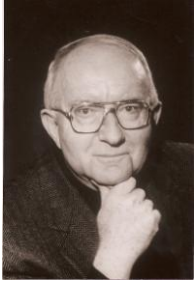


Anglican Fellowship OF **PRAAYER** Canada



AFP-C NEWSLETTER - Vol. 18, No. 1

LENTEN/EASTER 2010



HONEST TO GOD **HERBERT O'DRISCOLL**

Much is made these days of the value of good counselling. Most schools have counselling staff; large and small businesses make counselling available as part of their benefits package; and nearly every large parish has at least one person, lay or ordained, who offers their services as a qualified counsellor. Often when we speak of the gifts that counselling has brought us (if we have sought such help) we tend to most appreciate the fact that we can be honest about ourselves, the issues we face, and the burdens we bear.

Yet there is another place in life where we may be utterly honest. I am referring to prayer. The moment I say this, I also have to note that some prayer allows us to do precisely the opposite: some uses of prayer enable us to avoid being honest. We discover this most clearly in the area of confession, where we can be under the illusion that we have named an issue in our lives, when all we have done is express ourselves in such vague and diffuse language that we have not really confessed it at all. If we are fortunate, we are accompanied by a wise, compassionate, and firm confessor or advisor or counsellor, who refuses to let us get away with such self-defeating avoidance.

Long ago in my childhood it was fashionable for children to sing a hymn that included this verse:

God is always near me,
Though so young and small;
Not a thought, or word, or deed,
But God knows it all.

It has become equally fashionable in succeeding decades to smile indulgently at such lines, and to speak darkly of their potential to encourage mountains of guilt in children—not to mention the guilt-laden adults that these children are likely to become (myself among them). Surely, some say, God is more that some kind of great Peeping Tom in the sky.

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MESSAGE FROM OUR NATIONAL DIRECTOR **THE RT. REV. GARY WOOLSEY**

Healing - Another Journey Through Lent and Easter

It is now 17 days following my hip replacement surgery and I am filled with thanksgiving for all that has happened. I would like to share some of my experience and connect it with the Lenten/Easter journey that we are about to enter.

1. **Preparation:** It has been almost a year since beginning this process which now seems so short in the big scheme of life. Through the support of family and friends and the medical profession, the days and months were linked together with words of encouragement, prayer and the wisdom of those making the medical decisions. For me Lent has both the inner reflective side of relating to Christ's last days on earth as well as how his life relates to my life. It is not a matter of 'what am I called to give up for Lent?' but rather 'What do I do in my life to be more Christ-like?' Just as I was instructed to take some action before surgery, i.e. blood work, diet, exercise and equipment that I would need following surgery, the Lenten period also requires some action on my part to fully participate in the Easter event. What will my Lenten disciplines be this year? What can I do in my prayer, meditation and study time that will help me to draw closer to Christ? What action (present and new) will make me ready to enter the Easter event?

2. **The Event:** The actual surgery time brought with it both excitement and anxiety. Up to this point in my life I had never been hospitalized overnight for any illness or surgery. What will the operation be like? How much pain will I experience and will I cope with the pain? The surgery went well, so I am told, but my body reacted badly to the narcotic pain killer so my day of using the walker was occupied with keeping 'the pan' close by! But through the prayers of others and the wisdom of the staff, my stomach settled down and I was back on schedule. And NO PAIN. Lord, my experience does not

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PRAYER THAT HANGS IN

- Continued from page 1-

This image came to mind a year ago when I sat in the cathedral in Rothenberg, Germany, listening to an organ recital. I happened to glance up at the roof of the chancel where I was sitting, and there it was—a large eye, its dark pupil and iris surrounded by white—looking down directly at me! It was of course looking at everyone, but such was its baleful gaze that, for a moment, I felt as though all its sternness was directed solely at me. I realized that I was seeing an image from the Middle Ages, a representation of the Oculus Dei—the eye of God—looking down upon us all.

