



Eagle

The magazine of the Church of St John the Evangelist
Forfar

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£5 per annum or 50p monthly



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Communication

As well as our own website address for St John's www.stjohnsforfar.co.uk you can also find information at the following on-line resources:

Inspires Online <https://www.scotland.anglican.org/who-we-are/publications/inspires/>

Inspires Online is the free e-newsletter from the Scottish Episcopal Church – to subscribe please use the address above and then the sign-up box on the footer of that page.

Pisky.scot – <http://pisky.scot/> This provides the latest in thinking and discussion within the SEC. Previously Inspires Magazine offered a forum for information, discussion and debate. Now pisky.scot allows for that same conversation to be held more publicly and with the invitation to comment and get involved.

Diocesan website address <https://standrews.anglican.org/> – from there you can access all the Diocesan resources and subscribe to the Diocesan e-newsletter.

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A plea from our Treasurer, Roger writes:

£££ NOTE FROM THE TREASURER £££

As we are all aware the coronavirus is affecting our daily lives in one way or another. The same goes for St John's, all services have been suspended until some time in the future and the activities held in the hall have ground to a standstill. This means we have no rental income from the hall, no collections from the services, reduced income from our investments yet the bills will still come in (quota, salary, insurance, council tax etc).

In these challenging times the need to continue the support to our church is vital and ideally the weekly giving needs to be maintained. A simple way to do this would be to set up a standing order with your bank in favour of St John's for your monthly contribution. The details you will need are as follows:

Bank of Scotland

Account name: The Vestry of St Johns Episcopal Church

Sort code: 80 – 06 – 77 Account No.: 00928929

At the end of all this the church will still be standing serving the needs of Forfar and we will get back to a more normal way of life. In the meantime your help in this matter would be appreciated.

Roger Cousins

Some banks may accept telephone instructions but if your bank doesn't, internet banking is a good option or alternatively, a short letter addressed to The Manager of your bank instructing that a Standing Order be made from your account for your chosen amount and on the day of each month most convenient to you.



Communication

In these difficult times we have all had to make changes to our daily lives, not the least of which is the way that we communicate with each other. This applies to us here at St. John's just as much as, and possibly even more than, many other groups or organisations. The Eagle has for many years been one of the main sources of distributing news and information; traditionally this has been as a printed copy, although thanks to Richard a copy has in recent years been added to the St. John's website.

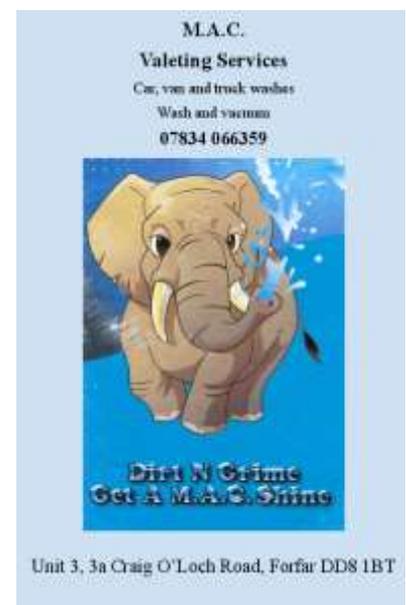
I am sure you will understand the reasons for temporarily ceasing production of the printed version of the Eagle, but rest assured that work goes on to keep your magazine alive and well, even if only in its electronic version for the time being. Where everyone who receives this version can help, is to maintain contact with any you know who do not have computer access, or possibly, dare I say it, computer know how. If you can, without putting yourself at risk, print a copy at home and perhaps leave it on the doorstep of a friend from our congregation, that would be a great help and also help to keep our community spirit alive.

For those of you who kindly deliver a copy to our advertisers, please explain if asked, the reason for the absence of the magazine in printed form, but please only do this if it can be done in the normal course of your activities and without increasing risk to yourself.

When we do eventually reach a time when all this is behind us, I promise there will be a bumper edition of the Eagle, in print!

Stay safe,

Gordon



Yet Easter WILL come!

