

St Arvans Church On line Community Bulletin Wednesday 10th June 2020

St Arvans ONLINE ! TONIGHT AT 8PM – Evening prayer

Find our live service stream

at: https://www.facebook.com/pg/vicaragecello1/videos/?ref=page_internal

Sunday Morning Eucharist will be broadcast live at 10am

Wednesday evening: Night Prayer will be broadcast live at 8 pm

On our webpage at: www.starvanschurch.org.uk

On Facebook : St Arvan's Parish group – please like us and become a follower

On Instagram: starvanschurch

On Twitter: St Arvans Church @Arvanschurch

Please send any contributions to this bulletin to starvanschurchnews@btinternet.com

The Sunday readings and meditation will be circulated separately.

Please share it with others whom you think will be interested, and invite them to contact us if they want to go on the mailing list at: starvanschurchnews@btinternet.com

Copies of all our bulletins are also on our webpage.

Father Michael invites anyone who needs assistance or wants a chat to call him on 622064 or 07867 803479

On-line coffee morning on Sunday after Mass

We invite anyone who would like to join us for coffee after Mass on Sunday. The session will last for about 30-40 minutes, and is a good chance to see everyone and catch up.

I will send out the Zoom meeting details separately to all on the circulation list.

Prayer and meditation

Contemplative prayer

Mother Mary Luke CHC writes on how we might start exploring contemplative prayer

I expect most of us begin our prayer lives with ACTS—Adoration, Confession, Thanksgiving and Supplication, and this way of praying is never superseded. But there can come a time when this type of prayer becomes unsatisfactory and one feels drawn to using fewer words. This may be a call to a more contemplative kind of prayer, one which is, in the words of a Carmelite nun, unoccupied prayer. It is simply giving time to God and not wanting anything out of it for oneself. St Paul says that we are to pray always but if we don't pray somewhere some of the time, we shall never pray everywhere all of the time.

The usual advice is to find a quiet spot and a time when one is unlikely to be disturbed and quietly wait upon God without using any words or thought. The trouble is that when one starts to practise this prayer all kinds of distractions start swirling around in one's mind and there is a strong temptation to leave the seemingly unfruitful emptiness and go off on and do something useful. If you find yourself doing this, don't get annoyed with yourself and, even worse, say that staying in that kind of prayer is

useless so give it up, but quietly begin again. Thirty minutes or even an hour spent like this is not wasted. Archbishop Michael Ramsey famously said when asked how long did he spend in prayer each day: "Five minutes, but it takes me an hour to do it."

An aid to staying focussed on God is to use a phrase which anchors one's mind, gives it something to focus on apart from the distractions. The Orthodox use the Jesus Prayer: Lord Jesus Christ, Son of God, have mercy on me a sinner. Others use a short word or phrase such as: Jesus, Love, Maranatha, My Lord and My God. By concentrating on the words of the prayer the mind is occupied and it frees the heart to be with God. During this time God speaks to the heart secretly but the person praying is rarely aware that this is going on. Occasionally one may have an awareness that something has happened though what that something is, is impossible to grasp. I do not know how I know, but I know that I know.

How long should one spend? it all depends on one's circumstances. The ideal is to have two periods of prayer, each for half an hour, in a day but this is a counsel of perfection. But God doesn't ask the impossible and his humility is such that any offering to him will be met with a generous response. What is certain is that if one practises this kind of prayer faithfully, in time there will be a change in oneself.

The person praying may not notice it, but those close to such a person will notice it. It is only with hindsight that we can become aware of God's working in our souls. If you feel called to this type of prayer, get on and do it!

Mother Mary Luke CHC is Mother Superior of the Community of the Holy Cross, Costock. You can find more information on their life and work here: www.holycrosschc.org.uk

(Above is an extract from "Wisdom in the Cloisters, a series of Reflections from Anglican Religious to help us during these times". It is reproduced with permission. You can see more of their work here: <https://www.sswsh.com/Root/>)

O Lord, grant us that love which can never die, which will enkindle our lamps but not extinguish them, so that they may shine in us and bring light to others. Most dear Savior, enkindle our lamps that they may shine forever in your temple. May we receive unquenchable light from you so that our darkness will be illuminated and the darkness of the world will be made less. Amen. -- *Saint Columba of Ireland (whose feast was yesterday)*

Psalm 16 1, 6-11

Protect me, O God, for in you I take refuge.

⁶The boundary lines have fallen for me in pleasant places;

I have a goodly heritage.

⁷I bless the LORD who gives me counsel;

in the night also my heart instructs me.

⁸I keep the LORD always before me;

because he is at my right hand, I shall not be moved.

⁹Therefore my heart is glad, and my soul rejoices;

my body also rests secure.

¹⁰For you do not give me up to Sheol,

or let your faithful one see the Pit.

¹¹You show me the path of life.

In your presence there is fullness of joy;

in your right hand are pleasures forevermore.

The Gospel according to St Matthew 5: 13-19

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Music

Last week, 300 churches in Ireland came together to sing a blessing across the country. Be thou my vision (I didn't care much for the arrangement of the first verse, but stick with it!)

<https://www.youtube.com/watch?v=TascsWZPj8U>

The second suggestion this week is Stanford's beautiful *Beati Quorum Via Integra Est*, sung by Voces8.

<https://www.youtube.com/watch?v=L9zgg5qrNGw>

*Beati quorum via integra est,
qui ambulant in lege Domini.* *Blessed are the undefiled in the
way,
who walk in the law of the Lord.*

On the lighter side

A dog and a cat died and were called to stand before the heavenly throne.

God asked the dog, "Now that you are in heaven, what would you like to do?"

The dog replied, "I would like to be reunited with my earthly family." God said, "Fine, you've been a good boy, so your request is granted."

Next God spoke to the cat – "And how about you?"

The cat replied, "I think you are sitting in my chair!"

(this joke came from Father Michael, btw)