People who dismiss such images as unhelpful and, at worst, sure to induce guilt and fear, forget something very important. The God who looks down on me, the God who knows my thoughts, hears my words, and witnesses my actions, is also the God who loves me. This God does not judge and condemn. This God understands, encourages, and guides. When a Christian is asked how he or she can possibly know this, a simple reply may suffice: we have seen not only the eye of this God, but the face of this God; and we have heard the voice of this God. We have been enabled to know these things through the life of Jesus Christ.

Far from being guilt-inducing, the realization that there is nothing that God does not already know about me can be immensely liberating. I do not have to hide anything for the simple reason that there is nowhere I can hide it. Someone whose name we will probably never know has expressed this unforgettably. We are familiar with the writer only as “the Psalmist”.

O Lord, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways. (Psalm 139:1-3)

This psalm is by no means the only place in Holy Scripture where it is mentioned that God knows us through and through. In his wonderful reflection on the nature of God’s love, Saint Paul writes to the community in Corinth,

Now I know only in part;
then I will know fully,
even as I have been fully known. (1 Corinthians 13:12)

To realize this single truth—that we are known through and through by a loving and forgiving God—is to allow us to enter into a conversation with God where the most direct language can be used. You might say that, in such a conversation, a spade can freely and readily be called a spade. After all, the problems—the mistake, the regret, the hurt done, the betrayal—are plainly there on the table between us and God. It is not a case of being too late to hide anything. Rather, the way to liberation is precisely to put everything on the table, so that we can walk from that table accepted, understood, and

forgiven.

Perhaps that is yet another reason why, when we worship in Christian community, there stands in front of us a table, our Lord’s Table—the place where we can leave the things of our humanity and receive the things of his great love.

This article is taken from Herbert O’Driscoll’s book PRAYER AMONG FRIENDS, a Path Book published in memory of Pat Curtis. A copy can be obtained from the Anglican Book Centre (www.afcanada.com) and from local church bookshops.



Healing - Another Journey Through Lent and Easter

-continued from page 1-

even come close to your agony of a painful trial and execution. As I learn to enter your pain and agony in your life, may I also learn to draw closer to the people around the world who must endure excruciating pain at the hands of others. Then let my empathy turn into action in order to help alleviate the injustices in our world.

As you enter this journey of Lent and Easter, I pray that you will allow your life experiences to be a connecting point with the One who came that we might have life in all its fullness.

Peace

+Gary

Bishop Gary Woolsey

AFP-Canada National Director

A Prayer as we Prepare for General Synod

Loving and Gracious God, you call us ever to new life in Jesus your Son. As we reach out to feel your winds stirring in our lives, be with all members of your beloved Church as we prepare for General Synod in Halifax in 2010. Grant us a spirit of generosity and excitement as we prepare to gather together under your gentle leadership, for yours is the course our souls are charting, and we glorify you through your Son, in the power of the Spirit, now and always.

AMEN

"And I said, Here I am, Send me"**Isaiah 6: 9****Esther Jackson****National Executive Chairperson**

Isaiah was anxious for the people of Israel. Yet he struggled with the mission that he sensed God expected of him. He felt unworthy. Isaiah had a vision of the glory of God. He felt inspired by the beauty and wonder of the Creator. Feeling the burden of his own sin, and that of his people, an angel brings a hot coal to touch his lips, to bring healing, and God's forgiveness. So when God asks: "Whom shall I send?" he can reply, "Here I am, send me."

In a somewhat parallel story, when the disciples were commanded by Jesus to let down the nets, after a futile night of fishing, they are amazed at the bountiful catch of fish. Peter, aware of his own weakness, and failings, senses that he is in the presence of a great power. He is afraid. Jesus assures him, "Do not be afraid, from now on you will be catching people." Peter's ministry of proclaiming the good news is about to begin.

And so we reflect on our own lives, and what ministry we are called to do. Parishes have recently had their Annual General Meetings. New wardens and vestry members have been elected. The work of outreach, teaching and healing goes on. We are all called to use our gifts in the service of our Lord. The initial response may be one of fear. "This is more than I can manage!" Yet we are challenged to use the gifts we are given, to respond to the needs of others, to be the presence of Christ in the world.

In the words of Marianne Williamson, as quoted by Nelson Mandela, "We were born to make manifest the glory of God within us. It is not just in some of us. It is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same."