This will be the strangest of Easters. No doubt with many of my clergy colleagues, I am beginning to plan how to meaningfully provide services throughout Holy Week and Easter. Hopefully by the time you are reading this I have managed to deliver short Sunday services online. It's not something I had ever anticipated doing and I'm equally sure you hadn't thought about the leap from watching 'Songs of Praise' on the television to viewing something via the computer or mobile device tailored to the congregation of St John's – and only some of that congregation because the majority of our local church community have not embraced that part of our modern life. We hold everyone in our prayers.

Whilst our lives are fractured by Covid-19 other things continue. Farming life carries on, the cattle are out from the barns into their grazing pasture, lambs are born, fields are planted. My morning walks are testament to that assurance. As I walked a few days ago I was struck by the lambs looking out from the feeding station. Bars, often thought by us as reducing our freedom, in the feeding station give privilege and sustenance. They protect their future. At the moment, our homes provide shelter, not only from the elements but also from a circulating virus. Shielding, self-isolating, social distancing – words we recognised, meanings we have come to learn. We often turn to the psalms in times of difficulty. Psalm 91 expresses the hope of our faith. We anticipate too the hope brought by Easter. However you celebrate it, have a very blessed Easter.

With love

Elaine

Psalm 91

You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, "My refuge and my fortress;
my God, in whom I trust."
For he will deliver you from the snare of the fowler
and from the deadly pestilence;
he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
You will not fear the terror of the night,
or the arrow that flies by day,
or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only look with your eyes
and see the punishment of the wicked.
Because you have made the Lord your refuge,
the Most High your dwelling place,
no evil shall befall you,
no scourge come near your tent.
For he will command his angels concerning you
to guard you in all your ways.
On their hands they will bear you up,
so that you will not dash your foot against a stone.
You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.
Those who love me, I will deliver;
I will protect those who know my name.
When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.
With long life I will satisfy them,
and show them my salvation.



Your church needs you

The Administration Board is seeking new members and would like to try to regain a balance of clergy and laity, and of gender, on this Board.

The Administration Board areas of responsibility are:

Finance, Personnel, Governance.

Administration Board members attend a meeting once a month in the Diocesan office. The meetings will normally not last any more than two hours.

Membership of the Diocesan Administration Board requires no professional qualification, just any relevant experience or interest. If you think you would like to volunteer your time and experience to this Board please contact the Diocesan Office on 01738 580426 or email bishopsec@standrews.anglican.org

**Diocese of St Andrews, Dunkeld and Dunblane
Administration Board Members
Job Description**

Tuesday Club - 10th March 2020

Radio Lollipop - Irene Duncan

What is Radio Lollipop? It is a non-profit organisation and registered charity run by volunteers. They are based in a hospital radio station providing music, arts and crafts, toys and games on the ward to provide care, comfort, play and entertainment for sick children when they need it the most. Why Lollipop? Irene explained it had nothing to do with any confectionery, but was the shape of the retro radio microphones in days of yore.

Radio lollipop was founded in 1978 in Surrey, and the first on-air took place in 1979. There are now 32 Radio Lollipops world-wide – South Africa, New Zealand, Australia, United States and the United Kingdom, which now has 10. The Ninewells Hospital, Dundee 'branch' began in 2005 and is where Irene is based as chairperson.

The team of volunteers receive full training and work closely with nursing and medical staff, and hospital admin. staff to create fun, friendship and support for each individual patient, and also their siblings and parents. Many of the volunteers are medical students, and all make a positive difference in the lives of children. Other volunteers are in fact some who have been a patient in Ward 29, the children's HDU, or are a parent of a child who has benefited from the service. Radio Lollipop runs every evening from 6 to 8pm and Irene has a vast team of volunteers to cover this, although she says (tongue in cheek) rarely do the students 'work' on a Friday night – they are already out on the town by 6pm! Play is one of the best therapies for children recovering from illness according to a leading paediatrician. Radio Lollo-

pop too believes in the healing power of play – providing smiles and laughter to children at a time when they need it most. Through play, a happy child can respond faster to treatment.

