



NEWSLETTER FOR THE FOURTH SUNDAY IN LENT

LAETARE SUNDAY - MOTHERING SUNDAY

This message comes with very good wishes to you from the Rectory, with our prayers for your health and protection, perhaps even for your enjoyment of those aspects of confinement that allow for creative activities not usually possible. We continue to pray for all who are ill, or anxious at the risk of illness, especially those who are vulnerable.

While we are distanced socially, the plan is to circulate a Newsletter each week to help keep people in touch with the life of the church. This is likely to be rather brief unless people submit things to include in it: anything you like really - reflections, quotations, internet links, messages of good will and requests for assistance, these can all be included.

Many Churches in Scotland are promoting prayers for solidarity tomorrow, including placing a candle in your window at 1900 as a sign of prayer and of the light of Christ (more on this below). Plans for daffodils and simnell cake may be thwarted this year, but hopefully there will be some way for us to gently lift any Lenten discipline for Refreshment Sunday. Modernity has brought us Mothers' Day at this time and I suspect I'm not alone in feeling a small mercy that this will not be overly-commercialised this year. One day each year is a meagre way of giving thanks for maternal blessings but older traditions encourage us to broaden our vision and focus on the motherhood of the Church and of Blessed Mary (the Annunciation is on Wednesday this week). These are nurturing sources that are available to all and for which we give hearty thanks.

SERVICES FOR THE WEEK AHEAD

Sarah Moerman, our Administrator, has taught me how to upload audio files to the church website and I'm grateful to pointers from Rick Gardner and others who have helped me devise a manageable way to proceed. Any mistakes are, of course, solely my responsibility: I have already posted Morning Prayer as Evening Prayer once, and forgotten to disconnect the 'phone before commencing a service ... lessons learned!

It seems best to post one Sung Mass on Sundays during this period, to Merbecke's setting, with some piano music recorded specifically by Andrew Macintosh, our Director of Music. This will be placed on the website as soon as it is ready, hopefully by 1030. Due to various technical constraints, the sermon will be separate from the Mass but they should be adjacent in the list, with the newest uploaded file at the top. Tomorrow the preacher will be the Revd Wade Bellesbach; he has been worshipping with us for the last year or more, was ordained in September as a Lutheran Pastor, and is now ministering among us occasionally with authority from both respective bishops.

All the Offices of Morning and Evening Prayer should be said this week and recordings placed online - thanks to Sarah for covering Tuesday. Daily Mass will be said and placed online each day apart from Tuesday; the Revd Anne and Peter Haselhurst will be celebrating Mass at their home on Tuesdays, on behalf of us all.

Requests to place service orders on the same page of the website have already been received. Compline is there and I'm working on formatting the Offices and Mass orders in a helpful way. Other suggestions will be gratefully received.

If you would like to keep the lections as a part of your pattern, they are set out below.

Sunday 22 - Lent 4

MP	Psalms 142, 143	Isaiah 43.1-7	Ephesians 2.8-14	
Mass	1 Samuel 16.1-13	Psalms 23	Ephesians 5.8-14	John 9
EP	Psalms 119.105-144	Micah 7	James 5	

Monday 23

MP	Psalms 110-113	Exodus 2.11-22	Hebrews 9.1-14	
Mass	Isaiah 65.17-21	Psalms 30.1-5,8,11-end		John 4.43-end
EP	Psalms 114-115	Jeremiah 17.5-18	John 9.18-end	

Tuesday 24 - Paul Couturier, Priest

MP	Psalms 116-118	Exodus 2.23-3.20	Hebrews 9.15-end	
Mass	Ezekiel 47.1-9, 12	Psalms 46.1-8	John 5.1-3, 5-16	
EP	Psalms 119.1-32	Wisdom 9.1-12	Galatians 4.1-5	

Wednesday 25 The Annunciation

MP	Psalms 119.33-72	1 Samuel 2.1-10	Romans 5.12-end	
Mass	Isaiah 7.10-14	Psalms 40.5-11	Hebrews 10.4-10	Luke 1.26-38
EP	Psalms 119.73-104	Isaiah 52.1-12	Hebrews 2.5-end	

Thursday 26

MP	Psalms 119.105-144	Exodus 4.27-6.1	Hebrews 10.19-25	
Mass	Exodus 32.7-14	Psalms 106.19-23	John 5.31-end	
EP	Psalms 119.145-176	Jeremiah 19.1-13	John 10.22-end	

Friday 27

MP	Psalms 120-125	Exodus 6.2-13	Hebrews 10.26-end	
Mass	Wisdom 2.1, 12-22	Psalms 34.15-end	John 7.1-2, 10, 25-30	
EP	Psalms 126-131	Jeremiah 19.14-20.6	John 11.1-16	

Saturday 28

MP	Psalms 132-135	Exodus 7.8-end	Hebrews 11.1-16	
Mass	Jeremiah 11.18-20	Psalms 7.1-2, 8-10	John 7.40-52	
EP	Psalms 136-138	Jeremiah 20.7-end	John 11.17-27	

SPIRITUAL COMMUNION

At present, our sense of *physical* communion is severely challenged since, in seeking to minimise the spread of viral infection, we cannot gather in one place to pray, celebrate the sacraments as we would wish, or even partake of fellowship beyond what is essential.

