

Anglican Fellowship of Prayer (Canada)

AFP-C NEWSLETTER—Vol. 24, No. 3

PENTECOST 2016

Spirit Filled - Spirit Led

Archdeacon Paul Fehleley



Photo by

Simon Chambers

The Anglican Communion is an amazing worldwide family that includes you and me. It speaks thousands of languages, is made up of 85 million Christians and is in 165 countries. In April I had the privilege of serving as a communication staff person for the Communion at the Anglican Consultative Council meeting in Lusaka, Zambia

The conference-ACC-16 met to pray, study and set out plans for the next three years. It is the most representative body of Anglicans amongst the Instruments of Communion as there were laity, bishops, priests, deacons and religious gathered for the meeting.

Two Spirit filled - Spirit led experiences I brought home were centered on Sunday morning celebrations of the Eucharist; the first with more than 5000 people in front of the Cathedral in Lusaka, the second celebration with more than 6000 in a soccer stadium in Harare, Zimbabwe.

Descriptive words hardly do these liturgies justice, but to try: joy, energy, colour, dancing, vibrant preaching, the warmth and fellowship of the peace name just a few. My overwhelming memory though is centered on the praying. So often our prayers are formal stilted rigid in formula and delivery. My African experience was one of seeing people “lose” themselves in prayer. They were so alive with the Spirit and God given energy that their prayers poured out from their hearts and souls. It was clear that the Holy Spirit had filled them and was leading them in their praise of God. You and I cannot pretend to be a culture or a people we are not but we can learn from others about a freedom to be in our praying that allows us to be open to receive the gifts of the Spirit freeing us to be Spirit filled and Spirit led.

Current Work of the Anglican Fellowship of Prayer

Rev'd Val Kenyon

Resources and General Synod: At the most recent meetings of the AFP National Executive, Paul Dumbrille, our longtime Resource Coordinator updated us on his work of reviewing our current brochures, beginning with the Parish Representative Guidelines. We hope to have this reviewed brochure available shortly. As well, much of our conversation addressed the presence of the AFP (Canada) at our upcoming General Synod in July in Toronto, and how we might best promote our resources and be of service to delegates attending this event.



Prayers of the People Project: Inspired by the enthusiasm of our National Direction, Paul Fehleley, our plan is to develop and launch a Prayers of the People Project in the Fall. While many details are still to be sorted out, the hope is to develop and make available a series of teachings around different styles of prayer beginning after Thanksgiving. These teachings would be built upon in Advent to support the regular development of Prayers of the People for Sunday liturgy. Please watch for more on this in the months ahead.

Launching the new Website: A great deal of work has been going on behind the scenes as we prepare for the launching of a new AFP (Canada) Website. Every effort is being made to ensure that this site is mobile and user friendly all while providing a full range of prayer resources for Parish Representatives, Diocesan Representatives, and all who are interested in learning more about prayer. Please note **May 15th** as the date of the launching of this new site at www.anglicanprayer.org.

Anglican Fellowship of Prayer Canada

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PENTECOST

CURRENT WORK

Diocesan News from Mary & Gordon Dove - DRs for the Diocese of the Central Interior

Every other year in the Diocese of the **Central Interior**, we have an educational gathering that anyone can come to. This will be a good place to connect with people about Anglican Fellowship of Prayer. This gathering is called **Equip** and will be held the **last weekend in May at our Cathedral**. We have been able to reserve the Chapel for a place of quiet reflection and prayer and at the back of the chapel we will put many of the pamphlets from AFP. We have also asked our parish reps to share one of the prayer practices from their parish on a poster and we will display them. We are hoping to informally connect the AFP reps from the different parishes at this time and we will also encourage our AFP reps to come to Equip.

