

THE FISHERMAN'S LOG

St. Andrew's Anglican Church's Newsletter

May, 2011

Vol. II, No. 1



Alleluia! Christ is Risen!

a bon mot from jo+ – The Lord is Risen indeed! Alleluia! I write this during the great 50 great days of Easter. You might have noticed that we are not saying the confession again this year during Easter season. When asked, “Why is that?” I remind myself and all of us that our Lord Jesus Christ has just died again for our sins. We are forgiven. Yes, Jesus gave the authority to forgive to his disciples and through them to us. And so coming so soon after Easter, we need not confess what he has just forgiven. That is what we believe. That is how we live. Martin Luther said: “I preach as though Christ was crucified yesterday, rose from the dead today, & was coming back tomorrow.” Wouldn't it be wonderful if we could live like that? It is my prayer that we live like forgiven people – because we are.

What follows the season of Easter is Pentecost, the fiftieth day just exactly eight weeks after Easter Day, this year on June 12th. Our Lord promised that he would send us an advocate, and indeed the Holy Spirit came to be that advocate, our companion to uphold us until Christ comes back. You will notice that on Pentecost the hangings and vestments used in church are red – for it is the colour for the fire the Holy Spirit. We also use red in the church for Palm Sunday in anticipation of Jesus' death, to commemorate special days for martyrs and saints, and for the ordination of priests. This year the Sunday School children will be preparing a Pentecost banner to adorn the church with flames of fire to signify the tongues of fire that enabled all who experienced the coming of the Holy Spirit to understand one another even though they spoke in different tongues, in different languages. The beautiful diversity of the Christian church can be seen in St. Andrew's each week. We all come from very different cultures, different countries, and we have distinctly different customs, and yet we understand the love of Christ even though we speak different “tongues.”

Trinity Sunday follows on June 19th. The change in colour of the season will be to white to signify purity and holiness and is used for all high holy days including Christmas, Easter, baptisms, marriages, dedications, and at funerals as a symbol of the resurrection. We also use the colour white for Maundy Thursday for the institution of the Eucharist. The doctrine of the Trinity is expressed in Holy Scripture. Jesus instructed the apostles to “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” (Matthew 28:19, *See also* 2 Corinthians 13:14 and Hebrews 9:14). We understand that God is one divine being made up of three divine persons: the Father, the Son, and the Holy Spirit.

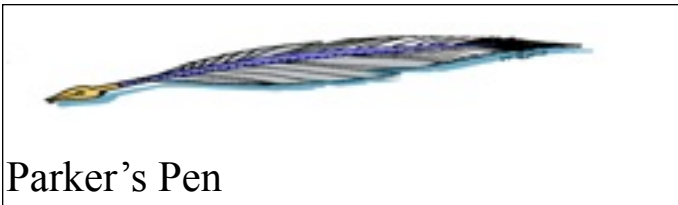
At this time of the year, we celebrate many of the seven greatest feast days of the church: Easter Day, Ascension Day, the Day of Pentecost, and Trinity Sunday. In the fall and winter we observe the remaining major feast days: All Saints Day (November 1st), Christmas Day (December 25th), and the Epiphany (January 6th). Interestingly, except for Ascension, the feast days we are in the midst of at this time of year always fall on Sundays, whereas the remaining three (All Saints, Christmas, and Epiphany) are fixed dates, although we often observe All Saint's Day on the nearest Sunday.

For the remainder of the season of Pentecost the church and I will be dressed in green to symbolize the renewal of vegetation and all living things and the promise of new life. From June 19th this year until the first Sunday in Advent on November 27th we will see the church through the lens of green, through renewal. May this be a time of renewal for the church, for St. Andrew's, and for each of us. If we lived like Jesus died for us yesterday, was raised from the dead today, and will return to us tomorrow, we can live as new people, as forgiven people who have experienced Christ's presence yesterday and will again today and tomorrow.

