



# RESOURCING OURSELVES OTHERS

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

## Ascensiontide Issue



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Issue 9. 20th May 2020

## Resources for Ascensiontide

The **Iona Community** offers Into the Heart of God: A liturgy of Communion for Ascension and Ascension and Pentecost: All Age Resources and Ideas. Downloadable PDFs and PowerPoint <https://www.ionabooks.com>



The **Work of the People** offers these films and videos available for streaming in worship or for personal reflection.

[ANOTHER ADVOCATE](#) - The Promise of the Holy Spirit - John 14: 15-21.

[SPIRIT WIND](#) - A visual benediction by Kelly Ann Hall.

[LIFE IN THE SPIRIT](#) - A visual benediction from Romans 8.

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## Prayer and Spirituality

The nine days between Ascension and Pentecost have traditionally been a time of prayer – a Novena -for a fresh outpouring of the Holy Spirit. **Thy Kingdom Come** renews this call [www.thykingdomcome.global/](http://www.thykingdomcome.global/)

**Kate Sainsbury**, Reader Strathearn Group of Churches, recognises in the Island of Iona, something of the inner Iona experience we are living in these coronavirus times. Kate sent in this poem, 'Iona' by **Kenneth Steven**, from his collection of the same name, St Andrews Press, Edinburgh, 2000

### Iona

Is this place really nearer to God?  
Is the wall thin between our whispers  
And his listening? I only know  
The world grows less and less -  
Here what matters is conquering the wind,  
Coming home dry shod, getting the fire lit.  
I am not sure whether there is no time here  
Or more time, whether the light is stronger  
Or just easier to see. That is why  
I keep returning, thirsty, to this place  
That is older than my understanding,  
Younger than my broken spirit.



The **Rev'd Joan Lyons**, St John's Alloa, invites us to make a retreat at home. Joan writes:

Find a good place as your prayer base for this time. Place a candle, a Bible, cross, a notebook and pen, some flowers.....whatever brings you peace and make this space your sanctuary. Have a glass of water handy.

Prepare a light lunch beforehand so that you are not spending too much time in the kitchen.

Switch off your phone. If you would like to listen to some music in a longer time of contemplation, have that prepared but try to keep as much silence as possible.

Remember to allow yourself a coffee break and eat lunch – unless, of course, you choose to fast.

When you sit down, make sure you are comfortable and well supported.

As you sit in the silence become aware of your breathing and the noises around you – birdsong, the refrigerator humming, the occasional car passing. Allow these to disappear from your thoughts and concentrate on your breathing.

Take three deep breaths in and out and, starting at the top of your head gently tighten and relax all of your muscles down through your body to your toes. Keep your breathing steady and gently let it slow down. Ask God to clear your mind of its busyness and any anxieties that you are carrying. Hand these over to God.

I suggest that you read the Lord's Prayer from Matthew 6: 7-15 slowly twice. Follow the usual pattern for Lectio Divina and allow your mind to focus on one phrase, then one word, then God's word to you. What has this sparked in your imagination?



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Then in whatever time you have, divide the prayer into phrases and pray through each phrase spending time with these few words for as long as you would like. This could be 10 minutes or an hour but pay attention to just these few words from the greatest prayer. Pray each part of the prayer to God.

In between each phrase or couple of phrases, take a walk round the room, or your garden, or even just up and down the stairs bringing the focus of your thoughts back to these special words or phrases. You may go for a short walk outside.

When you come back, you may want to make some notes if you find that helpful before you move on to the next phrase.

This is not a time to feel any pressure to think "holy thoughts" or the "right explanation" for each phrase. Just allow space for God to speak to you through this prayer which Jesus taught us.

End your retreat time by giving thanks and asking God to lead you into the rest of the day and on into tomorrow refreshed by the Holy Spirit and thankful for this opportunity.