Teach us to pray: prayer changes people, prayer changes me

by Rev. Frances Drolet-Smith – DR for Nova Scotia & PEI



At a particularly dry period in my spiritual life, I wrote to a friend, who happened to be a monk, to tell him I was finding it a struggle to pray. I explained that I was too distracted, too busy, too tired to concentrate or to form the necessary words, and that my prayer time had become a lonely chore. He wrote back: “Welcome to the I.F.I.D.T.P. Club”, an acronym he coined for the “I Find It Difficult To Pray Club”. He shared some of his own quandaries with prayer. Being part of a religious community, who many people think of as “professional pray-ers” had not guaranteed him ease in prayer. If anything, the perception that given his vocation he was “good” at prayer only compounded the problem. He then learned not to be so hard on himself; that the pearl of prayer was not in his perfection at it, but in his faithfulness to the action of praying – even when “nothing” appeared to be happening. His candid response was enormously helpful. It was a lesson in prayer I have needed to relearn a few times in my life.

In 1996 my mother was diagnosed with Alzheimer’s and quite apart from its devastating effect on her I was totally unprepared for how the changes it effected in her would impact me. I literally had no words to either pray or say, and found myself in a kind of spiritual desert where I felt incredibly alone and abandoned by God. The words I searched for in others’ prayers said nothing to me; I felt I had nothing to say to God. As a priest in the church, I was aware that, like my friend the monk, I was perceived as someone who could pray – on demand. Once again, I found myself in big trouble.

Then a friend introduced me to Christian Meditation. I attended a retreat, learned “how” to meditate and I joined a local group. I was so weary at the time – spiritually, as well as physically. I was working full-time, had two small children but I somehow managed to get myself to meditation every Monday night. My fellow Meditators told me some years later that they were pretty sure I had slept through the first six months of our weekly meetings! Despite all this, I persevered with the daily practice. The amazing realization that dawned on me was that God had not abandoned me in the desert at all; that just as I was longing for God, God was longing for me, and was very much present with me ~ even in the desert. I didn’t need to “do” anything, much less say anything. “Just show up and let God love you,” one Meditator told me. In a very real and distinct way, as George Herbert wrote, “Love bade me welcome”.

The Anglican priest and poet George Herbert played the lute, a delicate stringed instrument which constantly needs tuning because it keeps going out-of-tune. Herbert compares us to musical instruments, writing that we all go out-of-tune with God. I have found that Meditation enables the fine tuning to take place, again and again.

Christian Meditation, recovered for us by the work of a Benedictine monk, John Main, is an ancient form of silent, interior prayer. To help us be still, attentive and present to Christ’s company, we use a prayer word, a mantra, “Maranatha”, which is repeated throughout the time of the meditation. Sometimes people wonder what “happens” during meditation. John Main writes, “Not much happens really, not much that is measurable that is, but what becomes increasingly important is what happens between meditation periods.” In keeping with Herbert’s instrument metaphor, it is the silence between the notes that makes the music.

The pearl of prayer was not in our perfection at it, but is in our faithfulness to the action of praying – even when “nothing” appears to be happening. John Main instructs us not to evaluate our mediation time, deeming it “good” or “not so good”. It has no cumulative effect on our prayer – we don’t get extra points for praying “well”. It is the holy habit of “showing up” for prayer, of our faithfulness to our prayer practice that changes us. It is our faithfulness to the practice of prayer that opens us to Christ and by extension, opens us to others as we seek to see, love and serve Christ in them.



facebook

**We've started a new Facebook group,
with daily quotes on prayer. Join us at
"Anglican Fellowship of Prayer (Canada)"**

Getting to Know Your Executive— Tony Day

Tony has been a member of the executive committee for about 12 years and DR for the diocese of Toronto for about 16 years. When he was asked to be chairperson, he declined stating that he had reached his best before date which means he is no spring chicken having been born in the UK before the war. He is in favour of prayer committees as he met his wife, Carol when they were both members of the Toronto prayer committee.

His first memory of prayer was hearing his mother talk about prayer and having a prayer list. He and his siblings were sent to Sunday school but neither Mum nor Dad attended church as adults. She, like many folk in the UK, was sent to church twice or more on a Sunday, any denomination would do which put her off church but not God.

One of the first churches Tony joined had prayer as a central part of their ministry. There he joined a prayer group where he, along with others, sat in a circle. A piece of paper was circulated around the group and when each person received it they could pray out loud or pass the paper to the next person. It took more courage to pass it than it did to pray but after praying he shook uncontrollably for 15 minutes.