- The new church year began last Advent with the Blessings of the Tartans on the first Sunday of Advent. This was also the closest Sunday to St. Andrew's Day. Lloyd joined Jo at both services to participate in blessing the parishioners' tartans. Those who do not have a tartan of their own were pinned with a swatch of the plaid for St. Andrew's (The Earl of St. Andrew's). And three stoles made of that tartan were blessed.
- The Christmas Pageant was planned and organized by the Confirmation Class who had been meeting since September and were empowered to take this on as their ministry. These enthusiastic youth functioned as the narrators and readers for the all-congregation pageant while the younger children acted out the tableau.
- *Togetherness Tuesdays* that was proposed and planned by the Community Growth Committee has continued with great participation. *Chapter & Verse* on 1st Tuesdays has been engaged in a long-term study of Brian McLaren's *A New Kind of Christianity* and has completed that study. *Popcorn Study* engaged in DVD study on 3rd Tuesdays. And the *Out on the Town* dinner group met on 4th Tuesdays, and has gathered at SAIT's restaurant, Mexican, Thai, Greek and other restaurants to share tasty repasts and good fellowship. All of these community efforts take place in the evenings.
- "As an outgrowth of *Togetherness Tuesdays* a *Sandwich and Study* group has formed on at lunchtime on Fridays bi-weekly. They have taken up two books as their study.
- "Jubilation! a celebration of song and supper" has become a vital part of worship at St. Andrew's with a faithful following of participants. The music is lively, acoustic for the most part, and often with a jazz flare. The fellowship time over delicious meals has forged lasting friendships as well as fed our spiritual life in the church. The Jubilation Ensemble has led worship in the main service at 10:30 once with the hope of joining 10:30 worship from time to time again next fall.
- The Women's Group held their annual Christmas potluck dinner. Special guests in attendance were a representative from Aventa (the addiction treatment center for women the women's group supports each year with Christmas gifts) and members of St. Edmund's outreach committee.
- Christmas was observed with joy by everyone, from young to those of us who are older. All God's children participated and benefited from the Angel tree in the Narthex. Christmas Eve and Christmas Day services we welcomed visitors to sing in the birth of the Savior.
- On January 9th the Bishop of Calgary confirmed four of our youth who had been studying every week since early fall under the guidance of the priest and the youth coordinator. The confirmands met with Bishop over lunch the day before, fixed dessert for him, and got to know him better, and him them. There was one baptism

- and four confirmations for the Bishop's visitation.
- Our annual Pancake Supper was March 8th and the blueberry pancakes were exceptional as well as the traditional ones. Many former parishioners and friends came and enjoyed the fellowship of one last indulgent meal before Lent began. The children sneaked off with Jo to "bury" the Alleluia banner.
- During Lent each Sunday we had a meal together. The funds raised went to support the most recent Diocesan Refugee family. But the side benefit was our own as we shared fellowship over meals each week.
- A Lenten series with hearty soups and buns was offered again this year. The study was intentionally a light but engaging DVD study on laughter. Through tears and laughter we helped to care for one another in the discussions following this provocative film series.
- Holy Week was particularly moving. We began with Jesus being welcomed with songs and waving of palms, then the reading of the Passion acted out by everyone changed to the solemn tone of the week. 47 (including Elijah) gathered to reenact the Passover Meal at our annual Christian Seder with members of Holy Nativity joining us. Footwashing and reliving the first Eucharist followed on Maundy Thursday, Good Friday had a meditative mood with readings and silence followed by the annual pilgrimage to Entheos to walk the Way of the Cross, and finally Holy Saturday matins completed the Triduum, the three days that Christ was dead.
- At the Great Easter Vigil we had a number of visitors who with us enjoyed the new Fanfare for Three Trumpets written especially by our Choir Director to bring in the new light of Christ. We had a visiting celebrant as well with Jo's husband The Rev'd Jim Popham at the altar with her. Easter Day was joyous all around. It began with the organized chaos of the children digging up the Alleluia banner and parading it around the church, then the Easter egg hunt (the Easter eggs having been hidden by all of the 8 o'clock parishioners), the ringing in of the Alleluias, and the choir praying twice with their anthems. It was glorious!
- Over the past six months we have had two very entertaining and informative Parish Breakfasts. These are always well attended.
- The Col. Belcher corporate communion service has grown to 15 people, even given the loss of two of our St. Andrew's members. Ω

The Fisherman's Log is published bi-annually and is intended to capture the life of the St. Andrew's community. If you would like to contribute an article, please, contact the Editor.
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Parker's Pen

I actually look forward to Lent even though it is not an easy time. I think we all need to walk the walk with Jesus and his friends in remembrance of those last days. Perhaps because we need to feel the suffering in order to really appreciate the glory and hope of Easter Day.

At St. Andrew's we were given the opportunity to meet with each other at a number of services as well as the instructive Seder supper, and for me some were quite tough to handle. In particular the reading of Psalm 22, yet in thinking about it as a descriptive foretaste of the crucifixion my mind wandered into thinking that it wasn't the pain of the nails and hanging on a cross that Jesus had to suffer most.