The AFP Partners' Prayer

Lord Jesus, give to your church a renewed desire to pray, that together we may know your will, be filled with your love, and experience your grace and power for the healing of your world, to your glory.

Amen

AFP-C National Resource Centre

Paruse, order and in some cases download AFP-C resources from our website:

www.anglicanprayer.org

Also, you can direct any questions about resources or to order any of our resources, please contact

Paul Dumbrille (paul.dumbrille@sympatico.ca)

or write to

Anglican Fellowship of Prayer (Canada)

Resource Centre

P.O. Box 5131, Ottawa, ON K2C 3H4.

***Haiti******How can you help?***

We are shocked and saddened by the news of the

devastating earthquake in Haiti.

We can pray!

Pray often, pray now, pray without ceasing.

"Assist us mercifully, O Lord, in these our supplications and prayers, and dispose the way of thy servants towards the attainment of everlasting salvation; that, among the changes and chances of this mortal life, they may ever be defended by thy gracious and ready help; through Jesus Christ our Lord. Amen" (Book of Common Prayer, p.832)

We can give!

Anglicans in Canada are offering support to earthquake response by ACT International (ACT) through The Primate's World Relief and Development Fund (PWRDF).

PWRDF has sent an initial grant of \$15,000 for ACT's Rapid Response Program, an ecumenical effort that is made up of churches and humanitarian organizations.

ACT members, Christian Aid, Diakonie Katastrophenhilfe, Lutheran World Federation and Interchurch Organisation for Development Cooperation are already on the ground providing relief in Haiti and being funded by PWRDF and other member churches thanks to the generous donations from Anglicans in Canada.

PWRDF welcomes donations for this response.

New National AFP-C Treasurer

Janet Stevens



The National AFP-C executive is pleased to announce that we have a new treasurer to replace Harry Langston who retired in the fall.

Janet Stevens is a native of England where she graduated with a degree in Botany from the University of London. She emigrated to Canada in the early sixties and after a number of jobs in a variety of disciplines settled in

Ottawa and worked for Agriculture Canada’s Marketing Branch until retiring in 2002.

Janet is a long time member of St Matthias Anglican Church, Ottawa where she sings in the choir, serves on Parish Council and the Stewardship Committee, chairs the Parish Activities Committee, is treasurer of Women Sharing Group and participates in the Arts Guild.

Janet sings in several other choirs in the city and is president of the Ottawa-Gatineau Region of CAMMAC (Canadian Amateur Musicians). She is also a volunteer driver for Ottawa West Community Support.

Janet has two daughters and two young grandchildren.



How Can I Use the Newsletter to Touch Others?

Have you ever considered how you can put the AFP-C newsletter to more use?

1. Try using some of the articles for meditation or discussion for parish group meetings (Prayer Group, Intercessors, etc.
2. Examine the various ways that AFP is promoted in dioceses and parishes and talk to others, esp. clergy and other parish leaders, about how to promote AFP in your parish and diocese.
3. Add upcoming AFP events on your prayer list.
4. Give thanks and prayer for new Diocesan or National AFP leaders.
5. Note any new resources and see how they might be used in your parish.
6. Photocopy an article or articles that you would like to pass on to someone who would benefit from it (ex. Church School Teacher, Rector or Prayer Group leader.



Let’s Pray!---Ideas For Young Children!

Bernadette Njegovan



God Is With Us!

Teach children this song to encourage them to pray for friends and family members each day. Sing it to the tune of “Jesus Loves Me”.

**Whether I’m at home or play,
God is with me every day.
Thank you, God for being near.
When I pray, I know you hear.**

Chorus:

**I pray for (name),
I pray for (name).
I pray for (name)
God, watch over them today.**

New Ways To Pray!

At mealtime or before a simple snack, help children figure out where each food item comes from. For example, they could point out that potatoes grow in the ground, oranges grow on trees, and eggs come from chickens. Lead children in thankful prayer to God for creating plants and animals that provide such tasty food!

Before each car trip, allow a family member to pray for safety on your “journey”. Invite the children to take a turn. In time, with modeling, they too will likely participate!