As a charity, funding is always required to buy toys, records and playroom equipment such as drawing materials etc. and it was with great pleasure that a cheque for £200 was then presented to Irene on behalf of the Tuesday Club members.

Elaine gave the vote of thanks, and while a question and answer session took place, Polly, oops, Carol put the kettle on!!!

Carol

Please note that the Tuesday Club meeting scheduled for 14th April has been cancelled and the AGM scheduled for 12th May is likely to be postponed. Further information will be available later.



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PILGRIMAGE
to the
HOLY LAND



4th to 11th NOVEMBER 2021



**In the SEC's Year of Pilgrimage 2021
pilgrims are warmly encouraged to join a
Diocesan Pilgrimage to the Holy Land, led by Bishop Ian**

We will stay in Jerusalem, Nazareth, Tiberias and Bethlehem and visit holy sites such as the Sea of Galilee, the Garden of Gethsemane and the Church of the Nativity. We will also meet local Christians, together with people committed to peace and justice, involved in the religious and political life of Israel and Palestine.

**If you are interested in this Pilgrimage or have questions about it,
please contact: office@standrews.anglican.org 01738 580426**

[Elaine also has more details for anyone who might be interested](#)

Quiz Night

Despite mounting fears regarding COVID 19, a healthy number of St. John's congregation and their friends and families turned out to attend the annual Quiz Night on Friday 13th March. Far from being unlucky, this was not only the last of its kind to be organised by experienced and talented Quizmaster – Douglas Burt, but also the last public event to be held by the church before the country went into almost total lockdown the following week. About 36 people participated. These were organised into 6 teams, with one table left vacant for those who felt the need to self-isolate!

As usual, Douglas had prepared a varied and demanding programme. There were seven rounds. The first was a sheet of word puzzles, to be completed by each table during the first half of the evening – I found this the hardest! Round 2 involved a selection of “ – ests” – largest, nearest and so on. Round 3 was “Sport and Leisure” – always my worst. Round 4 – “Arts, Music and Film” – my favourite. Round 5 – “History”, round 6 – “Natural Science” and round 7 “Pot Luck”. It was also possible for teams to choose a “bonus round” in which they could score double points.



The questions were wide ranging, from:
“Which planet in the solar system is nearest to the Sun?”
“Which country has the oldest written constitution still in use today?”
“Who was Margaret Thatcher’s favourite Willy?”, and
“What is the flower that lies between the hills?”
(Answers at the bottom of the page.)

The resulting scores were extremely close, ranging from 53 to 41. This demonstrates that the congregation of St. John's has a high level of general knowledge, but we all know about the same things!

The highlight of any Quiz Night is of course – the food! This was characteristically delicious – thinking hard always makes you very hungry. Pat made a creamy Stroganoff and Barbara the vegetarian option which was an excellent quiche. Accompaniments were rice and the most amazing chips! Even though I am calorie- counting (Lent notwithstanding) I was tempted to a second helping.



The enjoyment of the evening was made possible by the many others who worked behind the scenes – serving drinks, clearing tables and washing up. Anne Hawkes ran the raffle, which is always popular, and many generous prizes had been contributed. The evening was a huge success and made £650



to-
wards
church
funds.

The only cloud on the horizon is that Douglas and Barbara will soon be leaving us. We have enjoyed five successive years of quizzes organised by Douglas. Apart from the funds raised, the Quiz Nights have been fascinating and have provided an opportunity for church members to welcome and get to know many new people. Our thanks to Douglas for all his hard work – he will be a hard act to follow – but I am sure I am not the only one who sincerely



hopes that someone will!

Lynne Topping (24/03/2020)

Answers: Mercury, USA, William Whitelaw, Lily of the Valley.

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This may bring memories of more peaceful times—St Margaret’s in the sunshine.

Stay safe all.