Others were crucified the same day and many Christian martyrs have suffered even crueller and more painful deaths – what Christ had to endure was the disappointment of being excommunicated by God's chosen people, betrayed by a friend, denied by another, forsaken by all.

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For my Lenten reading I chose a book by a devout religious teacher called Father Andrew who has been called the greatest mystic of the Church of England of his time. One of the three founders of the Society of Divine Compassion, he wrote his daily meditations called Christ the Companion during the Second World War years.

In his Monday in Holy Week passage he talked of

plodding – a wonderful word rarely used today. He comments that it is often very delightful to begin in³ things, but very hard to continue in them. He mentions that many a disciple 'walked no more with Him' and prays that we may by plodding and ploughing continue in our walk.

In another passage Father Andrew commenting on 'Blessed is the man that endureth' (James 1: 12) says that it is often the length and monotony of the way rather than its steepness that makes the chiefest trial of life. It is going on going that is so hard.

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Over a year ago I mentioned with some excitement that I had been accepted as an Associate of the Brotherhood of St. Gregory. I will be forever grateful that I was shown the benefit of praying the daily office but my relationship with the BSG is over.

I found the organization so dreadfully bad in its communications and had already made contact with the Society of St. John the Evangelist (SSJE) while wondering how I could explain my reasoning without hurting anyone's feelings.

I was saved by a letter from the BSG telling me that the Council had voted to discontinue its Associate Program, as it could no longer serve the Associates in their personal spiritual journey and ministries.

SSJE is an Episcopalian order that live in community at a monastery in Cambridge, Massachusetts, and ministers in that area. It was founded in Cowley, Oxfordshire, by Reverend Richard Benson in 1886 and has a terrific website where you can follow the happenings of the

Society, watch the re-building of the monastery, read and listen to sermons, and receive its fine magazine. There are many members of the Fellowship of St. John in Canada but I may be the only westerner.

Of particular interest to me is that the Superior, Geoffrey Tristram, taught theology at Oundle School just down the road from where I grew up in Northamptonshire.

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I have a book by Lawrence Cunningham, Professor of Theology at the University of Notre Dame, but I have to pass it on to our learned friend Hugo Meynell as I have a problem understanding his English – never mind his Latin quotations. But one of the quotes I did like was that one of the defining characteristics of sin is that sin can be *forgiven*.

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“No earthly preacher of the Gospel ever practices what he preaches. He preaches what he longs to practice.”
Father Andrew.

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And we did have a good Lent. After one of our services Hugo said to me, “I feel really sorry for atheists at a time like this.”

CHAPTER AND VERSE

Several parishioners have met monthly since fall to discuss [A New Kind of Christianity by Brian D. McLaren](#). The author posed and examined 10 questions he considers the church must answer as it

heads towards 'a new way of believing'. The first part of the book focused on the Bible and how we understand it.

It was challenging to look at the Bible in a different way and to differentiate between Christianity as an institution and Jesus Christ and his teachings.

The book was certainly not an easy read, and one participant admitted that they would not have read it without the opportunity to discuss it with others.

Some aspects were discomfoting but we came to realize that we cannot grow spiritually unless we are stretched beyond our comfort zone.

The comfortable space and generous hospitality of Stephen and Gloria Ford helped develop trust and a spirit of love enabling us to recognize the spirituality of others with different ideas in an accepting environment and this was felt to be the most positive aspect of the widely ranging discussions that took place.

All are welcome to a discussion restarting in the fall with a new book yet to be decided. Suggestions? Please contact Stephen Ford for more information

St Andrew's Church, Calgary. 2007



METAPHORS IN THE BIBLE

By Mathew Zachariah

Several years ago, I wrote an article about the two metaphors that tend to dominate in the scholarship and practice of education: the child as a tender plant that needs careful nurturing and the child as clay that needs repeated, firm moulding. The article was published in *Comparative Education Review* (1985), the leading journal in my specialized field.