Through rough times with small children...

Sit under an Umbrella with your child, and talk about the “storms”, or prayer concerns, you and your children have. Pray and ask God to guide you through the “storms” just as he guided Noah and his family through the flood.

Tasty Prayer—Graham Cracker Tents !

Give each person three graham cracker squares on a plate. Set out marshmallow crème and plastic knives. Demonstrate how to make a “tent”. Lay one graham cracker flat on the plate. Then spread marshmallow crème on the other two crackers, and lean them together. As family members enjoy their tent treat, explain that Abraham and Sarah moved and traveled and lived in tents much of the time, they put their trust in God to lead them. We too are on a “journey” of faith with God...”We will pray as we journey”...

Suggestions to Consider for AFP Membership

1. Parishes can become members.
2. Donate or provide membership for someone else.
3. Give a membership or donation as a gift for a birthday, anniversary, Christmas, etc.
4. Encourage a friend to join AFP.

AFP ACROSS CANADA

Diocesan Prayer Journey Rupert's Land AFP

The Rev. Diane Guilford



In 2009 the Anglican Fellowship of Prayer made a commitment to do a prayer journey through our diocese. We visited most of the rural churches praying for the leaders in the parish, for their community, and for our diocese. It was such a blessing to all of those who participated in the journey, and "Thanks be to God", a blessing to each parish. We have now traveled to all the rural areas except for the east side of Lake Winnipeg. We thought we might visit Victoria Beach closer to June!

Our prayer service has lots of singing in it, some teaching, and prayers. After a scripture reading we offer information on AFP and provide teaching on the power of prayer and anointing. We pray for the church, community and diocese then clergy(s) and spouse(s) come to the centre and people are invited to lay hands on them and we offer prayers and anointing. Other leaders and members are then invited to come forward for anointing. There has been a huge response to this ministry. Our wonderful music ministry team plays throughout this time. Our service then concludes with a closing prayer and a song. At our recent trip to Peguis Reserve (2 hours north of Winnipeg) on January 3rd they combined their Sunday worship with ours and we met at 3 pm. It was a great turnout and we also shared Communion together.

We have had good exposure by our diocesan paper. We have recently put an article and picture in about our journey to Peguis. An invitation has been offered to churches within Winnipeg to be in touch with us if they would like us to host a prayer service in their parish.

As with most things we do for Christ, we, who have journeyed to these churches, have found it to be a privilege and honour and have received much. Thanks be to God!



*Back Row: The Rev. Barry Bear, and Joan Hudson
Front Row: Vi Manningway, Doreen McPherson, Freda Bear,
and the AFP Music Team of Bev. Josefchuk and Nancy Aasland*



WWJP

What Would Jesus Pray ?

Bernadette Njegovan

Activity:

"Jesus Had To Ask God Too"

Play a game of "Follow the Leader". Go into a large space if you can. Choose to be the leader yourself, or let the older children take turns. Instruct the leader beforehand to include frequent "waiting" times during play... (stand still for half a minute here & there)

Sit down & talk about what was different about the way you played this game, this time?

- "Jesus Took Time To Pray"!
- Before making decisions, Jesus prayed to his Father in Heaven. Jesus would want to do something right away..., but He knew He had to pray about it first. "Yet not as I will, but as you will". (Mt. 26:39)
- Read one of these pieces from scripture each week. Or ask a different child each week, skill permitting. Jn. 1:14; Lk4:13; Mt.4:1-3, 14:23-25; Phil.2:6-8; Lk.6:12-16; Mt.26:36-44; Lk.22:43.
- Say the Lord's Prayer each week, reminding the children that Jesus taught it to us. Not that we would just learn it by heart and recite it mindlessly, but so that each phrase would prompt us to pray specifically and intimately to our Lord about all our needs and concerns.
- Prayer Craft: WWJP (What Would Jesus Pray) Bracelets
- Supplies Needed: cord or string large enough for each wrist with extra length for knots and tying. 4 medium size beads for each child. One on one with each child, have them use permanent black marker to write one letter on each of the 4 beads.
- Let each child string the beads on a cord. They can tie knots on each side of each bead to hold it in place. If you have extra, let the kids make a bracelet to give a friend. Encourage them to think about something Jesus might pray each time they look at their bracelet and use that to prompt their prayers.