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The Diocesan Synod - 7th March 2020

After coffee, Synod business started with prayers at 10am in the Chapter House. Firstly Bishop Ian talked about his Lent Appeal for 2020 which would help Aberlour and St John's Hospital.

Year 2021 is our designated year of Pilgrimage. There are many ways of making a pilgrimage and one is a journey with a spiritual purpose often to a place of spiritual significance, sometimes as an act of prayer on behalf of someone else. It can be done in many ways, by making a physical journey to stepping away from everyday life for a short time. It can even be done at home by those who cannot travel.

The Province is organising several pilgrimages: 11 days in the Holy Land (from 10-21 April 2021), 7 days in Orkney from 16-21st May 2021. There is an Iona youth pilgrimage and the Taize Young People's Journey to Trondheim, Norway for the 25th anniversary of the Porvoo communion between Lutherans and Anglicans.

Congregations are also encouraged to plan their own pilgrimages using one of the tours now available and have opportunity to welcome those already on the journey and to help them along the way. We also encourage all those with pilgrimage plans to distribute their own spiritual well-being.

Bishop Ian also links the Arunima Hospice Appeal in Brazil to help the 38 children living there (all are infected with HIV). Likewise, the Casa Noeli refuge in Ariquemes, Rondonia Province, Brazil. Today the refuge helps around 150 women a year suffering from AIDS.

We then moved on to reports from various Boards and Committees. Firstly we had reports on mission and Mission Board, the general Administration Board for the year and budget of 2019/20.

Next were reports from the Diocesan Committee with:

1. The Diocesan Buildings Committee
2. The Global Partnership Group
3. The Gathering Group
4. The Young People Network and the Glen Young People's Music
5. The Pilgrimage Group
6. Communications Group

In addition, after the Glen there will be a camp for children at Glenalmond School.

After voting to create honorary lay canons, reports came in from the Area Councils, including ours, but there was not much to report for last year. However, plenty is planned for 2020.

PVG (Protection of Vulnerable Groups) Safeguarding includes more than work with children and young people. It includes work with vulnerable adults. This safeguarding message is for everyone in the Church. Vestries are responsible for making sure that all people are aware of the system. Mr Robert Nellist is the co-ordinator for the Diocese and is the person for our officer, or indeed any of our vestry members, to contact in the first instance.

Mr Nellist thanks all the PVG coordinators for their roles in 2018-19, Bishop Ian and the standing committee and the Bishop's PA for their valuable support.

Mothers' Union. Yes, we are valid in this day and age, although we have a wider remit now. We have funded two getaways. Work is continuing in prisons, donating underwear, socks and colouring books to women, and donating handbags towels for the women when they leave. We contribute towards those in need often via Homestart. The MU is here to help as part of the Church and although may be limited by age or lack of transport, we are willing to respond if asked. Remember age is no hindrance to praying.

Elections to Synod. We were given all the figures pertaining to the Diocese audit, and it was noted that there was in place some monetary help for the refurbishment of our Churches as long as the Quinquennial Report was in place.

This was a vibrant Synod indeed and Bishop Ian spoke long and eloquently and gave us very thorough reports. We are all inspired by him and know we are part of a vibrant moving church full of vigour, enthusiasm and love.

Marion Walker



Nice view. Guess where?

URGENTLY NEEDED Volunteers to Combat COVID-19

Working with local Health and Social Care services, Voluntary Action is seeking to recruit many locally based volunteers to help with the impact of the Coronavirus COVID-19. Volunteers will receive rapid training and support to undertake a number of tasks including:

- Delivering food and prescriptions**
- Telephone Befriending**
- Combatting poverty**

help is urgently needed. You will be supported locally supported by our central contact service. Let's show Angus what we can do.

Please sign up to help in your local area on voluntaryactionangus.org.uk/coronavirus

For more information contact

Gary Malone
gary@voluntaryactionangus.org.uk

Hayley Mearns
hayley@voluntaryactionangus.org.uk

SOME WORDS FROM JULIAN OF NORWICH 14TH CENTURY MYSTIC.