## Online Resources

The **Rev'd Gerry Dillon**, Priest Evangelist Central Fife Centre of Mission, brings the following to our attention.

<https://anchor.fm/> This is a free site that helps you create podcasts, more about this next

<https://www.twilio.com/> This will allow people to call a local number and they can hear your podcast! So, many of the elderly don't have computers/internet but want to hear the services or reflections, record using anchor and post using twilio and they can call using the local rate number (free with most plans) and they can listen!

<https://www.taize.fr/en> The Taize website is a real treasure chest! There are bible reflections, questions for Bible study, articles for discussion, music to download and play etc.. All copyright free!!

<https://bryonytaylor.com/> While attending a Church Army conference this week I was encouraged to check out this blog. The Rev'd Bryony is a real expert at all things online and there are lots to make you talk and think in this post.

<https://uk.ccli.com/> This is a reminder that if you are using music you really should have a license and although you will get far more views online the license is based on your normal weekly congregation. I was amazed to discover that for a small additional fee (apx 10%) you can add the online/ streaming license.

<https://prayercourse.org/> I am a big fan of prayer 24/7 and this resource has a 'toolkit' with courses and prayers etc.. all great really.



## For the Children

**Lost Sheep** has a long history of children's work in Australia. To mark their expansion into the northern hemisphere they are offering free digital activity booklets focused on Psalm 23. <https://www.lostsheep.com.au/>

**Learning at home**, restricted outdoor activities and social interaction reduced to screens have changed the way children (and adults!) experience life. Scripture Union offers Supporting You videos, a series of short biblical thoughts to encourage and challenge. <https://content.scriptureunion.org.uk>



An article about **Parenting during lockdown**

<https://www.ncronline.org/news/coronavirus/young-voices/incomplete-index-pandemic-parenting-essentials?clickSource=email>

Martin Tarr, St Margaret's, Rosyth points out that the Scottish Bible Society is offering an all age resource to help organise a big, wild online event based on the book of Jonah " <https://scottish.bible/gods-concern/> "





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## Commentary

Seeking wisdom from masters of social isolation

<https://www.ncronline.org/news/opinion/soul-seeing/seeking-wisdom-masters-social-isolation>

On Covid and Climate Change? <https://www.ncronline.org/news/coronavirus/does-covid-crisis-represent-opportunity-climate-change-here-are-four-ways-it-might?clickSource=email>

## Reflections

The Vatican has published Strong in the Face of Tribulation a free downloadable book of Pope Francis' prayers and homilies responding to the trial and suffering of the coronavirus pandemic with updates several times a week.

<https://www.vaticannews.va/content/dam/lev/forti-nella-tribolazione/pdf/eng/strong-in-tribulation.-20042020.pdf>

A priest and a religious sister offer spiritual insights after recovering from Covid 19 <https://www.ncronline.org/news/coronavirus/spiritual-insights-shared-after-recovery-coronavirus-demons?clickSource=email>

