

1A7 Centre of Mission
St Peter's, St John's & St Cuthbert's Scottish Episcopal Churches
1st November 2020 newsletter

Collect 1st Nov

Almighty God, you have knit together your elect in one communion in the mystical body of your Son, Jesus Christ our Lord: grant that we may attain, with all your saints, the whole measure of the fullness of Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. Amen.

Psalm 34:1-10 New International Version - UK

I will extol the LORD at all times; his praise will always be on my lips. I will glory in the LORD; let the afflicted hear and rejoice. Glorify the LORD with me: let us exalt his name together. I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his holy people, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

1 John 3:1-3 NIVUK

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears,^[a] we shall be like him, for we shall see him as he is. All who have this hope in him purify themselves, just as he is pure.

Matthew 5:1-12 NIVUK Introduction to the Sermon on the Mount

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

The Beatitudes

He said: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

'Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Simon's Refection All Saints Day. 1/11. Math 5 v1-12.

Ever had one of those embarrassing days? You know the type of day I mean when you want the ground to swallow you up or you just wished you were still in bed and what you are experiencing is just a bad dream.

Well one such day was about this time of year and we were practising for the Remembrance Day Parade.

There we were the whole Engineer Regiment on Parade.

It's my turn now to do my bit as the Chaplain. Yes, the RSM [Regimental Sargent Major] has to make sure I know what to do and when so I get it right on the day of the parade. Well he calls me out and I march out in front of everyone next to the C.O. [Commanding Officer] As I'm marching out the



RSM suddenly rushes towards me stands right in front of me to stop me going any further. "Padre" he says, "Your flies are open and your shirt is showing and dangling. We don't want that now do we Padre."

Gosh I've never felt so embarrassed. Luckily enough the RSM had noticed it before anyone else had and I adjusted myself and did my flies up. Boy the RSM that day saved my bacon. A life saver and a saint. That day. I was so grateful I made sure he had a cream cake every day for the rest of that week. Plus a bottle of his favourite tipple.

So, what is a saint? I'm sure you can think of loads like, St Christopher patron saint of traveller's or St Anthony patron saint of things that are lost. Or even St Valentine or St Francis . The list is endless. If you travel down to Cornwall virtually every town there is named after a saint. Some are them are really obscure.

One that I like is St Vitus. He used to go dance all night long in the chapel praying that as he danced to keep the evil spirits away from those who were too ill to ask for God's help. And people got well again. He became the Patron saint of Dancers and Comedians. I wonder why.

I'm sure that you can think of people who you have met that you may regard as a saint. Someone who helped you out at a time of need.

Perhaps they have helped you out in your Faith journey. They may have done some great kindness to you that you have remembered and will hold on to for the rest of your life.

The thing is, a true Christian saint will always reflect God's love for God's people. Not only in deeds and words but in praying for others and for God to be with us in our world today.

In fact, just this last month the Pope is about to canonise a young English 15yr old lad who sadly died of a form of blood cancer. Why? What did he do? He used social media to contact other young cancer suffers and keep their morale up by just keeping in touch with them and encouraging them in their treatment and when at times it was getting them down, he would send an e card at just the right time to lift their spirits up. He would then pray for all these 200+ young people in private that God would help them through their suffering. He kept a recorded of everyone he prayed for next to his Bible. Never once said his father, when they prayed together did he ask God to help him with his own health. It was always prayers for everyone else.

So, what about today all Saints Day? Well we remember that we are all saints to God and its only right we take the time to remember all those Saints both living and departed for the help they have given to us over the years.

I wonder if anyone sees you or me as saints?

Gosh if they do then I've got a lot to live up to. But if I keep talking to God and asking him for help in making me a better person then I may be able to be a better person that I am.

Thank you all for being such wonderful Saints. Amen.



Intercessions for All Saints Day – November 1st 2020

Let us pray to God, whose saints have witnessed to his glory.

Everlasting God, we pray that your Church, built on the foundation of the saints, will be faithful to the teaching of Christ so that it reflects his likeness. Lord and Father, as you kindled the flame of your love in the hearts of the saints, give to us the same faith and power of love; that, we may benefit from their unselfish examples.

