

# WEDNESDAY SUPPLEMENT

8<sup>th</sup> April 2020

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Welcome to this week's Wednesday Supplement. For today's devotional suggestions, please see pages 3 and 4.

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## HOLY WEEK

I trust that you are finding time and resources this Holy Week to prepare for the celebration of Easter.

I will be sending additional emails this week to draw your attention to resources with which to mark the Holy Triduum ('three days') running from the evening of Maundy Thursday to the evening of Easter Sunday.

Here is some guidance on the traditional celebration of the Triduum:

### Maundy Thursday and the Watch

On Thursday evening the Maundy Thursday liturgy (or Mass of the Last Supper) is used. The washing of feet occurs after the sermon in this service. You could always do this in your own household. At the end of the Maundy Thursday liturgy, the remaining sacrament is placed on an altar of repose, for use on Good Friday (when no prayers of consecration are permitted).

The altar is then stripped, ornaments are removed from the church, and ministers remove vestments. In your own home, this is the time to take down decorations, such as Palm Crosses, and to extinguish window candles. Decorations can be restored on Easter Morning.

It is traditional to spend time in the darkened church on the evening of Maundy Thursday for 'The Watch': a silent meditation or prayer before the altar of repose, keeping watch as the disciples did in the Garden of Gethsemane before Jesus was arrested. A sequence of readings may be used during the watch.

A lovely tradition exists of visiting different churches, to spend part of the watch in each, before differently decorated altars of repose. Not possible this year sadly, but something for next year? In my last parish, we would visit our own Anglican churches, the two nearest Roman Catholic churches, and some of the surrounding Anglicans and Methodists.

### Good Friday

On the morning of Good Friday, a cross may be ceremonially unveiled in church. The eucharist is not celebrated on Good Friday, but reserved sacrament from Maundy Thursday is distributed during the Liturgy of Good Friday. The Proclamation of the Cross follows.

Traditionally, a cross may be processed into, or out of, the church, in a walk of witness (either before or after the Liturgy of Good Friday). In the course of such a procession, crosses may be placed in public places: as, for example, happens at High Cross in Broughton. Brian Wright will kindly ensure that it is done this year.

### Holy Saturday

A vigil service is sometimes held after nightfall on Holy Saturday, or before dawn on Easter Sunday, to commemorate the harrowing of hell. In the Anglican tradition, Morning and Evening Prayer are generally thought sufficient liturgy for Holy Saturday.

### Easter Sunday

Easter Sunday is a joyful celebration. There are various forms which this can take, often with an extended vigil during the dark hours. The Easter Fire is kindled at dawn and the new paschal candle lit and processed into church. The Exsultet is said or sung before the Eucharist continues. This service is the first time that the *Gloria in Excelsis* is used following its omission during Lent. Veiled crosses and other images in church may be unveiled during the *Gloria*, or before the service (they are revealed as the lights go on, during the Exsultet).

## WORSHIP

There is lots on offer!

### From our own correspondent...

Each *Supplement* contains, on page 4, a suggested form of worship: a structured prayer on Wednesday and a slightly varying Act of Spiritual Communion on Sunday. You will be aware that I have been making tentative forays into audio and video.

An audio recording of morning prayer is available from the Seathwaite *AChurchNearYou* pages by 9am every day except Monday. The direct link is:

<https://www.achurchnearyou.com/church/4742/page/55145/view/>

On Palm Sunday, I released our first recorded service. At the time of writing, it has been viewed 125 times. You can find it here for a few days more:

<https://www.youtube.com/channel/UCMSD6j4ngi9rCe7kzY66Xfw>

I have placed the odd Morning Prayer on the YouTube channel as well.

### From the Diocese...

Bishop Emma has recorded an Easter message:

<https://www.youtube.com/watch?v=whTEXqjPsW4>

As well as appearing on BBC Radio Cumbria, Bishop James will lead Good Friday and Easter Sunday reflections at 11am, accessible from the Diocesan FaceBook page:

[https://www.facebook.com/Diocese-of-Carlisle-100193371628434/?epa=SEARCH\\_BOX](https://www.facebook.com/Diocese-of-Carlisle-100193371628434/?epa=SEARCH_BOX)

## THANK YOU

Several recipients of the *Supplement* have written or called to ask me to thank those who have been helping them to cope during the lockdown, with prescriptions, shopping, chats by telephone and even deliveries of a paper copy of the *Supplement* on Sunday and Wednesday. This is not the place to single people out, but you know who you are. **On behalf of those you are assisting, thank you!**

## FOODBANK



Donations continue to reach me for the Barrow, Millom and Ulverston foodbank. This week I will again be able to take over

£200 worth of bulk purchases to the distribution centre. Thank you not only for your generosity, but for sustaining it. These are financially straightened times for many of us, but the foodbank is helping low-paid workers, and those out of work, to make ends meet in an emergency. It is also helping essential workers. This week I heard of a nurse and a teacher who have had to use the foodbank.

