas.info and they will deliver to your door.

The Heart of Galloway Visitors Centre, Castle Douglas

Open Noon to 2pm

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

SC010918 & SC011079

Newsletter No. 14

Pentecost 3

21st June 2020

Dalbeattie Food Bank

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

Dumfries & Galloway Community News

https://content.govdelivery.com/attachments/UKDGC/2020/06/09/file_attachments/1469408/community%20newsletter%209%20June%20web.pdf

A Poem

*i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes*

*(i who have died am alive again today,
and this is the sun's birthday; this is the birth
day of life and of love and wings: and of the gay
great happening illimitably earth)*

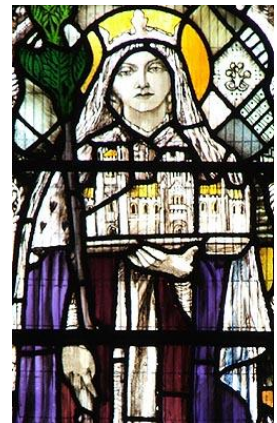
*how should tasting touching hearing seeing
breathing any—lifted from the no
of all nothing—human merely being
doubt unimaginable You?*

*(now the ears of my ears awake and
now the eyes of my eyes are opened)*

by e.e.cummings

St Ethelthrit. 23rd June

Ethelthrit was born in Suffolk around 636 AD. Her father was a Christian king and from an early age she wished to be a nun. In 652 AD however she was married against her will to a king living in East Anglia who gifted her an estate which became the city of Ely. Her husband respected her wish to become a nun and she remained a virgin during the 3 years of her marriage. In 660 AD she was again married this time to a child who was the second son of the king of Northumbria. She retained her virginity and became a friend to St Cuthbert and St Wilfrid. Then her husband grew into a man and wanted her to be a wife in more than just name, she refused and eventually he allowed



her to retire to her estate in Ely where she founded a double monastery. She died there in 679 AD of a throat infection, a surgeon made an incision in her throat to help her breathe which he swore healed itself after her death. She is also known as Etheldrada or by the pet name Audrey.

St Moluag. 25th June

Born in Ulster to a noble family between 500 and 520 AD Moluag became a bishop in 552 AD and helped his kinsman St Comgal to build Bangor Abbey in Ulster. Then, with twelve followers, he set off to be a missionary in Scotland. In 562 AD they founded a religious community on the Isle of Lismore, from there they worked out across western Scotland establishing churches as they went in places such as Lewis, Skye, Raasay, Tiree, Mull, Morvern and Inveraray. Moluag went on to found two more religious communities at Rosemarkie and Mortlach and establish many more churches. His missionary technique in common with many Celtic missionaries was one of gradual education, emphasising the similarities between Christianity and paganism. He is sometimes called the apostle to the Picts and may have been the original patron saint of Scotland. He died in 592 AD and is buried at Rosemarkie, his great staff, a blackthorn stick 34" long apparently survives in the care of the Livingstone family on the Isle of Lismore.

Crossword based on Matthew 9 (NIV) Answers

Across

1. What did the Pharisees say Jesus was the prince of? **Demons**
3. What players did Jesus instruct to go away in the ruler's house? **Flute**
4. An unshrunk what would not be patched into an old garment? **Cloth**
6. The guests will fast when who is taken from them? **Bridegroom**
7. Who was brought to Jesus on a mat? **Paralytic**
8. Who was at the tax-collectors booth? **Matthew**
10. Who had Jesus come to call? **Sinners**

Down

1. What relation of the ruler was raised from the dead? **Daughter**
2. What type of wineskin should you pour new wine into? **New**
5. What had the woman who touched Jesus been suffering from for twelve years? **Bleeding**
6. What did teachers of law say Jesus was doing when he forgave? **Blaspheming**
9. What were there few of to harvest? **Workers**
10. Jesus said to take heart because what was forgiven? **Sins**

https://www.bible-crosswords.co.uk/new-testament/Printable/Matthew_9.html

HIS EYE IS ON THE SPARROW

So don't be afraid; you are more valuable to God than a whole flock of sparrows. Matthew 10:31 (NIV) Based on Matthew 10:24-39 (NIV)

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

STUDENT GROUND FOLLOW PENNY
 HAIRS SPARROWS FALL TEACHER
 WORTHY SOUL WORTH LIFE HEAD
 MASTER CROSS NUMBERED ABOVE
 SERVANT BODY AFRAID