Lord in your mercy: **Hear our prayer**

Creator God, we pray for those who represent us in government both here and throughout the world, still struggling in the ongoing pandemic. May they be men and women of integrity, guided by a desire for public service and a love of the truth. We ask that they also be just and compassionate, so that all peoples may be led in the ways of righteousness and mercy.

Lord in your mercy: **Hear our prayer**

Father God, make us instruments of your peace. Where there is hatred, let us sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. May we not so much seek to be consoled as to console, not so much to be understood as to understand, not so much to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we awake to eternal life.

Lord in your mercy: **Hear our prayer**

Gracious God, in the Garden of Gethsemane you shared with everyone who has ever been afraid. You conquered fear with love and returned from death itself saying 'Do not be afraid'. In the light of your love death has lost its sting, and so has fear. Lord, may your love be the key that releases us from suffering and fear.

Lord in your mercy: **Hear our prayer**

Merciful God, give us the grace to follow in the footsteps of the saints, as they followed in the footsteps of your holy Son. Keep alive in us the memory of those dear to ourselves whom you have called to yourself, and grant that every remembrance which turns our hearts from things seen to things unseen may lead us always upwards to you until we come to our eternal rest.

Lord in your mercy: **Hear our prayer**

Faithful God, we thank you for the example of all the saints and as we go from our worship into the world help us to follow in their footsteps with courage and hope determined, like them, to do your work and live the Gospel of your Son.

Merciful Father: **Accept these prayers for the sake of your Son our Saviour Jesus Christ. Amen**



As part of the ongoing response to the Coronavirus pandemic the Scottish Episcopal Church (SEC) will be broadcasting video coverage of Eucharistic services via its website, social media channels and YouTube channel. The web page is located at www.scotland.anglican.org/broadcast-sunday-worship



For those who are not online the Archbishop of Canterbury has set up a Freephone Daily Hope service of hymns, prayers and readings. It is available 24 hours a day on 0800 8048044

Join Pip this week at Holy Trinity at <https://www.holytrinitymelrose.org/> and click on the link - Holy Trinity YouTube channel.

11.00am <https://www.youtube.com/channel/UCJkxEgnglnze4SeN4I54Ecw>

St John's Selkirk now has their weekly Sunday services on their YouTube channel, with several (different) familiar voices each week, music, inspirational quotes and images at <https://www.youtube.com/channel/UC9ITNAH6VHZkqM0NiH6Vt9w> available from 10am each Sunday morning..



11am to 11:30 every Wednesday morning.

<https://us02web.zoom.us/j/87979280424?pwd=UEJzRXk0UFpVcnJuaUVZTzJvaE92UT09>

Meeting ID: 879 7928 0424 Password: 023545 Host: Tim Hatton



Bible Studies hosted on Zoom - all are welcome. Wednesday 7:30pm & Thursday 10:30am hosted by John Marsden

Follow this link : <https://zoom.us/j/7538094986?pwd=Q0x4YVvk2b3Y5eEt0VkoXSOZWWVWxGUT09>

or use this information to open a Zoom meeting: Meeting ID: 753 809 4986 Password: 751474

IF YOU NEED SUPPORT

Priest in charge of St Peter's, St John's & St Cuthbert's Rev Simon Cake 07710523856

cakekands@btinternet.com

St Peter's pastoral support contact Monica Reynolds 01896 757114 monica@tempelstowe.com

St Peter's prayer support Muriel Lounsbach 01896 831418 gordon.lounsbach@btinternet.com

Tim Hatton (A7 Church Army) 07784872307 tim.w.hatton@gmail.com

St Cuthbert's pastoral and prayer contact Sue Crozier 01450 376499 susancrozier17@yahoo.co.uk

St John's pastoral and prayer contact Margaret Moyes mmoyes2@gmail.com



Life on the Costa Azahar (orange blossom coast) Spain

Sheena asked if I would write something about life in Spain during these weird times.

First I have to explain that we live in a small coastal town 125K north of Valencia. In winter there are less than 5,000 inhabitants but in the height of summer this more than doubles with Spaniards from the cities spending the long school summer holidays at family homes owned by the same family for generations. It is too busy for us at that time of year and this is when we return to the tranquillity of The Borders. The town is in the centre of an agricultural area where they grow tomatoes and melons in summer, the almond harvest takes place in September, the end of October sees the start of the olive harvest, together with the mandarins. Most likely the mandarins you are buying in the shops in The Borders will have come from the orange groves surrounding our town.