At the present time, it is difficult for the foodbank to turn cash into food: volunteers have virtually evaporated, as I reported on Sunday, and supermarkets have limits on multiple purchases of domestic pack sizes. The foodbank is therefore grateful for our donations in the form of core items from their 'most wanted' list. Donations sent to me will be converted into bulk purchases of staple goods. I am having trouble obtaining UHT milk and tinned tomatoes in bulk, so if you can spare those, that would be greatly valued.

I was delighted to receive an email from Ann Mills, the foodbank manager, yesterday:

*"Hello Stephen,*

*God bless you for your kindness in supporting us during this difficult time ... the potatoes and fruit juice were gratefully received ... I would be grateful if you would use money to purchase food as that would be of tremendous help to us. Our chief shortages this week are tinned tomatoes, tinned spaghetti, tinned custard and instant mash..."*

We all have other pressing demands on our charitable giving at present, including our churches, so please do not feel obliged to prioritise the foodbank above other worthwhile causes. It would be wonderful, however, if we could continue to make a regular contribution. I shall of course make sure that the boxes in the porches at St Cuthbert's and St Mary's are regularly emptied and transported to the branch offices in Barrow, Millom or Ulverston.

## PRAYER

Recently, my prayer recommendations have been focussed on *Common Worship Daily Prayer*, a rich and varied resource for Morning Prayer, Prayer During the Day, Evening Prayer and Night Prayer (Compline). It's the form of prayer (the "Daily Office") that all clergy in the Church of England promise to use every day.

*Common Worship Daily Prayer* stands in a tradition more than 1000 years old, even though the language is modern. There are, however, other resources for daily prayer of more recent vintage. I want to bring some of those to your attention in this and future *Supplements*.

This week I look to the North East, and the Celtic tradition which flourishes around Lindisfarne, Holy Island.

## The Northumbria Community

The Northumbria Community is part of the “new monastic” movement.

Members follow a ‘Rule of Life’ like that of a monastic order, but are dispersed throughout the country (although they have a base at their retreat house, Nether Springs, just south of Alnwick).

Members are ordinary Christians from different denominations, not monks or nuns. The last Companion of the Community that I met was married, with children, and worked in a council planning department. You can find out more about the community here:

<https://www.northumbriacommunity.org/>

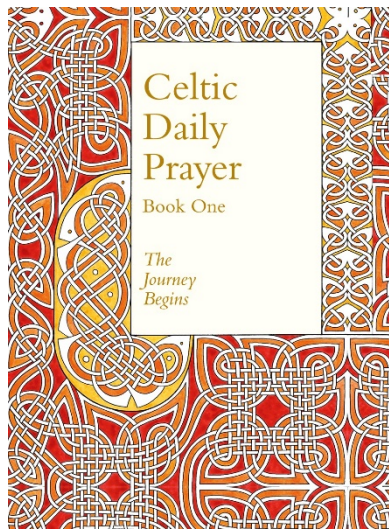
The Northumbria Community observes a Daily Office, *Celtic Daily Prayer*, including Morning, Midday and Evening Prayer, and Compline. The Office is short, simple and modern in form, with a great deal of seasonal variation and strong celtic elements. You can find it updated daily on the Community website:

<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

I have reproduced Evening Prayer for today, Wednesday 8<sup>th</sup> April, below, to give you a flavour.

You can purchase *Celtic Daily Prayer* in one of two hardback books. They are excellent value and beautifully bound (see the picture above). I often buy them at Cathedral bookshops to give as gifts.