"... In this last word (Jesus) says with complete assurance - and he means us all -- "You will not be overcome". All this trusting in the real comfort is meant to be taken generally, for it applies to all my fellow Christians, as I have said before. It is God's will.

This word, "You will not be overcome" was said very distinctly and firmly to give us confidence and comfort for whatever troubles may come.



He did not say, "You will never have a rough passage, you will never be over-strained, you will never feel uncomfortable", but he did say, "You will never be overcome".

God wants us to pay attention to these words, so as to trust him always with strong confidence, through thick and thin.

For he loves us, and delights in us: so he wills that we should love and delight in him in return, and trust him with all our strength.
So all will be well."

Revelations of Divine Love
Revelation 68



Spiritual Communion

Clergy now find themselves behind closed doors with no route to celebrate the Eucharist in person with congregations. We have turned to the practice of 'spiritual communion' – the intentional act of linking one's prayer with the whole Church, and receiving Communion in the Holy Spirit. This practice can be used when either you are physically unable to receive it in Bread and Wine or because physical circumstances prevent your physical presence.

Bishop Ian writes:

It is important not to lose sight of our call to be a Eucharistic church, even in circumstances that challenge our normal practice of Eucharistic worship. Spiritual Communion has a long tradition coming from the early Church, especially in times of adversity or persecution. It is absolutely not the same as people using their own bread and wine to participate from home, a practice which we strongly discourage, and which in the long run would eventually diminish what we understand to be the meaning of 'communion', 'church' and 'incarnation.'

From the College of Bishops:

One can receive Spiritual Communion at the point where the celebrant receives by using a prayer such as:

God of unending love, you are present to us in Word and Sacrament. With all around the world who gather to worship, I offer you my praise and thanksgiving; and though I cannot eat the bread of God, or drink the royal wine of heaven, I pray that I may know the fountain of your love pouring upon me and your Incarnate presence encompassing me behind and before, that through the power of your Spirit, I may rejoice in the sure hope that I abide in your wondrous love now and for all eternity, in Jesus Christ our Lord. Amen.

This is the prayer that the Rector is now including in the on-line Eucharists that she provides – the details of which can be found elsewhere in the magazine.

Many of you may recall the Rev Denise Herbert who took some services in the most recent interregnum. She wrote an article for the Diocese of Brechin and she has kindly agreed that we can reproduce some of that here.

Denise writes:

Whilst we cannot receive the Blessed Sacrament, the Body and Blood of Christ in the consecrated bread and the wine it has been suggested that we make our Spiritual Communion, which is practised when we desire union with our Lord Jesus Christ.

It is said that St Thomas Aquinas defined Spiritual Communion as "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received him."

Easter is the one time of the year when we are earnestly exhorted to receive Communion and this year, we will not be able to. St Teresa of Avila wrote - "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you"

[The Way of Perfection, Ch.35].

There are various ways we can do this "practising the presence of God". Using the Scottish Liturgy 1982 available on the SEC website <https://www.scotland.anglican.org/who-we-are/publications/liturgies/scottish-liturgy-1982-alternative-eucharistic-prayers/> you could go through the first part of Collect for Purity, Confession, and Biblical Readings. The latter, in the form of the lectionary are again available from the SEC website <https://www.scotland.anglican.org/who-we-are/publications/liturgies/scottish-liturgy-1982-with-propers-and-revised-common-lectionary/> But if that is all too complicated choose any Gospel reading that helps you. As you get to the Eucharistic Prayer – stop and keep a time of silence – and try to imagine the Last Supper of Jesus taking the bread and taking the cup and saying 'This is my Body, this is my Blood'. And asking Jesus to come to you, into your heart and to hold you as infinitely precious.

However, you may not want to go through the Liturgy but just "to be" focussing on nature, the new leaves beginning to show on bushes, the blackbird singing his mating song on the roof top, the birds nesting, the flowers protruding through the damp earth. Recognising God in all things.