So you can see it is quite a rural area.

They did have a very strict lockdown for 10 weeks starting in March when only one person from each household was allowed to go to their nearest supermarket, where police were on duty checking your residence identification and you were only allowed to exercise your dog up to 50 metres from your home. A friend ventured 500metres from her home with her dog and was fined 600€. Things were extremely difficult. When it was your child's birthday, if you told the local police they would come outside your house and sing Happy Birthday. Children were only allowed outside in their garden if they had one during those 10 weeks. Most Spanish families live in flats in the cities.

At the moment things are far more relaxed but tightening as I write. If you venture outside your home you must wear a mask if you are likely to come within 2 metres of anyone. There is hand gel at all the entrances to shops, restaurants and public buildings. Most restaurants have outdoor terraces where you can eat. Up until this weekend 10 people were allowed at the same table, but now it is only 6, however it can be from any number of households. You are only permitted to remove your mask to eat or drink and can only be served at the table. We can visit each other's houses, up to a maximum of 6 people. This weekend the Valencian region has imposed a curfew from midnight until 6 am and no alcohol to be sold after 11.00pm. All nightclubs and discos are closed. This week the Government are hoping to pass a law that these restrictions will be in place for 6 months and allow each region more control of the curfew hours and movement of people between regions. At present they must renew the law every 2 weeks. There is definitely a more obvious police presence patrolling the area.

So comparing life in sunny Spain (yes we are still in shorts and T-shirt's) to Scotland at the moment we consider ourselves to be extremely fortunate to be living in this little haven where only 2 people have been recorded as having the virus and both had visited Paris at different times immediately prior to their diagnosis. Madrid is a completely different story where people are not supposed to cross the city boundary in either direction. Catalunya also have very strict measures in place. We are hoping that this Christmas we will be allowed to travel from our region down to Andalucia where our Goddaughter and family live and celebrate as a family, but this is still very much in the balance.

You are all very much in my thoughts and prayers at this difficult time.

Moirá

Since Moira sent this the Spanish authorities have imposed stricter regulations which will last for six months



Opening for communal worship from September.

St John's still has no date for getting back to using the church.

St Peter's 10.30am services on 1st and 4th Sundays will be Communion with Simon or other clergy. 2nd & 3rd Sundays will be Service of the Word. Thursday mornings will be a Said Communion service.

St Cuthbert's 10.30am services on 2nd & 3rd Sundays will be Communion, 1st & 4th Sundays Service of the Word. Wednesdays at 11.00am will be Said Holy Communion. Please remember to bring a face

covering to wear unless you have health issues and the service booklet and newsletter which contains the readings etc for the week.

WHEN YOU ARRIVE FOR THE SERVICE AT EITHER ST CUTHBERT'S OR ST PETER'S PLEASE BE READY TO FILL IN THE FORM FOR GOVERNMENT TRACK AND PROTECT. YOU NO LONGER NEED TO LET SHEENA KNOW IF YOU ARE PLANNING TO ATTEND



Communion for the Homebound

Home Communion is only available to those people can't come out or get to church for self isolation reasons. Please book through Sheena then Simon will contact to arrange a time.

Reserved Sacrament is still suspended until further notice due to corona virus restrictions.

Spiritual Communion

Here is a prayer that can be used at 10.30 on Sundays when Simon will be celebrating the Eucharist

For an Act of spiritual Communion, the following prayer -

My Jesus,

I believe that you are present in the most Holy Sacrament.

I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart.

I embrace you as if you were already there and unite myself wholly to you.

Never permit me to be separated from you. Amen.



Autumn by Dr Kathryn Mannix

The nights are closing in early, and the season of remembrance is approaching.

This beech tree hangs across the river near my home. Its leaves were afire in the glow of the setting sun this afternoon.

I noticed the breeze tug at tiny leaf-flames, separating them from the branch that had held them since they were buds at the year's beginning. I saw them draw golden circles as they drifted down into the water to be carried away. I watched them bobbing and pirouetting on the rushing stream until they were out of sight.

Those leaves will be riverswept, some for a few yards and some for many miles. A few may make it as far as the sea. All will give up their form, return to their elements, and give themselves back into the Circle of Life.