His Damascus road experience occurred at a service of evening prayer which he always attended. Upon arriving at church he knelt and prayed as was the custom. That evening, when he sat up, he knew he was born again. He did not ask or confess but the Lord graciously converted him for which he is most grateful.

Tony was trained as an aeronautical/mechanical engineer and worked in that capacity in the UK and Canada. He retired in 1996.

He has three children and nine grandchildren. One of his sons lives in Alberta with his wife and five children and so he does not see them much as it is quicker for him to travel to see his siblings in the UK than it is to get to Jasper. Tony and his wife have conducted many parish prayer workshops; in addition, he has overseen 7 diocesan prayer conferences.

To close, he wants you to know that he has over one million unanswered prayers.



DIOCESE OF HURON:

FALL GATHERING

Different Strokes For Different Folks: *Prayer and Personality*

Saturday, October 1, 2016

St. Jude's 1537 Adelaide St. N.

10 am - 3 pm

*Discussion on characteristics of prayer, personality assessment, several presentations,
Eucharist, fellowship, book browsing, snacks*

Please bring bag lunch

Freewill offering will be taken

To register please contact: Rev. Kim Metelka kametelka@gmail.com

2896 Old Lakeshore Road, Brights Grove, ON N0N 1C0

519-869-2403

OR

text info to 519-464-8892

DIOCESE OF RUPERT'S LAND

HEALING WITH MUSIC AND LAUGHTER CONFERENCE

Friday, September 23 - Saturday, September 24, 2016

610 Portage Avenue, Winnipeg, Manitoba

Sponsored by the Order of St. Luke

Cost: Free Will Offering

Registrar: OSL Secretary Shelley Andres

204-687-5744 OR sandres@mymts.net

Anglican Fellowship of Prayer Canada

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www.anglicanprayer.org

EXECUTIVE COMMITTEE

UPCOMING EVENTS

The Anglican Fellowship of Prayer 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

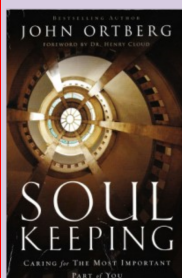
The A.F.P. Representatives' Prayer

O Father grant your blessing,
that I may fulfill my ministry as a Diocesan Representative.
I can hope to do this only because you are with me to help me.
Help me to grow in prayer and by your Spirit give me the right words
so that I may encourage and teach others to pray in the knowledge
that they are the children of a loving heavenly Father
through Jesus Christ our Lord, who ever lives to pray for us. Amen

AFP Intercessors' Prayer

Our Father, we pray your blessing
on those you have called to be
Intercessors in the Anglican Fellowship of Prayer.
Help us to persist in prayer,
with an awareness of your loving goodness

and your ability to accomplish abundantly
far more than all we can ask or imagine.
May we know that in your will
all things work together for good
through Jesus who ever lives



SOUL KEEPING - Caring for the Most Important Part of You

By John Ortberg

Reviewed by Paul Dumbrille



What is the soul anyway?

The church has a day called "All Souls Day". When a person dies we sometimes say, "May God rest his soul". There are books and stories written about people selling their soul. In Harry Potter, the Dementor's kiss is a fate worse than death; to have one's soul removed by a soulless creature. There is a popular contemporary Christian song called, "It is Well With my Soul". Some of us remember the children's prayer:

Now I lay me down to sleep, I pray the Lord my soul to keep.

If I die before I wake, I pray the Lord my soul to take.

Ortberg recounts what he has learned about the soul and what it is. The major part of the book deals with what the soul needs. Ortberg looks at the parable in Mark's Gospel that features seeds, a sower and some soil. Changing one letter in "soil" becomes "soul". The condition of the soil is what changes the outcome of the sowing of the seeds. The condition of the soul changes the outcome of our lives. Like soil, the soul needs care, tending and enrichment for growth to occur and this book outlines the ways in which our souls can be nourished and maintained.

I highly recommend this book. In the words of Dr. Henry Cloud in the Foreword to the book, "This book will not only help you realize that you have a soul, an interior life, and its importance, but will also give you some tools and handles to grab as you develop that life." It cannot be said any better.



**AFP-C Newsletter Editor
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Next newsletter September 2016.

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