



NEWSLETTER ❖ EASTER 7

Dear friends

Over the last year, my son and I have missed our weekly visit to the squash court on Tuesday mornings. Understandably, the fact that we are from the same family is not enough justification for the authorities to permit an indoor sport to take place. Edward has, of course, grown quite a bit during this time and he suggested last week that, when we finally return to the squash court, I will be the one winning the odd game every few weeks against his superior strength and fitness. Not being a stranger to trading the speed and strength of youth for the cunning and guile of experience, we shall see how it works out in due course.

Although the fascination with hitting small objects to make them go fast might bemuse some folk, I've always found sport an attractive pastime, particularly when both physical and strategic skills are involved. When I was young and more superficial, my prowess at sports was a mainstay of my self-esteem. However, not long after my return to an active faith, my eyesight began to deteriorate and, with it, my competitive edge. While I sometimes miss bowling cricket balls at a sufficient speed to make them hard to see, dealing with the resulting injuries - my own damaged muscles and batsmen's bruises and occasional broken bones - was rather less enjoyable.

Of course, many have found much more than their fitness and enjoyment removed over the past year: those for whom sport, music or the hospitality industry is a profession have often been forced to find other ways to make a living. And for nearly everyone there have been substantial challenges to our sense of well-being and self-esteem, and therefore cause to reflect on where we get those goods.

The Stoic philosopher-emperor, Marcus Aurelius, pondered these things in his *Meditations*.

Those obsessed with glory attach their well-being to the regard of others, those who love pleasure tie it to feelings, but those with true understanding seek it only in their own actions.

Christians must agree that seeking one's own glory is contrary to our calling to seek God's glory in all things, and to be overly dependent on reputation or prowess is also unwise. But to develop good habits in all our own actions - and to regularly review our motives - would seem to be sound advice, consonant with much of what St Paul wrote concerning the Christian life. In fact, Paul seems to have been familiar with Stoic teachings and introduces several themes to early Christian thought, from which they were to thrive in the development of monasticism, which flourished as the schools of Stoic philosophy declined.

Making it our delight to please God in all we do, cooperating with his creative purpose, and discerning and sharing the gifts he has so generously given us - whatever they might be -

these remain good approaches to the Christian life, and to do it whole-heartedly, especially in times of recreation or complete rest.

In St Paul's words to the Christians of Colossae, *whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him.*

– Fr Alasdair

SERVICES THIS WEEK

Sunday 16	0800 Mass 1000 Sung Mass 1800 Evening Prayer	Easter 7
Monday 17	0730 Morning Prayer 0800 Mass 1730 Evening Prayer	
Tuesday 18	0900 Morning Prayer 1730 Evening Prayer 1800 Mass	
Wednesday 19	0900 Morning Prayer 0930 Mass 1730 Evening Prayer 2100 Compline	
Thursday 20	0900 Morning Prayer 1215 Mass 1730 Evening Prayer	
Friday 21	0730 Morning Prayer 0800 Mass 1730 Evening Prayer	<i>St Helena</i>
Saturday 22	1100 Morning Prayer 1130 Mass 1730 Evening Prayer	
Sunday 23	0800 Mass 1000 Sung Mass 1800 Evening Prayer	PENTECOST

Audio recordings of selected services will continue to be placed on the website here:

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

Zoom Meeting Room

Wednesday coffee morning at 10.30am:

<https://us02web.zoom.us/j/6465967723?pwd=UWFqNlIp5M05LckFoRVBIUXhteHR6QT09>

Confirmation

The Bishop has been invited to visit All Saints' to confirm any who wish to make their commitment to membership of the Body of Christ in this way. If you are interested, please speak to the Rector, who will advise of progress with prising open his diary and fixing a date for the service.

Reserving seats

Please continue to email allsaints-seats@mail.com by Friday evening with your name and number of seats requested for the following Sunday's 10 am mass. If access to the internet is an issue, one of the church wardens (Fiona: 01334 479941 or Frances: 07931 722221) can reserve a seat for you.

Volunteers for Church Open Hours

Members of Vestry (the Trustees of All Saints') wish to resume opening the church each day ostensibly for private prayer but also for those who might like to come inside and have a look; people are naturally moved towards prayer in churches like ours, where tourists perhaps become pilgrims rather easily. While we are mindful of the amount of time that is involved for those who supervise these openings, it does seem an important thing to do when many churches remain closed.

Should you be willing to spend a couple of hours in the church every so often, it would be much appreciated. Sometimes several people come in during those hours, sometimes none; some are chatty, others are silent. However, the Government asks that we supervise the building and encourage people, when necessary, to observe protocols to minimise the risk of COVID-19 transmission taking place.

The church is now open **daily from 3–5 pm**. If you are able to help - once or twice a month would be splendid - you can use the online rota to book times here: <http://bit.ly/allsaintsopendoors>. Alternatively, if you would prefer to book a time by 'phone or email, please contact the Rector.

Giving to All Saints'

Our bank details:

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

Treasurer's contact details:

Mr Ian Palfrey
8a Howard Place, St Andrews, Fife, KY16 9HL
01334 472358
treasurer@allsaints-standrews.org.uk

INTERCESSIONS

In particular need

Debbie & Priscilla White, Robyn Seenan, Anne Clayton, Jeremy & Elizabeth, Elma, Jenny Bisset, Steve Scott, Samantha Thomas, Margaret Trimble, Malcolm Macgregor, Kirsty Wiley, Rita

Continuing need

Effie Keracher, Jonah & Chris Andrews, Gareth & Jenni Saunders, Judy, Ashley & Kathleen Cummins, Lawrence Reynolds, Edie, Alice Bullough, Joan Day, Catherine Rowe, Lori-Mark Quate, Rebecca, Beatrice, & Alexander, Dorothy Clark, Jay Sterling, David McLean, Regan, Florence & Harrison McMillan, Shelagh Brown, Alec, Kate Jennings

Residential care

Catriona, Fiona Ingham, Marie-Louise Moffett, Priest, Janet Reid, Ann Noltie

Recently departed

Brian Johnstone, Peter Kreglinger, Sheila Marsh, Collette Mignal

Year's mind

- 16/5 Wladyslaw Mikulski, 1998
- 18 Lawrence Buddo, 1935
Henry Gullen, 1940
- 20 Mary Kennedy Smith, 1943
Lily Coull, 1984
Wilfred Bennetto Currie (Priest), 1984
- 22 Joan Eileen MacDonald, 1997

Fr Alasdair Coles, All Saints' Rectory, 39 North Street, St Andrews, KY16 9AQ

01334 473193

alasdaircoles@btinternet.com