

# Anglican Fellowship of Prayer

Volume 27, No. 3

Pentecost 2019

*Serving, Supporting, and Encouraging Prayer*

## Inspired by Prayer

*Paul Feheley, AFP National Director*

I recently had the great privilege of working for the Anglican Communion at the 17<sup>th</sup> Anglican Consultative Council (ACC-17) in Hong Kong. During the course of that meeting, I visited Shing Mun Springs Multi-Purpose Rehabilitation Homes and Ms. Jackie Pullinger, MBE. (<http://www.ststephenssociety.com/en/p1.php>)

Jackie travelled from England to Hong Kong over 50 years ago. Initially, she began work as a schoolteacher in the Kowloon Walled City. At that time in the 1960s, it was one of the world's largest opium-producing centres and was run by criminal triad gangs. In 1967, Jackie founded a youth club to help addicts and others who had been abused find a safe place for them to meet and play. Over many years, it grew into a major justice-based ministry and is overseen by the St. Stephen's Society as it continues to share the love of Jesus by working with addicts, the poor and gang members. Central to all the rehab work is the gift of prayer both for and among the addicted and abused. The rehabilitation centre houses about 200 people, some in the first stages of drug withdrawal and others who have lived there for years. *(Jackie's story is chronicled in the book Chasing the Dragon, which has been translated into several languages. A photographic account of her work A Crack in the Wall: The Life and Death of Kowloon Walled City has also been published)*

During the visit, the Archbishop of Canterbury Justin Welby and several others of us had a time of prayer with three young people. What was truly beautiful and amazing was the willingness of these young men to pray over Archbishop Justin and the rest of us. The Holy Spirit was wonderfully present as these teenagers shared the love of Jesus with us. In truth, most of us would have been too shy and hesitant to pray over anybody especially the Archbishop of Canterbury! These young men had the courage and strength of the Holy Spirit. Pentecost is the feast of being strengthened by the Spirit to do the extraordinary.

Commenting on this visit Archbishop Justin said, "I am reminded of the humble spirit of the L'Arche community. Those who the world thinks are weak are strong and those whom the world sees as strong are weak."

May the Holy Spirit continue to teach, lead and guide us with the gift of prayer.



Archbishop Justin Welby and Jackie Pullinger

Photo Credits: Paul Feheley



A picture of Jesus calling Peter created for the Shing Mun Springs Multi-Purpose Rehabilitation Homes.

## Current Work of the AFP Executive

*Val Kenyon, National Chair*

As we have shared previously, the Executive of the Anglican Fellowship of Prayer has over the last number of months been considering how best to offer prayerful support during the upcoming time of General Synod in Vancouver in July of this year. As we come together from coast to coast to worship, share, discuss and discern, it is prayer that both grounds and uplifts us as we ask the God of all wisdom and love to direct the church in a faithful response to God's will through the guidance of the Holy Spirit.

In particular during the days leading up to the election of our new Primate, it is the hope of the Anglican Fellowship of Prayer that we can support the faithful dedicating of time for prayers in support of the delegates at General Synod and the many matters set before them. Our plan is that each of our ecclesiastical provinces will take leadership for one of the days of Synod, in the manner which is best for them - such as prayers posted by email or on social media, through prayer vigils in local parishes, written prayers distributed to the clergy, etc.

Please watch for more information from diocesan church houses and AFP diocesan contacts on this as we are proposing that each ecclesiastical province moving from east to west participates as follows: July 11 Canada, July 12 Ontario; on July 13 we are inviting the entire country to be immersed in prayer, invoking the discernment of the Spirit for the election of our new Primate. On July 14 prayers will be led by Rupert's Land. On July 15 British Columbia/Yukon will take leadership. As well, the members of the AFP executive will be working within our network of diocesan contacts and parish representatives to facilitate these designated days.

During General Synod, every member will be held up in prayer, by name, several times each day and specific prayer requests sent by delegates will be collected and prayed for by the AFP Executive.