And so, in this season of golden leaves and baring branches, we remember our beloveds. Their laughter. Their smiles. Their familiar scent, their particular voice, the warmth of them, the way they made us feel. We feel blessed to have loved them and bereft of their presence.

Like the fallen leaves, they are bobbing and pirouetting, part of the great dance, giving themselves back to the Circle of Life. Breathe in their exhaled laughter. Relax in their always-given love. Weep the tears that speak of joy, and loss, and treasured moments.

We don't really need a season for remembrance, do we? We remember every day. But there is something beautiful about having a season that reminds us that we are the latest living versions of the Great Dance; that we have this time in the sun before we give ourselves back; that the very fact of our mortality makes every day precious.



Ethel's stall at Why Not? will start on Monday 2nd November.

As last year she is selling the items she has knitted over the past twelve months to raise funds for the Food Bank.



Dear Friends This coming Sunday - 1 November: All Saints and our Gift Day - we move from the Season of Pentecost to the Kingdom Season. I'm emailing the Kingdom Season booklet just now because I know some of you like to save it and/or print it for use Sunday by Sunday. I won't email it out again - unless you ask specifically for it! Margaret Moyes



Please remember Janet Stewart and her family in your prayers: her funeral (family members only because of Covid restrictions) is this Friday: 30 October.

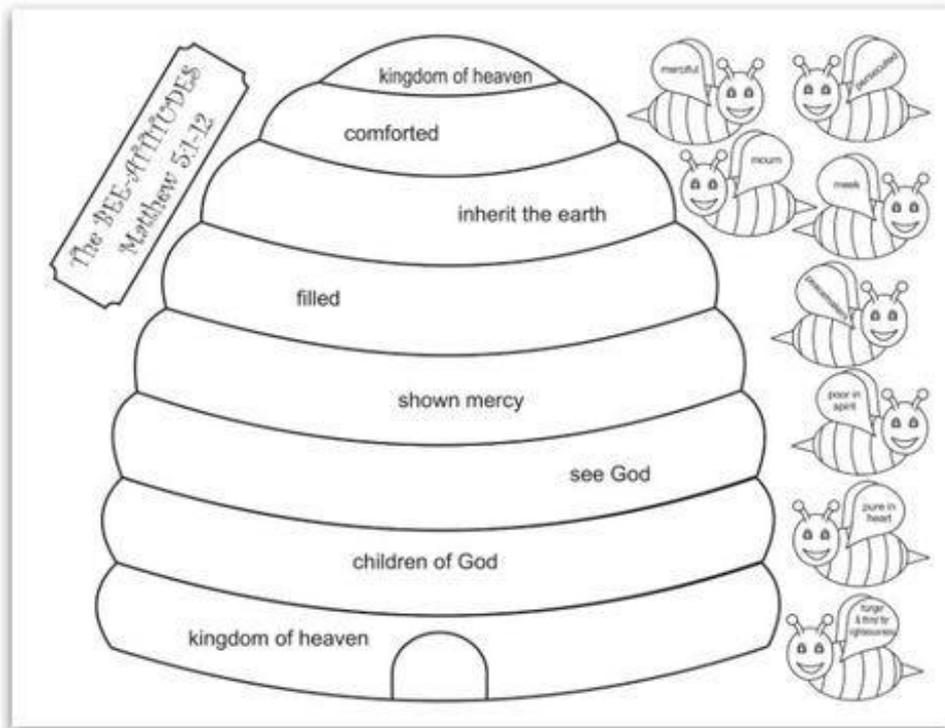
As some of you already know Miriam Scarlett died last week. Her cremation is on Thursday 29th Oct at 2pm at the crematorium. Her daughter, Helen has asked Mike & Monica to go to represent St Peter's.



As both Simon and Tim are attending the Diocesan Conference during 4th – 6th November there will be no midweek services in either St Peter's or St Cuthbert's

**Home
From
Hospital**

Just to let you know that Patricia Maitland-Cullen is back in her own home after a spell in Borders General Hospital



For the arachnophobes amongst you
Wipe down window and door sills and frames with orange peel or vinegar. Apparently spiders hate them both.
Or you could put several conkers along window sills and an other cracks that the critters can squeeze through



Lest We Forget



With restriction affecting sales of poppies this year why don't you go online to the Poppy Scotland website and buy something from them.

Also put a poppy in your window – I have attached one to the owl in my window (didn't have a small bear!)