However, as members of All Saints', we have some spiritual advantages in this situation.

1. We are used to receiving the spiritual fruits of the Eucharist, which helps us commune with the source of our life in Christ, his passion and death, even without a normal sacramental basis.
2. We are used to doing this with an awareness of the Communion of the Saints, our spiritual fellowship with that great cloud of witnesses, the saints in glory, who encourage with their myriad examples of holiness and support us with their prayers - this part of the Body of Christ is often termed *the Church triumphant*.
3. We share that Communion similarly with the souls of the faithful departed, who await their completion in God's love - termed *the Church expectant*.
4. What is *our part* of the Body of Christ called? *The Church militant*: this reminds us that we are involved in a spiritual battle, not least with ourselves as we begin to come to terms with very challenging burdens of life: we are called to remain patient, generous, calm, forgiving and faithful in what are strange and stressful circumstances.

Discussion during the second of our curtailed Lent Evenings, touched on some important issues at the root of Christian spiritual life. A new word for many of us was Messalianism, which describes the beliefs of a late fourth century sect also known as Euchites. They held - correctly - that prayer was fundamental to the Christian life but took that to the unhealthy extreme of asserting that salvation was achieved *solely* through prayer, which negated any necessity for the Sacraments or the fellowship of the Church. I hope that we do not encounter a revival of Messalianism during this challengingly solitary time!

Christians have long had ways of coping when not able to interact physically with the life of the Church, particularly when they have been prevented by severe circumstances from attending Mass. Although currently most of us are not able to receive the Sacrament of Holy Communion, we *are* able to commune with the Lord's death and passion in prayer, to kindle a desire for deeper communion in a spiritual sense. This is what is meant by spiritual communion.

St John Vianney compared spiritual communion to blowing on fire and embers that are starting to go out in order to make them rekindle:

There are some who make a spiritual communion every day with blessed bread. If we are deprived of Sacramental Communion, let us replace it, as far as we can, by spiritual communion, which we can make every moment; for we ought to have always a burning desire to receive the good God. Communion is to the soul like blowing a fire that is beginning to go out, but that has still plenty of hot embers; we blow, and the fire burns again. After the reception of the Sacraments, when we feel ourselves slacken in the love of God, let us have recourse at once to spiritual communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.

A practical description is found in *The Communion of the Sick* in the *Scottish Book of Common Prayer*:

But if a man, either by reason of extremity of sickness, or for want of warning in due time to the Priest, or by any other just impediment, do not receive the Sacrament of Christ's Body and Blood: the Priest shall instruct him that if he do truly repent him of his sins, and stedfastly believe that Jesus Christ hath suffered death upon the cross for him, and shed his Blood for his redemption, earnestly remembering the benefits he hath thereby, and giving him hearty thanks therefor; he doth eat and drink the Body and Bread of our Saviour Christ profitably to his soul's health, although he do not receive the Sacrament with his mouth.

Prayers to assist with this endeavour exist within the Anglican Communion; here are two rather beautiful prayers taken from *A Form of Spiritual Communion* of the Diocese of Malaita in New Zealand:

In union, O Dear Lord, with the faithful at every Altar of Thy Church, where Thy blessed Body and Blood are being offered to the Father, I desire to offer Thee praise and thanksgiving. I present to Thee my soul and body, with the earnest wish that I may ever be united to Thee. And since I cannot now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee, and embrace Thee with all the affections of my soul. O let nothing ever separate me from Thee. Let me live and die in Thy love. Amen.

Grant, O Lord Jesus Christ, that as the hem of Thy garment, touched in faith, healed the woman who could not touch Thy Body, so the soul of Thy servant may be healed by like faith in Thee, Whom I cannot now sacramentally receive; through Thy tender mercy, Who livest and reignest with the Father in the unity of the Holy Ghost ever one God. Amen.

As noted above, those who can access All Saints' website can find audio recordings of our regular services under the headings Worship: Daily Office and Mass.