Some prayers to say at this point of asking for Christ's presence within you – as if you are taking the Sacrament: after the silence – sitting with hands open as though receiving the Host – say Maranatha - an Aramaic word which means "O Lord come". Or saying it as "Maranatha, come Lord Jesus". Continue to be silent – and then you may like to say the Lord's Prayer or the Lamb of God and always give a Thanksgiving.

Other prayers that are useful – and might be used instead of the Liturgy. The Anima Christi – reciting it slowly. A modern translation by David L Fleming SJ:

Jesus, may all that is in you flow into me, may your body and blood be my food and drink. May your passion and death be my strength and life. Jesus with you by my side enough has been given. May the shelter I seek be the shadow of your Cross. Let me not run from the Love, which you offer, but hold me safe from the forces of evil. On each of my dyings shed your light and your love. Keep calling to me until that day comes, when with your saints, I may praise you for ever. Amen

Thomas Merton the 20th Century Trappist Monk and Mystic was asked what is the best way to help people attain union with God? And he answered “We must tell them they are already united with God. Contemplative prayer is the coming into consciousness of what is already there. God is so close!” [The Thomas Merton Encyclopaedia]

Rev Denise Herbert, who has a Commission with the Diocese of Brechin and Permission to Officiate in the Diocese of St Andrews, Dunkeld and Dunblane.

This period of enforced isolation is difficult and at this point we do not know how long it will last. Prayers, Spiritual Communion, singing hymns around the house (no can hear you!) are all ways to help us worship God and assisting us to remain ‘church’ despite the doors being closed.



Reflections

Listed below are the gospel readings for each of the Sundays in April. The Rector’s homilies will in due course, and hopefully in a timely fashion, appear on St John’s website. As the homilies are not yet written they may address issues completely different from the reflective questions provided for each of the readings!

Sunday 5th April – Palm Sunday – Matthew 27:11-54

“The earth shook, and the rocks were split” (Matthew 27:51).

Some of you may have seen a social media post from Dave Hollis on thinking about the Covid -19 crisis – “In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to.”

Our world has changed, our rocks are split. “But if things go back exactly as they were, we will have missed the opportunity to take the good from this bad. The gift nobody’s asked for is sitting here for us all to open — an opportunity to do some housekeeping in where we focus, who we spend time with, what we consume, how we work, what matters and most importantly what doesn’t.”

What might you remember, indeed try to hold onto, when things return to normal?

Sunday 12th April – Easter Day – John 20:1-18

“Then the other disciple, who reached the tomb first, also went in, and he saw and believed” (John 20:8)

How do we come to faith today? Is there something in absence that helps us to focus? Can you think of a time in your life when surprise has helped your faith?

Sunday 19th April – Easter 2 – John 20:19-31

“When he had said this, he breathed on them and said to them, ‘Receive the Holy Spirit’” (John 20:22)

What gift have you received this Easter? What might you do with it?

Sunday 26th April – Easter 3 – Luke 24:13-35

“They said to each other, ‘Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?’” (Luke 24:33)

What might that burning of the disciples’ hearts have felt like? What words would you use to describe this sensation? Can you write a few down as a prayer of praise and thanksgiving?

A message from Police Scotland

Shut Out Scammers 2020 Launched - Press Release

Police Scotland is advising the public to be cautious of strangers offering bogus services during the coronavirus (COVID-19) pandemic.

Social distancing and self-isolation mean more people than usual are in their homes at the moment. This presents an ideal opportunity for criminals to take advantage of elderly and vulnerable people, in particular.

Across the UK there is evidence fraudsters are increasingly targeting members of the public, as well as organisations of all sizes, with emails, texts, telephone calls and social media messages offering advice and treatments for coronavirus (COVID-19).

Scammers have set up fake websites to sell products and offer so-called cures or testing kits, as well as requesting donations to help victims. In some instances, cold callers have contacted organisations suggesting a legal requirement to have certain measures in place by a specific deadline.

Launching the campaign, Chief Superintendent David Duncan, Safer Communities Division said: "We are aware that community groups are being set up to help vulnerable members of our communities and we do not, in any way, want to impact on the good work being carried out.

