



Jubilate



The magazine of the Chaplaincy of Christ the Good Shepherd, Poitou-Charentes

Our AIM:

- To love the Lord our God with all our heart and soul and mind and strength.
- To love our neighbours as ourselves
- To go and make disciples



Sunday 26th April 202

The Eternal.

*"Grant me, O Lord God,
before all things,
by day and by night,
amid all things,
imperfect, inconstant, uncertain,
in small things as in great,
to esteem, to seek after,
and to lay hold upon
THAT WHICH IS ETERNAL."*

Eric Milner White,
Dean of York 1941-1963

Collect

Almighty Father

Who in your great mercy gladdened the disciples

With the sight of the risen Lord:

Give us such knowledge of his presence with us,

That we may be strengthened and sustained

By his risen life

And serve you continually in righteousness and truth;

Through Jesus Christ, your Son our Lord

Who is alive and reigns with you

In the unity of the Holy Spirit,

One God, now and for ever, Amen.

Today's Bible Readings

Acts 2.14a-, 36-41

Psalm 116:1-7

1 Peter 1:17-23

Luke 24:13-35

Closing Prayer

Living God

Your Son made himself known to his disciples

In the breaking of bread:

Open the eyes of our faith,

That we may see him in all his redeeming work;

Who is alive and reigns, now and for ever, Amen.

Stations of the Resurrection --- of JOY

IV The angel appears to the women

Matthew 28.5-8

The angel said to the women, 'Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, "He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him." This is my message for you.' So they left the tomb quickly with fear and great joy, and ran to tell his disciples.

Let us pray:

*We praise you and we bless you, our risen Lord Jesus, King of glory, for your resurrection overturns our expectations of life and even your closest friends could not see truth before them. As the angel helped them to grasp your triumph and overcome their fear, so help us to see your hand at work through the events that overtake us. To you, Lord Jesus, whose ways astonish beyond our imagining, be honour and glory, now and for ever. **Amen.***

V Jesus meets the women

Matthew 28.9,10 Suddenly Jesus met them and said, 'Greetings!' And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, 'Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.'

Let us pray

*We praise you and we bless you, our risen Lord Jesus, King of glory, for your simple word of greeting made the hearts of the women leap with joy. Speak your word of love to those whose hearts are broken, that they too may hear your loving, beckoning call. To you, Lord Jesus, whose call summons us to life in all its fullness, be honour and glory, now and for ever. **Amen***

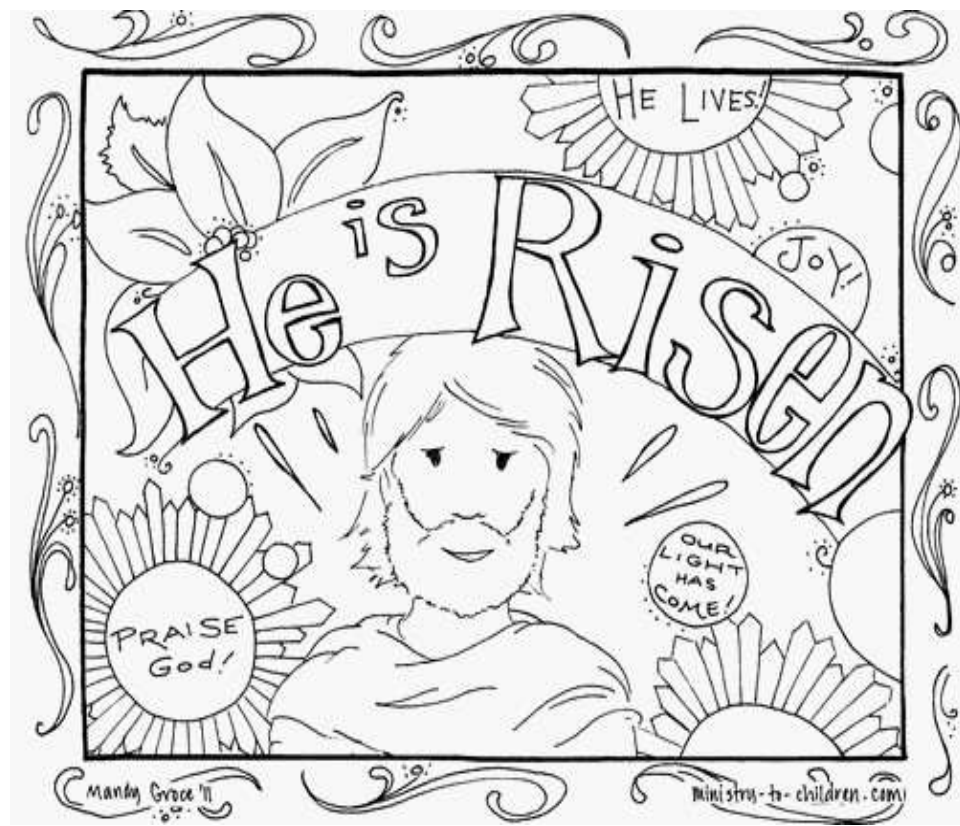
We may still be in "lockdown" and Easter Sunday seems a long time ago.