*Celtic Daily Prayer* is especially close to my heart for another reason. In my sending parish, Morning Prayer was said on Monday to Friday by relatively few people. When I retired from full-time legal practice, I helped to set up a community coffee shop, which operated in the church on Monday, Tuesday and Wednesday mornings. Gradually, because the church was now heated, lit, manned and serving tea and coffee, other activities grew up around the coffee shop: an iPad group for the elderly; a carer and toddler group; a dementia café; and a weekly Bible study. The coffee shop team was delighted. Morning prayer moved into the coffee shop



and prayed round a table among the other customers, with a coffee in front of them.

I was convinced that we were missing out a large section of the community, particularly those who worked. When my son wanted a community service role for his Duke of Edinburgh Award, I seized on this extra personpower to open the coffee shop on Saturday, and occasionally added bacon-based comestibles as an inducement. I also offered Celtic Morning Prayer at 9am. It slowly became a great success. I am told it now attracts up to 20 people. Its informal and ecumenical flavour attracted occasional churchgoers as well as our brothers and sisters from the nearby Catholic and United Reformed churches. Many stayed for a coffee afterwards.

## CELTIC EVENING PRAYER

+ *indicates that you may make the sign of the cross.*

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### Opening sentences

My soul waits for the Lord  
more than those  
who watch for the morning,  
more than those  
who watch for the morning.

Call: Out of the depths I have cried to You.  
Response: **○ Lord, hear my voice.**  
Call: With my whole heart I want to praise You.  
Response: **○ Lord, hear my voice.**  
Call: If you, Lord, should mark iniquities:  
Response: **Who could stand? who could stand?**

I will wait for the Lord, my soul waits,  
and in His word do I hope.

### Expressions of faith

Lord, You have always given  
bread for the coming day;  
and though I am poor,  
today I believe.

Lord, You have always given  
strength for the coming day;  
and though I am weak,  
today I believe.

Lord, You have always given  
peace for the coming day;  
and though of anxious heart,  
today I believe.

Lord, You have always kept  
me safe in trials;  
and now, tried as I am,  
today I believe.

Lord, You have always marked  
the road for the coming day;  
and though it may be hidden,  
today I believe.

Lord, You have always lightened  
this darkness of mine;  
and though the night is here,  
today I believe.

Lord, You have always spoken  
when time was ripe;  
and though you be silent now,  
today I believe.

### Today's Scripture Readings

#### Psalm 103:1-13

Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and do not forget all his benefits—who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle's. The Lord works vindication and justice for all who are oppressed. He made known his ways to Moses, his acts to the people of Israel. The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always accuse, nor will he keep his anger for ever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as the heavens are high above the earth, so great is his steadfast love towards those who fear him; as far as the east is from the west, so far he removes our transgressions from us. As a father has compassion for his children, so the Lord has compassion for those who fear him.

#### Micah 7:18

Who is a God like you, pardoning iniquity and passing over the transgression of the remnant of your possession? He does not retain his anger for ever, because he delights in showing clemency.

#### Matthew 18:21-22

Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'

### Today's Meditation

You need to be generous to yourself in order to receive the love that surrounds you. You can suffer from a desperate hunger to be loved. You can search long years in lonely places, far outside yourself. Yet the whole time, this love is but a few inches away from you. It is at the edge of your soul, but you have been blind to its presence. We must remain attentive in order to be able to receive. (*John O'Donohue*)

When a great moment knocks on the door of your life, it is often no louder than the beating of your heart, and it is very easy to miss it. (*Boris Pasternak*)

**Prayers for others** – *please offer your prayers here*

#### Canticle

In the shadow of Your wings  
I will sing Your praises, O Lord.

The Lord is my light, my salvation;  
whom shall I fear?

The Lord is the refuge of my life;  
of whom shall I be afraid?

In the shadow of Your wings  
I will sing Your praises, O Lord.  
One thing I ask of the Lord,  
one thing I seek;  
to dwell in the presence of my God,  
to gaze on Your holy place.

In the shadow of Your wings  
I will sing Your praises, O Lord.

I believe I shall see the goodness  
of the Lord in the land of the living.  
O wait for the Lord!  
Have courage and wait,  
wait for the Lord.

In the shadow of Your wings  
I will sing Your praises, O Lord.

#### Blessing

See that ye be at peace among yourselves, my children, and love one another. Follow the example of the wise and good and God will comfort you and help you, both in this world and in the world which is to come.

+ In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen

Taken from Evening Prayer from the Northumbria Community's *Celtic Daily Prayer*, published by Collins.