

ST GUTHLAC'S COMMUNITY NEWS



<http://jts.co.uk/90kg-rice-challenge>

CHURCH OF ST GUTHLAC

Holbrook Rd, Knighton, Leicester LE2 3LF

<http://www.stguthlac-knighton.co.uk/>

Minister: Revd Richard Bonney 2125677

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Churchwardens:

David Hunt

Tina Jarvis

27 September 2015

10.30 am Communion for All

WELCOME TO ANY OF YOU VISITING US FOR THE FIRST TIME!

Please announce yourself to one of our welcomers and sign in the welcome book so that we get to know you by name! Also, please introduce yourself to Revd Richard or one of the Churchwardens. St Guthlac's is YOUR local church. We feel part of the local community and we hope that you will feel part of the church community. **We have a welcome sheet:** please ask for one if it is not handed to you on arrival.

Newsletter No 174

FORTHCOMING SERVICES AND MEETINGS

Wednesday 30 September, 7.30 pm Choir Practice
Thursday 1 October, 9.30 am Holy Communion
Sunday 4 October, 10.30 am All Age Worship

PRAYERS FOR THE FAITHFUL We have been asked to keep **Joyce Butterfield, Ann Spring, Marjorie O'Neill, Dorothy Wollaston, Saty French, Vera Gosling, Pippa Kirby-Girdlestone, Stella Wilberforce, Norman England, Sharon Eckersley and Rex Mason** in our prayers. Please also pray for the souls of **Philip Goadby, Isabelle Georgina Watling, Agnes (known as Sheila) Bell Squires, Gwenneth Clarke, Denis McQuone and Barbara Greet** who have died recently. For other prayer requests, please speak to the Revd Richard.

THE REVD RICHARD WRITES Today we are going to do something quite difficult: practise Dwelling in the Word during the sermon slot. I shall read from the gospel which you will all have before you. You are then asked to join someone you know less well so that you can listen carefully to how he or she responds to the passage. Finally you will be asked to report back on what you heard.

Dwelling in the Word is a modern version of the traditional practice of *Lectio Divina*. This can be divided into four fundamental steps: *Lectio, Meditatio, Oratio* and *Contemplatio*. Of these steps the first three pertain to the efforts that we must make while the last refers to either the natural fruit of our labours, or a special gift of God, that comes independent of our labour, but which our efforts prepare us to receive.

The two hinges of the whole method are the *Lectio* through which God speaks to us, and the *Oratio* through which we speak to God. It is through these two-steps that the whole of *Lectio Divina* becomes a dialogue of prayer, and conversation with our Lord. The *Meditatio*, however, is the decisive step whereby, by pondering the words of God received into our hearts through the reading, we make ready the response we give God in prayer. We speak to God when we pray with love. We hear God when we read His Word with faith.

In *Lectio Divina* our Lord is teaching us to listen to Him and to seek Him in silence. He gently invites us into His presence. God sends His Word to us as He sent it to Abraham: to reveal Himself, to transform us, to create for Himself a people. His Word is not an empty or powerless word: it is a life-giving Word, a transforming Word. Some Christians use, in their daily *Lectio Divina*, one of the readings from the Eucharistic liturgy for the day; others prefer to work through a particular book of the Bible. It makes no difference which text is chosen, as long as one has no set goal of "covering" a certain amount of text: the amount of text "covered" is in God's hands, not ours. Then we turn to the text and read it slowly. Savour each portion of the reading, constantly listening for the "quiet voice." We should not expect ecstasies or enlightening. Both the initial reading of the whole text and the subsequent repetitive reading require patience. On one hand the reader should

not be concerned about understanding, but on the other hand he/she should not try to shut down his mind. When the reader has been drawn to a particular phrase and starts to reflect on its meaning, then he/she has begun the next step, *Meditatio*.