A Prayer for the Church

Holy God, navigator of our souls, hear us as we uphold The General Synod of our Church. Be with us in our yearning to chart a new course together, inspired by the presence of your Spirit. Give courage to our Bishops, our Diocesan Synods, and all our leaders as we move forward with your blessing. For all we do, we do to your glory, in Jesus' name.

AMEN

Prayer Fest Review
Nov. 20-21, 2009



Jane Jensen, Calgary DR
Mark Macdonald, the first National Indigenous Bishop in the Anglican Church of Canada, is an entertaining speaker who breaks into song to reinforce his message. An accomplished guitarist, Bishop Mark, and Bishop Gary Woolsey, the director of AFP-Canada, played in The Band. Since my family lived in Fairbanks during Mark's first year as Bishop of Alaska, it was great to hear Mark again.



According to Mark, indigenous peoples had legends that they understood to mean God was preparing them to receive the Gospel

before missionaries ever set foot on the land. One was about a youth who was sent by Great Spirit to die a horrible death for his people. Strawberry plants grew in the spot where he died. Since the word for strawberry and heart is the same in Ojibwa, people think of "strawberries" when they hear the phrase, "Lift up your hearts."

Mark explained that First Nations people gather in a circle for meetings because God made life as an interdependent circle. Sitting in a circle makes the people more truthful, more respectful of each other, and more equal. [Would this help diocesan meetings, I wonder?]

Indigenous Anglican groups naturally put the Gospel in the center of their circle. Over time this has led to a method to ground the community in the Gospel by making a commitment to read the Gospel of the day every day and to start *every* church meeting and activity by reading the Gospel three times. The first time the Gospel is read, it is followed by silence. The second time, people share what they heard. The third time, the group shares what the Gospel is calling them to do or to be. Mark has found that, contrary to popular opinion, this method actually reduces the length of time a group takes to complete its

business. Also people become so grounded in the Gospel that when discussions go astray or meetings get tense, someone can call for the Gospel to be read. Hearing the Gospel again re-focuses the heart and mind, and people get on with the business at hand in the Spirit of Christ.

Whereas the Trinity, and so the number three, are significant in Christianity, in Aboriginal spiritualities, the number four for the directions is what people look for. An elderly woman in one of Mark's congregations was inspired to bridge the traditions. She saw four main parts in the Eucharist:

- 1) **Receive** – all we have is a gift from God. Nothing is our own – we are only trustees.
- 2) **Bless** – we need to bless and thank God for everything with prayer.
- 3) **Break** – we break bread, savour it, and be ready to share.
- 4) **Share** – we must share all of God's gifts.

While recognizing the pain First Nations people have received at the hands of the government and the Church, overall Mark's teaching was hopeful and a real treasure to those of us who were at St. Peter's for Prayer Fest.

AFP-Calgary thanks the diocese for its assistance in putting on Prayer Fest.



L. to R.: Bishop Gary Woolsey, Betty Nadurak, Committee Member & DR, Jane Jensen, Esther Jackson, and Bishop Mark MacDonald

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OSL 12 Step Healing Services

These simple healing services were developed by the Order of St. Luke in the US with the idea that all of us are trying to recover from something: a hurt, a bad habit or hang-up. We use the AA Big Book -- their 12 steps were based on the 12 Stations of the Cross. Free by email from

'The 12 Step Healing Services'

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DRs
Request additional newsletters from Paul Dumbrille paul.dumbrille@sympatico.ca
or
Win Mizon winken@sympatico.ca

Faith can be expressed in two words: though and yet.

Though this may happen, yet I will trust Him.

Though my prayer seems unanswered, yet I will trust Him.

Though I may face huge disappointments, yet I will trust Him.



The following two pages are a copy of the AFP-C prayer pamphlet for General Synod in Halifax in June. You can separate these pages from the rest of the newsletter and fold them into a three-fold pamphlet.