Since then, I have been especially interested in the way metaphors and another figure of speech; similes (sibling to metaphors) are used by the authors in the Bible. Metaphors, let us recall, compares one less familiar thing to another more familiar thing in a way that assists our understanding. We use metaphors explicitly and implicitly more often than we know. For example, the sentence "I have invested a lot of time in him" carries a hidden metaphor that says time is money. Authors of the books of the Bible have used to different kinds of metaphors, which we need not go into here. They have struggled to depict God, an abstract entity, in familiar terms, for example, as our refuge (Psalm 7:1), as rock (2 Samuel 22:3) and as Father (2 Corinthians 1:2)

Let us look at a very familiar metaphor: God as a shepherd, as in "*The Lord is my shepherd.*"

This is a powerful metaphor that comforts us even though we have probably never seen a shepherd or even seen sheep grazing in an open field. In Alberta, would it make more sense to say that the Lord is my cowboy? Doesn't sound quite right because "cowboy" does not connote the same meaning for us that we have been taught as Christians to associate with the notion of a caring shepherd.

Let us see how David, as psalmist, carries the metaphor of the shepherd through the short, beautiful twenty third psalm. In the first four verses, David compares God as one who makes him lie down in green pastures; leads him beside still waters; takes him to the right paths; provides solace in the darkest valley, and, whose very rod and staff give him comfort. Then, David does not stretch the

metaphor of the shepherd, which may have compromised its ability to help our thinking. Instead, he switches metaphors to show how God is a gracious (almost human) host who lives in a house and shelters David from enemies and takes care of him. David is also careful not mix metaphors and cause confusion to the reader or listener as if I say Jesus is clay that washes our sins. Metaphors also change. The sentence "His prayerful hands on my head sent a shock wave through me," would not have made much sense before we knew about conducted electricity.

Metaphors, with their seductive powers can also mislead us, unless we are careful. If God is my shepherd, then, by definition, I am a sheep. What does a shepherd do with his flock of sheep? He will milk some of them or shear them for wool or sell them to be slaughtered for their meat. In these instances, the metaphor of God as shepherd or us as sheep is no longer useful.

Knowing the limits of metaphors means that we should not be stretching them or mixing them up beyond their capacity to clarify an idea or concept for us.

I learned much about the nature and limits of metaphors from a short, brilliant 1980 book by George Lakoff and Mark Johnson, *Metaphors We Live By*, University of Chicago Press. (598 words)

Marg and Don Bryant

Marg was born in Winnipeg, Manitoba, the youngest of 4 children. Her father, in his younger years, was in the Merchant Marines, eventually becoming a Business owner, furniture finishing and upholstery. He passed away in 1976. Her Mother, in her younger days, worked in the retail business. Her skills, besides being the best Mom in the world – were as a seamstress, making wedding formals, quilts and untold baby outfits. She was always working on a project and when she passed away in 2010, she was working on a project for her children. Marg has 1 sister, Dorothy who is the oldest of the bunch, and 2 brothers – Bob who lives in Gimli, Manitoba and Wayne, who resides in Calgary. All of Marg's schooling took place in Winnipeg and its outskirts. She attended many schools throughout her elementary years and then Jefferson High School for Grades 7 through 9 – and Garden City Collegiate for Grades 10 to 12. Marg moved to Calgary in 1980 and has been employed in the oil and gas industry ever since. She became a member of our congregation in 2005 when Don introduced her to our church family. She was delighted then, and still is with St. Andrew's.

Don was born in Bath, England, coming to Canada at the age of 4 years. He was an only child. His father was a drill instructor in the Royal Air Force in Britain for 26 years. After the family emigrated to Canada, he worked for the Department of National Defense for 21 years. Don's Mother was employed as a bookkeeper with the Alberta Treasury Branch and later, with the city of Medicine Hat. He attended school mostly in Medicine Hat – and had 2 years in Fort Churchill, Manitoba. Family ties had brought the family to

Medicine Hat. Don's maternal grandparents lived there and all of his mother's siblings were in Western Canada. If they had not come to Canada they would have settled in New Zealand. Their loss and our gain! Don made Calgary his home in 1975 and spent his first 4 years here in Banking, then moved to the oil and gas industry and has worked for 32 years in that industry. He became a member of our church family in 2004 when he followed Mark Loyal from St. Peter's parish after he took over as Rector of St. Andrew's.

Marg and Don truly love being members of our congregation. They have a feeling of belonging, as if they have been members for many years. They feel that it truly is a family. Don has attended a number of churches throughout his lifetime and, more than any other, he feels that St. Andrew's is a family – not just a congregation. He felt that family atmosphere from the very first service he attended in the way that he was welcomed by Lloyd Northcott and Ernie Marsden.