Meditatio The goal of meditations is to let our mind be shaped by the mind of Jesus Christ revealed in Scripture. Through meditation we allow God's Word to become His word for us, a Word that touches us and affects us at our deepest levels. It may be that difficulties arise in the meditation: a person may find his or her mind dry, understanding empty, etc. It is most important that we do not give way to discouragement on such occasions, but persevere in the practice of *Lectio*. Meditation has an important role to play in forming us as Christians. It helps us to grow in our knowledge of God's constant work of love in all creation, and in our own individual lives; it increases and enriches our familiarity with the life and teaching of Jesus and our love for Him, and leads us to reflect how we should respond to His call in love and service.

Oratio The third step in *Lectio Divina* is *Oratio* – “prayer of the heart.” St. Thomas Aquinas wrote: “... when we pray to God, the very prayer we send forth makes us intimate with Him, inasmuch as our soul is raised up to God, converses with Him in spiritual affection, and adores Him in spirit and truth.” Prayer is our way of responding to the God Who has spoken to us. The Word, which we have pondered, will suggest to us from time to time an appeal for forgiveness, or an expression of thanks for all graces received. Prayer becomes our expression of praise, of love, and outpouring of our hearts. Practising the *Lectio Divina*, we stand before our Lord whose voice we heard in the Scripture. Accepted Word starts to be alive in our intellect and our hearts. That Word awaits an answer from us. That Word delivers us to full union with God, to *Contemplatio*.

Contemplatio Contemplation is the final fruit of the *Lectio*. We simply rest in the presence of our Lord. We learn a new language (silence), a new way of being. Under the guidance of the Holy Spirit we will feel the desire to see the Lord, who has spoken to us. Contemplation is a gift from God.

From: <http://www.laydominicans.org/modules/novitiate/LectioDivina.pdf>

See also: <http://meditativeprayer.org/lectio-divina/>

<http://www.oxford.anglican.org/who-we-are/oxford/choosing-new-bishop-oxford/dwelling-word/>

<http://www.churchinnovations.org/events/recent-events/dwelling-in-the-word/>

TIME TO GET CREATIVE! Home-made jam and chutney is needed for sale at the Christmas Fayre. If you are wondering what to do with your crops of apples, plums etc, why not make a batch? For those of you who enjoy knitting, sewing, woodwork or other crafts and would like to put your talents to good use over the autumn, there will be a handicrafts stall for church funds at the fayre and all contributions will be very welcome.

COFFEE MORNING We will be holding a Coffee Morning in memory of our friend Janet Hubbard on **Sat 3rd October 10.00am - 12.30pm** at the Parish Centre. Stalls will include 'Good as New', bottle tombola, cakes and a raffle. All proceeds will go to Loros. Please support us if you can. Thank you. Sue Ardley..

VISITING THE JAINS! An open invitation to anyone who is interested in seeing around the Jain Temple in Oxford Street and talking to one of the leading members of this community. **Date: Tuesday 6 Oct at 7pm.** Did you know that Leicester had the UK's first Jain temple? It's a great privilege to be able to visit this ornate and colourful place of worship on our doorstep and to hear more about this ancient faith. Booking essential, so please contact Margaret Bonney

SOS CHARITY FASHION SHOW Fri 9th Oct 7.30pm Holbrook Hall in aid of The Carers Centre. Major high street brands at rock-bottom prices, refreshments, raffle, sale of cosmetics, gifts and stationery. Admission by ticket £5 from The Carers Centre 0116 2510999

HOLY HABITS. CHRISTIAN SPIRITUALITY FOR DAILY LIFE. BISHOP'S LAY CONGRESS St Martin's House, **Sat 14 Nov, 9.30am - 3.45 pm.** Four seminars to choose from and two main speakers with the presence of Bishop John Holbrook, interim Bishop of Leicester, throughout the day. FREE but entry by ticket only. Booking forms on the table at the back of Church.

CHRISTIAN AID The raffle at the harvest supper raised £57 for Christian Aid.

WANTED BULB BOWLS Once again this year we intend to prepare bulb arrangements for Christmas. If you have any spare bulb bowls suitable for either one or three hyacinths, please hand them to me. Thank you, Ian Fraser

FOR THE NEWSLETTER Please contact us at the latest by **10pm Thursday** for material to be included in the next weekly newsletter. **administrator@stguthlac-knighton.co.uk**