<https://www.allsaints-standrews.org.uk/category/virtualservices/>

Please know that those leading these services are doing so on your behalf, on behalf of our community and for all who are in especial need.

UPDATE FROM THE TREASURER GOOD NEWS, BAD NEWS & WHAT TO DO

Introduction

At the time of writing this the good news is that the restoration works are in hand and making progress. The bad news is that the coronavirus crisis has suspended worship, Vestry and committee meetings and all gatherings in church. The absolute priority must of course be personal health and safety but can we ignore our finances? What am I doing and what can you do?

Church restoration

The works commenced on time and are in hand with a monthly payment schedule commencing from the end of March when approximately £50,000 will become payable. Our funds are in good order at this point and we do not know whether works will be delayed at some point but it has always been known that we would need to borrow cash from our General fund before the end of the project as the final grants are only released to us after we provide receipted payment from the contractor.

Whilst I planned for all of this, I did not anticipate two vacancies in our rented properties, a loss of Plate giving, Donations, Hall letting, Produce stalls and Agape over what might be 12 weeks or more. The gap that is opening up in the General fund will create a real problem if the crisis becomes prolonged.

What can you do?

Income from members of the congregation comes in various forms and each of us can help in appropriate ways. Here are some thoughts –

- ❖ Electronic monthly giving – a great deal of our congregational giving is received this way and this source will continue. I am now in my fourth year as your Treasurer and in reviewing my own electronic giving, and yours, many of us have not given a little increase over this period. If you can provide a small increase it would be very helpful indeed and this would be a significant time to do it. If you do not pay electronically but would like to do so I list our bank details at the end of this article.
- ❖ Free Will Offering – you will have seen the green envelopes in the collection plate on Sundays. The FWO system is for cash donations and if you wish to join the system I can give you a box of 52 weekly envelopes each with a date on it. If you can't attend Church all you need to do is put your offering in the envelope and bring it when next you come. If you contribute under Gift Aid I can identify your contribution by the envelope number which only each of us knows providing confidentiality. If you would like to join the scheme my contact details are at the end of this article.
- ❖ Gift Aid – this government scheme allows us to claim back 25% of your offerings if paid electronically, by FWO or in some other manner that allows me to identify you as the donor. I can provide declaration forms if you would like to increase the value of your offerings in this way or you will find them on the table in Church. Remember that you must be a taxpayer and must pay sufficient tax to cover the amount we reclaim. If in doubt please talk to me.
- ❖ Legacies – there is no easy way to approach this subject but legacies are a valuable way of donating to the ongoing life of the Church. There is a tax efficient aspect for many who are falling into Inheritance aspect nowadays and you should seek professional advice in this respect. Even small legacies are of great value the Church and no Diocesan Quota applies to legacies.
- ❖ Loans – in order to provide a bottom line of cover three individuals have provided offers to lend substantial sums to assist with the restoration if needed. These offers were made before the coronavirus was known about. If you could offer to provide a loan of any amount you might specify for our General fund or the Restoration I can supply a form with details of the repayment period.
- ❖ One off donations – if you would like to make a one-off donation by cheque or even an advance on your offerings to assist our cashflow please post me a cheque using the payee and addressee details below.

Our bank details are –

Bank: Royal Bank of Scotland
Branch: 113 – 115 South Street, St Andrews, Fife, KY16 9QB
Sort Code: 83-26-28
Account name: All Saints Episcopal Church – St Andrews
Account number: 00104363

My contact details are –

Address: 8a Howard Place, St Andrews, Fife, KY16 9HL
Telephone: 01334 472358
Email: treasurer@allsaints-standrews.org.uk

My thanks to all who contribute so generously to our Church for your safety during this difficult time. Writing this article has felt difficult and indeed awkward but we must look to the future and that is the purpose.

Best wishes,

Ian Palfrey, Honorary Treasurer

Scottish Episcopal Church Response

As part of the ongoing response to the Coronavirus pandemic the Scottish Episcopal Church (SEC) will this Sunday (22 March) begin broadcasting video coverage of Eucharistic services via its website, social media channels and YouTube channel. The web page for the broadcast is located at

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

The first service, led by the Most Rev Mark Strange, Primus of the Scottish Episcopal Church, will be broadcast at 11am on Sunday, to coincide with when many people would normally be worshipping, if church services had not been suspended earlier this week.

The website will also contain a downloadable video and audio format of the service. A new service will be broadcast every Sunday on the SEC website, to allow all congregations to worship. We are aware that some congregations will offer their own version of online worship, but others will not have the means or resource to attempt this, hence this province-wide broadcast.