"Be a gardener, dig a ditch, toil and sweat, and turn the earth upside down and seek the deepness and water the plants in time... Take this food and drink and carry it to God as your true worship."  
~Julian of Norwich

## Prayer for the Election of a New Primate

Stacy Neale

*"God of faithful service, we offer special prayers of thanksgiving at this time for the outgoing Primate Fred Hiltz. He answered your call to lift up your Kingdom to champion many initiatives including, but not limited to PWRDF, the Companions of Jerusalem and the AFP. He has shared his wisdom with his colleagues in the Anglican Communion and encouraged prayer in all that they do. God of new beginnings, we pray for your guidance as the delegates to National Synod elect a new Primate on July 13. We pray that Fred's successor will do all in their power to keep prayer tantamount in the Anglican Church of Canada and throughout the Anglican Communion. Amen."*

*"True humility  
is not thinking  
less of  
yourself,  
it's thinking of  
yourself less."*

*~C.S. Lewis*

## Prayer Journaling

Paul Dumbrille

A **Prayer Journal** is not a diary but is a special way to use the written word to enrich one's relationship with God. Rather than a chronicle of events, it is a place to record flashes of insight and treasured moments of encounters with God. The spiritual discipline of journaling moves beyond and behind mere descriptions of life events, providing a place to ponder the pattern our lives are weaving. If a Prayer Journal answers only one question, it is, "What is God doing in my life?" Absolute honesty is possible. Our private Prayer Journal is a place to pour out our anguish, think the unthinkable, and presume to know what's best. In the safe haven of being able to make perhaps some outlandish statements, we stumble across our true motives, feelings and desires, and become more intimate with the Divine Presence.

A Prayer Journal becomes the arm of God embracing us and a place to look safely at feelings that overwhelm us, and situations that don't make sense. There are various ways of approaching Prayer Journaling; it is best used as a regular exercise, ideally daily. It is often used as a lead-in to deep prayer, or as a form of meditation. The following are suggestions that may help in getting started.



- Focus on an event, on a day, on a passage of scripture, on a relationship or even on a thought or image. Write the date on the page and the topic.
- Pray.
- Ask yourself: What happened? How did it make me feel? What did I think about? Do I need to take any action? If so, what?
- Explore with your senses. In focusing on what has come to you, ask: What colours do I see? What sounds/music do I hear? What textures/elements do I feel? What do I smell? If I could eat/drink it, what does it taste like? What music comes to my mind? Where is God in this?

As it is absolutely private, one can say whatever needs to be said, in whatever way it needs to be said. Once written the journaler can then go past the words and ask: What are my desires? What does God desire in this situation? What does God desire of me? Re-reading and reflecting on a Prayer Journal over time, watching for similar patterns, repeated feelings, and thoughts that dominate, can amplify God's voice and how the Spirit has been working in our lives. In praying about these things and noticing their frequency and strength, truths can be discovered that have been hidden. There is no guilt if the Journal has not been attended to for a time. As soon as the pen touches the page, loving communication is flowing in both directions. Perhaps this is what is meant by "entering God's rest" (Hebrews 4: 10-11).



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Next Newsletter: Thanksgiving 2019

Submission deadline: September 2, 2019

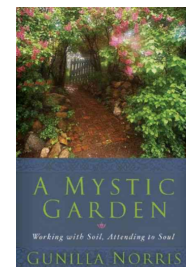


## Book Review

A Mystic Garden: Working with Soil, Attending to Soul by Gunilla Norris

*Reviewed by Val Kenyon*

*A Mystic Garden* is a lyrical primer on the spirituality of gardening, affirming the garden as a soulful space where people can take root and experience the changing seasons and the enduring cycle of renewal. Gunilla Norris shares with us a year's time in her New England garden, and shows that all she observes there illuminates the sacredness of the everyday.



"...spring cleaning is a time to release what we are hiding. The room such things take robs us of new life. Now is the time to gather the old from under those sneaky bushes where things tend to hide. Now is the time to throw the worn into the compost pile. Now is the time to turn the soil, to be open to renewal. Now is the time to ask for new leaves." (p. 34)

## Notes from Algoma

Carol Knox, a new Diocesan Contact for Algoma, shared her experiences at a recent synod. In addition to providing a display, Carol ensured that every participant was gifted with an information brochure, Alongsider bookmark, and copy of the most recent newsletter. Carol also set up a Prayer Room and both on-site and off-site Vigils for the Synod. Archdeacons received information a month prior to Synod, so they could share with their delegates the prayerful services offered. Carol then wrote time-specific prayers for the Synod, making copies for vigils, in prayer rooms, and for the leadership.

Carol describes strongly "feeling called to this ministry" and is keen to share the gift of prayer. "It was a pleasure to bring an AFP presence to synod ... The Holy Spirit was truly present."

Welcome Carol, thank you, and we pray you every blessing for your ministry!