Marg feels blessed to have 2 beautiful daughters. They are both young women now – Kimberley is 26 and Alice is 23. Marg says they are the greatest gifts she has ever been given and that being a mom is by far the best job of all! Don is thrilled to say that he has 2 beautiful stepdaughters – Kimberley Alice and Alice Kimberley. That's right – they have each other's names. Unique isn't it?

Marg enjoys travel, knitting, working in her rock garden in the spring, and reading, especially mysteries. She taught Sunday school in a small Anglican church in Winnipeg. She is an administrant of Holy Communion,

a member of the Altar Guild, and we all know how hard these ladies work to keep the church beautiful for us, and she has also taken part in the scripture readings. She has joined the Prayer Chain and is a very valued member of this group. Marg is also an active member of the Diocese of Calgary Cursillo movement and at one time held the position of Secretary of the Secretariat Board of Directors for Cursillo for 4 years. She also enjoys surfing the net and is always learning something new. If she ever wonders about anything she simply looks it up. Marg enjoys doing crossword puzzles to keep her mind challenged and active.

Don also enjoys travel, photography, and spectator sports – especially CFL and NFL football and NHL hockey. He was a member of the Eastside City Church choir several years ago. He is currently the Treasurer of our church, the chair of the Parish Breakfast Committee, Chair of the Worship Committee, takes his turn at Scripture readings and leading the Prayers of the People. He is extremely active in the Diocese of Calgary Cursillo movement, is a board member of the Management Committee and National treasurer for the South American Missionary Society in Canada (SAMS Canada) Don is a voracious reader and typically reads 3 or 4 books at a time - pretty much every genre of fiction and non-fiction. He enjoys gardening and loves to putter around in the flower garden during the summer. Don is a member of 2 Christian Men's groups – one group meets weekly in different member's homes and the other group meets every second week at the Kensington Pub. These are 2 very active and busy people!

Marg and Don have an interesting story of how they met. They actually worked for the same company for over 30 years. Don has since moved on to another company. They had known each other since about 2000 when they were co-workers on the same floor. In 2003 Don invited Marg to join him and 2 other co-workers to form a prayer group once a week during their lunch hours. Marg jumped at the opportunity to have a chance to be with other Christians and communicate their love of the Lord. In January of 2005, Don asked Marg if she would be interested in attending Cursillo and her answer was an enthusiastic "absolutely!" Don sponsored her with her gift of Cursillo and what a gift it was. From there their friendship developed and the rest – as they say – "is history." They now have been happily married for almost 5 years and are each other's best friend. We are so fortunate to have these dedicated people in our family. Don does such a great job of the Parish Breakfasts and it's always a blessing to receive the Sacraments from Marg. We hope that they will continue to bless us with their presence for many more years to come.

Helen and Ralph Perry

Helen Perry was born in England, in the county of Kent. Her father worked for South East Gas Company as Sales Manager, and her mother was a homemaker. Sadly, they both died very young, her father at 52 and her mother at 44. Helen had two brothers, John, who was the eldest, and a younger brother named Richard. She went to school in England and took her nurse's training and also qualified as a midwife before emigrating to Canada in 1957 on her way around the world. Those plans were changed however, when she met a handsome young man named

Ralph in Calgary. Helen worked at the Holy Cross Hospital on her arrival in Calgary. She joined our Church family in 1973.

Ralph Perry was born in Veteran, Alberta. His father was a farmer, then grain buyer for the United Grain Growers. He lived to age 79. His mother was a homemaker and lived to age 97. He has 1 older brother, Lewis. Ralph went to five different schools in small towns in Alberta. He attended the University of Alberta for his DDS. Ralph served for 3 years in the RCAF university reserve squadron and 7 years in the Army regular force between the years of 1949 and 1959. He moved to Calgary in 1962 and became a member of St. Andrew's congregation in 1973.

Helen and Ralph were married in 1959 in St. Stephen's Church in Calgary. They moved to Killam, which is east of Edmonton, after Ralph left the army to set up his dental practice. In 1962 they moved back to Calgary. Joan Wing invited Helen to attend St. Andrew's Church and on the first day of attendance Ted Clark and Ted Weare greeted her on the doorstep. Ralph and their children began to attend as well. They found the congregation friendly and warm, and were glad to join such a small, welcoming church. Helen and Ralph are both concerned that parishioners are leaving our little family at such a disconcerting rate. They fear that St. Andrew's may not survive this attrition.