"However it is imperative that we are all aware that vulnerable people can be seen as easy targets by criminals seeking to take advantage of this unprecedented and dynamic situation.

"Anyone can be a victim of doorstep crime – it is nothing to be embarrassed about. Criminals can be very clever, and play on your emotions and insecurities. If someone comes to your door claiming to be from a legitimate organisation, always ask for identification.

"Don't give people money or your bank details if they come to your door and offer to do shopping for you if you don't know them. And never give your debit or credit card and PIN to anyone.

"If you are self-isolating, let friends and family know and if in doubt about anyone offering services at your door, step back and take a few minutes to contact them for advice. You can also visit the Police Scotland website for more information."

Between April and September 2019, more than £600,000 has been taken from householders in 306 instances of doorstep and bogus crime.

Fiona Richardson, Chief Officer of Trading Standards Scotland said: "Trading Standards is at the forefront of tackling consumer related scams.

"Working in partnership with the police and other Shut out Scammers partners means that we are better able to protect our most vulnerable citizens from COVID related scams."

Police Scotland is working with a number of partners on the Shut Out Scammers campaign to signpost the public to relevant prevention advice and support services. These include: Trading Standards Scotland; Advice Direct Scotland; Neighbourhood Watch Alert; Age Scotland and the Scottish Fire and Rescue Service.

If you want to read more of our advice and guidance on preventing crime, visit our dedicated webpage at <https://www.scotland.police.uk/keep-safe/personal-safety/Shut-Out-Scammers>.

ENDS

Hope this helps

World Day of Prayer

This year our celebration was held Lowson Memorial Church. Organised by FACT every year, we joined women, men and children of all ages around the world who were called to 'Rise, take your mat and walk'. Women of Zimbabwe prepared this year's service and they encouraged us all to reflect on the difficulties and unrest that have plagued their country over many years. They shared the challenges they have met and the hopes they have for the future. They encouraged us to 'Rise, take your mat and walk' with them as they continue their often turbulent journey towards full reconciliation. World Day of Prayer is an international organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally, at the Lowson Memorial Church on Friday 6 March 2020, we gathered to celebrate the service prepared by the women of Zimbabwe.



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The Day of Prayer is celebrated in over 170 countries. It begins in Samoa and prayer in native languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas – before finishing in American Samoa more than 36 hours later.

At our service in the Lowson several African artefacts were loaned out by members of different congregations. We thank Shelagh Millar for many of the items.



Judy with some of the collection of artefacts brought back from Africa.

Services and Resources for Use During Covid-19 Restrictions

Information

Updates and information will be posted on St John's website <http://stjohnsforfar.co.uk/> . There is also a St John's Facebook page – so if you use Facebook please search on the church's name. That too will send out information.

Prayer

Scottish Episcopal Church's (SEC's) Daily Prayer available on the SEC website <https://www.scotland.anglican.org/spirituality/prayer/daily-offices/>

There are other resources such as:

<https://pray-as-you-go.org>

<https://www.sacredspace.ie>

Episcopal Church USA, Sunday and weekday lectionary readings texts:

<https://www.lectionarypage.net/>

Please join in the lighting of a candle with prayer every Sunday as long as the present situation continues, as a sign of Christ's light for all who need it. The prayer can be found on the website.

Worship

As part of the ongoing response to the Coronavirus pandemic the Scottish Episcopal Church (SEC) is broadcasting video coverage of Sunday 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 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. In advance of the broadcast of each provincial service, the Liturgy will be available to download from the SEC website. The Church is conscious of the need to offer as much assistance as possible to those who have no access to the internet or playback facilities. If you know of those whom you can safely help, then please let them know that these Sunday services are taking place and ask them to pray and praise God along with others in the Church at the appointed time.

The Rector is to commence broadcasting a service at 9.30am each Sunday and during Holy Week on YouTube and Facebook. The link for this will be sent out by email and will be on St John's website. The liturgy will also be available by email and on the website.