So here's a 'double-whammy' for you.

1. It's a reminder of the most important fact that drives our Christian Faith.

2. It's something to keep you occupied when you're fed up of watching repeats on TV, the garden is ready, and the dog absolutely refuses to go for yet another walk: Your very own colouring page.

Make a copy for each member of the family and get those colouring pencils out. No prizes, but you get the joy of reminding one another that Jesus has risen, and loves us today.



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FROM JANE KING:

Giving back - Making masks

My daughter, Joanne Flowerday, for whom we have been praying on the prayer list as she had an operation for breast cancer back in November. She lives in Georgia, about 25 miles from Atlanta and was appalled to hear that her two local hospitals had no face masks (in spite of Donald Trump stating that they had forty million ready and another forty million being made!) so, as she is on furlough from her teaching job she decided to make some. To date she has made over a hundred for the hospitals and others for her family, friends and her husband, Paul's, work colleagues. She has asked all those she knows for contributions of cotton material and elastic or ribbon for ties and even asked the local fabric shop for donations of cotton. Tomorrow she is expecting a delivery from Amazon of 200 yards of yet more material.

For anyone interested in making their own masks, the secret is two layers of cotton (must be cotton as it is closely woven and washable). For the hospitals she puts a layer of flannel between the two pieces of cotton as it can then be autoclaved. Needless to say I am extremely proud of her as she has other health problems having acute asthma and arthritic knees, but she also has a great faith and feels she is giving something back to the Lord for bringing her safely through her cancer ordeal.

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An Anxious Person's Prayer

(by Vinita Hampton Wright who is a Loyola Press editor and writer)

How can I pray when I'm anxious? That is, how is it possible to pray when anxiety fills my person? How might I go about prayer when I'm in such a condition? Here are a few points to remember.

First of all, reality does not change when I experience internal changes. I might be enraged, frightened out of my mind, or too worried to remember words to a prayer. But God continues to dwell with me. God continues to love me. I remain a person created in the divine image. The world continues moving toward God's purposes.

Second, it is useless to pretend that I'm not anxious. I must stay with what is and deal with the here and now. Anxiety results from multiple factors: my physical state, which can be affected by fatigue, illness, or adrenaline; my mental state, which can raise my anxiety by believing falsehood or obsessing on a certain problem or fear; my emotional state, which simply indicates how a situation or event is affecting me; my spiritual state, which feels the effects of all other states but may not change as much as I think. What I mean by that is, my spiritual reality is established by the work of Christ and kept by the power of the Holy Spirit. How I interact with my spirituality can be affected by anxiety, but I can take action even then. When I accept that anxiety is happening in me at this moment, I have the power to make choices.

Third, true prayer shapes itself to the situation. How I pray when anxious may not look like how I pray when I'm not anxious. For example:

During non-anxious times, perhaps I can sit quietly to pray.

During anxious times, I pray while pacing or rocking.

During non-anxious times, I might use a lot of words – fully developed thoughts and ideas.

During anxious times, my prayer is a word or short phrase, such as "Help!" or "I need you!"

During non-anxious times, I enjoy praying with Scripture or types of meditation.

During anxious times, I find it easier to pray with objects, such as a smooth stone in my hand.

Please keep in mind some simple ideas if you are anxious and trying to pray.

Do not rely on your thought processes during great anxiety. Such a state can skew our thinking and set our thoughts in useless circles. For anxious times, have a few statements of truth, such as a few short verses of Scripture that can keep you grounded.

It is always appropriate to cry out to God. Speak plainly. Allow your emotions to express your heart. Remember the psalms, those poetic yet frank prayers to God in all seasons.

Carry out St. Ignatius Loyola’s advice to “act against.” Whether our anxiety is the simple result of factors we can recognize, or it feels like an out-and-out attack from something evil, we can counteract it. When afraid, we speak our trust. When worried, we remember God’s protection and help in times past. When tempted to despair, we find one thing for which to give thanks. When beaten down, we choose to help someone else.

- Thanks to *Jubilate* reader, Ruth Taylor, for submitting this article.

TOGETHER IN PRAYER Daily prayers and meditations for the week ahead

26th. God, I know that your plans for me are for good, to prosper me and give me a future and a hope. Help me to obey you in every area of my life so that I don’t do anything to thwart your plans for my future.

27th. Help me to make the time I need to be alone with you. Enable me to secure a place of peace and quiet so that I can hear your voice speaking to my heart.

28th. Father, I pray that you will keep me from running off on my own, trying to do what I think is right instead of seeking you about everything. I trust that you will guide me every day.