Churches in Scotland, including the Scottish Episcopal Church, have joined together to sign a letter commending the Call for a National Day of Prayer in response to the Covid-19 pandemic.

On Sunday 22 March, people of faith are being encouraged to light a candle and place it in their window at 7pm.

The letter, signed by the Primus on behalf of the College of Bishops, asks that we “join in prayerful solidarity with this witness”, describing the candle as “a visible symbol of the light of

life, Jesus Christ, the source of hope in this life". The announcement also appears on the SEC website at

<https://www.scotland.anglican.org/churches-join-together-in-call-for-national-day-of-prayer/>

and has been highlighted on SEC media channels.

INTERCESSIONS

Lent 4, 22 March 2020

IN PARTICULAR NEED

Debbie & Priscilla White, Eleanor Ross, David McLean, Anne Zweers, Priest, Steve Scott, Rory Duffy, Amy Cox, Robyn Seenan, Bill Scott, Priest, Samantha, Averil Taylor, Priest, Anne Clayton, Arlene Brown, Sandra Skeldon, Ashley Cummins, Priest, Joan Day, Ian Sadler, Charlie Mather

CONTINUING NEED

Lenora Mahoney, Ingrid Allen, Effie Keracher, Jonah & Chris Andrews, Gareth, Jenni & Rosalie Saunders, Kathleen Cummins, Charles & Thomas Ware, Ann Noltie, Lawrence Reynolds, Sally-Marie Gardner, Edie, Amber Blyth, Marie-Louise Moffatt, Priest, Joan Maines, Indira, Lilith, & Soren Daggett, Chesney Hill, Alice Bullough

RESIDENTIAL CARE

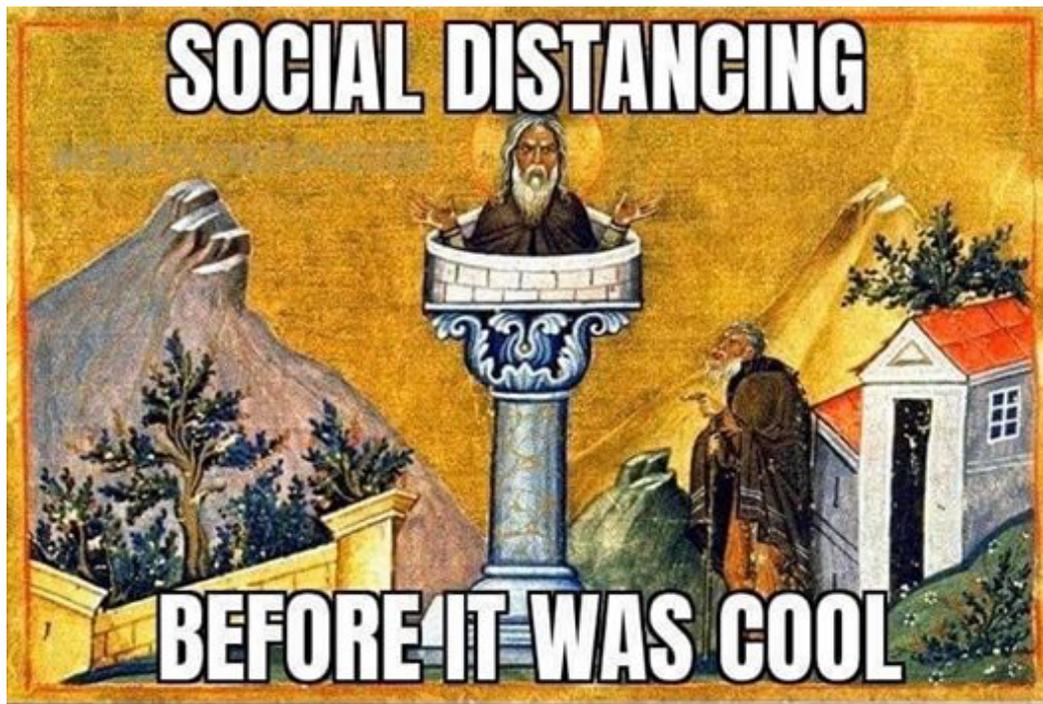
Catriona, Gina Buchan-Hepburn, Kitty Platt, Deacon, Fiona Ingham, John Armson, Priest, John Shillaker, Priest.

RECENTLY DEPARTED

William Neill, Priest, Sara MacRae

YEAR'S MIND

Robert Wesley Stuart Mitchell	22.3.1984
Margaret Nicholson	22.3.1927
Christina Isabella Stephens	28.3.1979
Douglas Arthur Reid	28.3.2006



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