Helen and Ralph have 4 sons – all of whom were confirmed at St. Andrew's Church. Over the years they have played trumpet, saxophone and clarinet for some of the services. Robert was in the junior choir with Robert Kaplan and Jeff Stewart. Ralph and Helen don't know how Maureen Marson survived those 3! All of their sons were in Christmas pageants and were servers at St. Andrew's. They are all now married men and have presented them with 9 grandchildren – 5 girls and 4 boys.

They live scattered across Canada⁷ in Toronto, Ottawa, Vancouver and Calgary.

Helen's hobbies include Girl Guides, bird watching, entertaining, gardening, aquacize, reading, Sudoku, crossword puzzles, knitting and crocheting, emailing friends, watching mysteries on TV and visiting the family. She has been on the Vestry several times and is serving on it once again now. She was Rector's Warden for 2 incumbents, Ted Clark and John Pilling. Helen has assisted at numerous bazaars and teas, they have both helped to decorate the Church with prickly spruce boughs at Christmas many times, helped varnish the pews one year, ran in many races at the church picnics. They both entertain us royally at the Pub Nights, Helen doing her amazing Gracie Fields impressions and Ralph playing the piano. Helen occasionally makes coffee for our after church get-togethers, she reads the lessons, was a prayer leader for a while and the coordinator for the greeters group. She belongs to the Girl

Guides, a walking group, is a volunteer visitor to refugee family for the diocese. She is also a member of the Knit and Pray group and has made several beautiful prayer shawls. A very busy lady!

Ralph's hobbies include music – he was our Church organist for over 10 years, and as a former member of the choir during that time I can attest to how gifted he was – not to mention a barrel of fun!! One Christmas during one of the special services there were Christmas trees lit up, lights on the garlands gleaming brightly, just too much light on the subject. The result of all this lovely lighting was that when Ralph turned on the organ to begin playing – the entire church was plunged into darkness! He remained cool though and in due time all was well and he proceeded to play beautifully. Ralph has been a delegate to

Synod twice, and as Bishop's man, a specially appointed delegate to Synod by the Bishop, who was Bishop Goodman at the time. Ralph is a member of the Royal Alberta United Services Institute, and the Monarchy league. He enjoys music very much and plays the piano for several small groups, reads, travels, watches TV, and plays National Trivia Network.

Together Helen and Ralph have traveled to England many times and visited many other countries including Peru, Tunisia, Egypt, Italy, Spain, Germany, Yugoslavia (as it was known then) Turkey, Greece, New Zealand, Thailand, Cyprus, South Africa, France, etc. They both feel very fortunate to have been able to do all of this traveling. So maybe Helen's dreams of being a world traveler when she was a young girl have come true! Those of you who saw "Murder at the Manse," our mystery play a few years ago, will

remember Helen as the concerned Choir Mistress, and Ralph as the caretaker who climbed up on the leaky roof from time to time. They have always been willing and eager to do whatever needs doing to help in the church. Ralph has an amazing talent as a pianist and organist and it was great fun to be in the choir when he was in charge. There was never a dull moment I can assure you. We are all very lucky that they chose our church as their home base and we hope to see them here for many years to come.

WHO ARE THE ALONGSIDERS?

The Alongsiders is a program of the Anglican Cycle of Prayer that aims to involve those who can no longer count on worshipping regularly in the life of the church. They may be cut off from the mainstream of activities by infirmity, age or isolation.

An Alongsider has a prayer life and is encouraged to develop that. By offering praise and prayer they add to the prayer life of the parish and that is their gift to the church. They may be 'shut in' but they are not 'shut out'.

At St Andrew's each Alongsider is contacted every few weeks and given an outline of what prayers will add to the intercessions of the Sunday services. In particular prayers are offered for parish needs and ministries. In this way the Alongsiders are a vital part of the parish, as their intercessory prayers can become a major source of spiritual power working 'alongside' the rest of the congregation.

At present we have four Alongsiders and if anyone feels that this ministry might be for them we would love to have more. Additionally it would be ideal to

have a 'prayer partner' for each Alongsider. Such a person would maintain regular contact with the Alongsider and take them the prayer focus every few weeks. If anyone is interested please contact the coordinator, Susan Chivers.

Lord, help me to live this day

quietly, easily,

To lean upon your great strength

trustfully, restfully,

To wait for the unfolding of your will

patiently, serenely,

To meet others peacefully, joyously,

To face tomorrow confidently, courageously.

*Ascribed to
St Francis of Assisi
(1181-1266)*