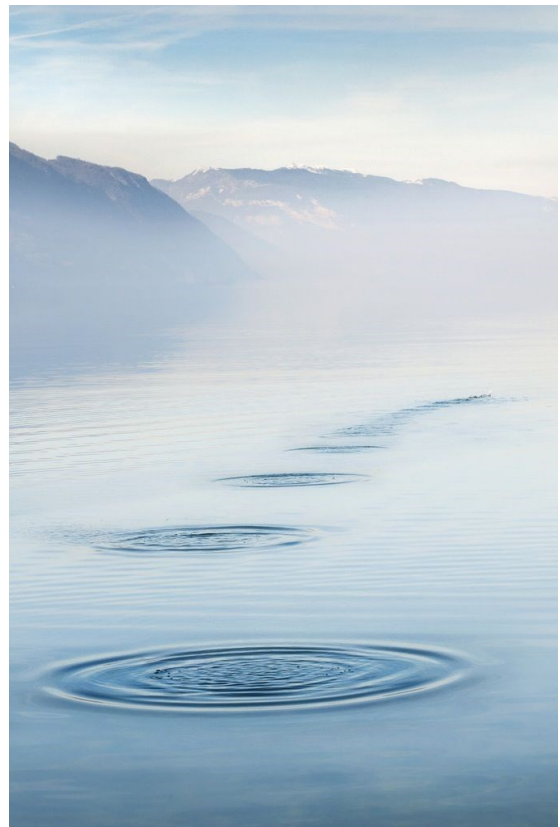
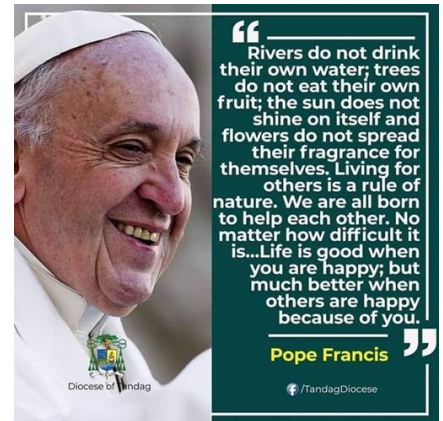
**The Rev'd Liz Crumlish**, Path of Renewal Coordinator reflects on Resurrection and Ascension in the context of Covid-19

### Luke 24:29

But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them.

As the sun sets in fits and starts  
Like pebbles skipping over the water  
Earth hunkers down to await its return  
and as we rest we know  
that surely the dawn will rise  
As the Easter season moves  
on through Resurrection  
to Ascension I want to haul it back  
and say:  
Stay with us Lord  
Stay with us  
For the truth is that I haven't yet reached  
the empty tomb I'm not ready to hear  
the risen Christ's words to Mary:  
"Do not hold on..."  
And, not having got that far,  
I'm certainly not ready for Ascension  
Stay with us Lord  
Stay with us.

**The Rev'd Liz Crumlish**, Path of Renewal



## Reflections

**Rev'd Mark Slaney**, Methodist Chair of Scotland and Shetland Districts sent in this evocative reflection by **Jan Sutch Pickard**, Bunessan, Isle of Mull

because,

The government is banning gatherings in certain buildings where people may come too close, the church must be locked –

it's for our own good –

and because

I live nearest to the church, when the community's in lock-down,

that job has fallen to me – to fasten the sturdy oak door –

but because

I don't have a key to a door that has never been locked

and no-one knows where it might be,

I will need to put up a sign forbidding folk

from crossing a threshold that most don't anyway,

because

they see this place for funerals, weddings maybe –

not private or public prayer

and because

I believe that these are all valid ways

to use this building with its shabby holiness,

I don't want to turn anyone away;

but because

I've been asked I'll do it, I'll try,

which is why I'm standing here,

with a sign whipped about by a rising wind,

trying to drive drawing pins into the solid oak,

and my finger tips start bleeding;

and I'm crying

because



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## Suggested Reading

In this new version of one of his earlier books, Franciscan priest Richard Rohr illuminates the way understanding and embracing the universal pattern in all of reality can give us hope in difficult times and the courage to push through messiness and even great chaos to find a new way of being in the world.

"We are indeed 'saved' by knowing and surrendering to this universal pattern of reality. Knowing the full pattern allows us to let go of our first order, trust the disorder, and, sometimes even hardest of all-to trust the new reorder. Three big leaps of faith for all of us, and each of a different character."



## And finally

These Resources are compiled & edited weekly by the Rev'd Dr Michael Paterson, CMD Coordinator and published by the Rev'd Gerry Dillon, Priest Evangelist, Central Fife Centre of Mission.

Contributions are invited from across the Diocese to [CMDCoordinator@gmail.com](mailto:CMDCoordinator@gmail.com)

Back copies of these Resources can be found on the Diocesan Website <https://standrews.anglican.org/clergy-development-resources/>