



RESOURCING OURSELVES OTHERS

Continuing Ministerial Development of the Diocese of St Andrews, Dunkeld and Dunblane

Online Worship across the Province



SEC Eucharist each Sunday at 11am

www.scotland.anglican.org/broadcast-sunday-worship

Morning Prayer: Old St Paul's livestream each day at 8 am

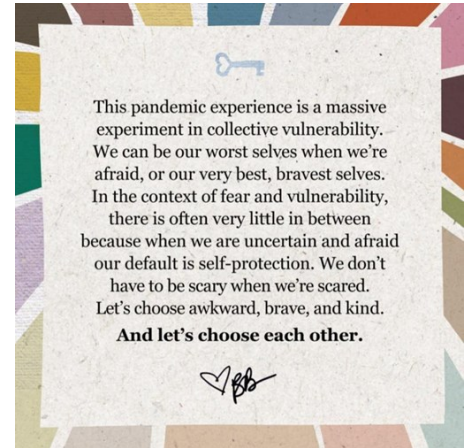
<https://www.facebook.com/ospchurch/>

Evening Prayer: from Taize at 7.30pm each day

<https://www.facebook.com/taize>

Sung Compline Old St Paul's at 9pm

<https://www.osp.org.uk/worship/online-resources/>



From around the Diocese



The Rev'd Dr Canon Carrie Applegath, St Columba's Stanley writes: 'After an initial go last week, I will be hosting a weekly virtual coffee morning for the congregation of St Columba's Stanley with Revd Liz Baker, via Zoom. We all have our cups of coffee brewed ready to link up each Tuesday morning. There is talk of virtual cake...'

The Rev'd David Mackenzie Mills, St Paul's, Kinross writes: Zoom is currently the way I am using so that members of my congregation can see one another during a time of worship. There are several different options regarding how people interact. I'm choosing to keep everyone muted when they log in. I temporarily unmute those who are taking an active part in the service such as reading. Sadly we can't all say, sing and listen to one another simultaneously so I also upload a copy of the order of service to the website so people can still speak and sing as we go along. I hope to be able to unmute everyone at the end of the service so they can have a chat as we would do over coffee.

The Rev'd Carol Latimer writes Today I said mid-day prayer outside during my daily walk and God's limitless and eternal grace and grandeur washed over me like the waves onto the shore. It made me think of Hopkins' poem, God's grandeur:

<https://photos.app.goo.gl/jrcmZ9EBjWRYvddY7>

The Rev'd Gerry Dillon, St Luke's Glenrothes recommends the following devotional apps (on android and Apple)/ websites: Lectio365, <https://www.24-7prayer.com/dailydevotional>, Pray as you go, <https://pray-as-you-go.org/>, #livelent, <https://twitter.com/hashtag/livelent>, prayermate, www.prayermate.net

The Rev Dr Michael Paterson, CMD Coordinator commends the Online Clergy Reflection Group which meets via Zoom on Wednesdays from 1030-1130 on Zoom. If numbers require it, Zoom allows us break into smaller groups. Let us know if you want to join cmdcoordinator@gmail.com

A Prayer in Lockdown

The doors of the house where the disciples had met were locked. (John 20.19)

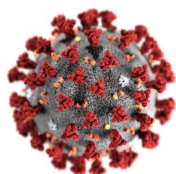
Ever present God,
be with us in our isolation,
be close to us in our distancing,
be healing in our sickness,
be joy in our sadness,
be light in our darkness,
be wisdom in our confusion,
be all that is familiar when all is unfamiliar,
that when the doors reopen
we may with the zeal of Pentecost
inhabit our communities
and speak of your goodness
to an emerging world.
For Jesus' sake.
Amen.



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Guidance for ministers as the coronavirus crisis deepens



We are offering these out of the work of a three-year project on trauma and tragedy in Christian congregations.

First thought: context is everything. You will know better than anyone else how your particular community is likely to react.

Second: this is a trauma to communities, the nation, the world. It's not a shock-event like a fire or a terrorist attack, but slowly there has built, and is still worsening, a crisis that shatters people's assumptions that the world is generally safe and reliable, and that all that we have worked for in businesses, churches and communities will be fruitful. The loss of those assumptions, the breaking of connections between people, and the overwhelming of people's ordinary resources – all of these are characteristic of trauma.

Some of the wisdom that has been gained about trauma recently can help us:

People's whole selves are affected – they may feel all sorts of strange symptoms because the body is reacting to the fact that they are not safe. Emotions will be all over the place in surprising ways. Concentration may be difficult. Sharing this information – that it is normal to be up, down, energetic, exhausted, afraid – will help people to cope with it.

People react very differently depending on different backgrounds and experiences, including past traumas.

People respond best when they have clear, reliable information; when they have something to do – 'agency' of some sort; and when they are cared for in warm and authentic ways. Even phone calls can be reassuring.

We make sense of things by being able to integrate the experience into an overarching story. But it is much too soon to assemble a coherent narrative out of all this. Even the process of meaningfully gathering together to lament what has been lost is very hard. The trauma is unfolding and there are many losses yet unrevealed.

Community responses to disaster typically show a 'heroic phase', full of energy and self-sacrifice, which burns itself out and is followed by a 'disillusionment phase', which may contain much mutual blame and suspicion. Only as the disillusionment phase loses its force can realistic, hopeful re-making take place.

Many of the responses in communities can be celebrated and affirmed. It is worth ministers thinking about what, over and above the generous and heroic actions of many in the secular world, Christian story and practice can contribute. That is particularly true in this time approaching Holy Week and Easter. Public worship may be suspended, but these great transformative moments in the whole human story need some sort of marking.

Lastly and in a way most importantly, this is a very confusing and draining time, a time when ordinary healthy rhythms are lost. Trauma professionals are disoriented! You may be feeling in yourself and your body the impact of trauma – feeling low and anxious one day and hard to get your brain in gear, energetic the next, and all at a time when clergy are needing to be creative and adaptive in their approach. So self-care, attending to your own well-being, is vital. That includes the basics of good rest, eating, and exercise. It also includes having people you trust whom you can share with, and making sure you are in touch with them.

Christopher Southgate, Carla Grosch-Miller and Hilary Ison, Tragedies and Christian Congregations Project.
www.tragedyandcongregations.org.uk

More online resources



Ministry Resources Scotland group

<https://www.facebook.com/groups/266914003367587/>

The Church Mission Society are offering "Lament for Lent – only with eyes that have cried"

<https://churchmissionsociety.org/resources/only-with-eyes-that-have-cried-lament-for-lent/>

Rev Liz Crumlish, poet, blogger, evangelist and Coordinator of Path of Renewal writes a daily bog with inspiring biblical reflections.

<https://liz-vicarofdibley.blogspot.com/>

The Jesuits offer Contemplation in Quarantine

<https://thejesuitpost.org/2020/03/contemplation-in-quarantine/>

And finally

Thanks to all our contributors. In this extraordinary time we are blessed that we can exercise our collegiality by sharing resources with each other.

All contributions by email to cmdcoordinator@gmail.com.

Next edition **Wednesday 15th April**.