

THE PARISHES OF ST JOHN THE EVANGELIST AND ST MARY MAGDALENE

35 Brighton Place, Edinburgh EH15 1LL

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Parish Priest: Fr. Jock Dalrymple:

0131 669 5447

Deacon – Revd Eddie White:

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Pastoral Team: Alice Codling, Jennifer Morris and Chris Vinestock

Shared Parish House: 3 Sandford Gardens, EH15 1LP

Administrator: Enrico Fertini

(Office Hours: Tuesday, Wednesday, Thursday: 10am to 3pm & Friday 11am-4pm)

Web address: www.stjohnsportobello.co.uk

Web address: www.stmarymagdalenes.co.uk

Joint Facebook page: <http://www.facebook.com/StJohnsandStMaryMagdalenes>

Joint e-mail address for our sister parishes: stjohnsandstmarymagdalenes@gmail.com

Seventh Sunday of Easter - 16 May 2021



(Mgr Duffy preaching at St Mary Magdalene's Golden Jubilee in 2018)

Mgr Tony Duffy (7.5.47-12.5.2021)

Fr Jock writes: 'Very sadly, Mgr Tony Duffy, a much loved parish priest of St Mary Magdalene's between 1984 and 1989, died on Wednesday morning in the Western General Hospital at the age of 73. Tony was a man of integrity and compassion, a hard-working and kind priest and pastor, with a warm heart and a lovely dry sense of humour.

He has made an immense contribution not just at St Mary Magdalene's but to our diocese as a whole since his priestly ordination in 1973. He will be particularly associated with four distinct ministries: his diligent service in the Diocesan Finance Department for many years; as a long standing parish priest of St Cuthbert's, Edinburgh, for the last 32 years, and Our Lady's Currie, for the last 23; as a faithful pilgrim with, and dedicated Director of, the Archdiocesan Pilgrimage to Lourdes; and as a thoroughly approachable and friendly secondary school chaplain at St Augustine's, Edinburgh. May his gentle soul rest in peace.'

A Mass to mark the 25th Anniversary of Fr Norman Cooper's Death

St John's – this Thursday 20 May – 7pm

Fr Norman was a much-loved assistant priest in St John's from 1980 to 1982, who tragically fell to his death on 20 May 1996, climbing in the Cuillins in Skye, while away for a short midweek break in Applecross with his 'support group' of priests (including Fr Jock).

If you would like to attend, please email stjohnsandstmarymagdalenes@gmail.com or ring (0131 669 5447) the parishes' administrator, Enrico to book a place. A few seats are still available.

This Sunday is Communications Sunday – a Second Collection will be taken ...it is also week in which we continue with the Novena to the Holy Spirit in preparation for Pentecost.

ON ‘COMMUNICATIONS SUNDAY’, DEACON EDDIE REFLECTS ON THE RECENT REVOLUTION IN COMMUNICATIONS IN OUR TWO PARISHES

‘Perhaps Communications Sunday has seemed rather a distant event for many of us over the years, an opportunity to comment on Media influence and on spreading the Gospel Message through electronic means. This is a massive task for the Church and one it’s always worthwhile considering helping with (if we are able) by supporting the retiral collection.

However, our own reflections on Communications Sunday have changed over the last year or so as we have had to rapidly alter the level of communication we do electronically. With the church doors firmly closed for so many months over the last year or so, in addition to our websites, Facebook has joined with YouTube as our main way of interacting with the outside world.

Communications Sunday, then, is maybe a good Sunday to thank everyone who has made everything possible. Father Jock and I had to make the decision to get online quickly and after a couple of weeks with outside help we have been on our own as a community. Volunteers and supporters have been very generous with their time and skills as we grew and gained more confidence. Of course, things still can, and do, go wrong but with a solid team of live streamers, we are grateful (and I am scared to type this...) that nothing major has gone wrong in a while. In that time, we have managed to produce communication on a scale we had never thought possible - with Sunday and weekday Masses, Gospel Sharing, Psalm talks, Benediction, zoom coffee communities, organ recitals, Nature photo sharing, and a particularly active Children's liturgy online.

There is an temptation to create a list of who has helped but then the reality is that this list would take up several pages, especially as it involves the whole community engaging with the online communications that we were able to offer. For example, the best planned children's liturgy would be worthless without the approximately 40 families who engage with it every week....

A genuine and heartfelt thank you from the Parish House and Pastoral Teams and the PEP group - and indeed from all in both parishes - to everyone who has been involved in producing or engaging with our communications over the last year.’



The churches of Portobello are delighted to host an evening for the community of Portobello reflecting on **Positive Mental Health - On ZOOM**

Many of us have faced and continue to face challenges with maintaining Positive Mental Health in our current trying times. This evening will be an opportunity to reflect on what Mental Health is, what depression and anxiety are as well as looking at how we create and maintain positive mental health.

This training is suitable for those who wish to strengthen their own mental health, those who want to understand more and those who want to help others around them.

The evening's session will be delivered by **Mark Flemming**. Mark works closely with the Scottish Football Association and many of its clubs, the Scottish Rugby Union and others in the area of Mental Health training. He also delivers training for the NHS. We are delighted to have Mark come and help us build positive mental health in our community here in Portobello.

The event will run on Thursday 20th May from 7pm to 9pm on Zoom.

It is free but you do need to book your space. <https://portobellopmh.eventbrite.co.uk>

You can learn more about Mark and his work at positivementalhealthscotland.co.uk

MIGHT NOW BE THE TIME TO RETURN IN PERSON TO MASS?

A Parishioner reflects: ‘Following the long and sometimes difficult restrictions imposed on all of us for the past months, now might be the time to consider attending Mass in our own Churches.

It is wonderful to think that we can be gathered as one, albeit with numbers limited, seeing each other, listening together to God’s Word, expressing ourselves as a community and taking part in person in the great gift that is the Eucharist.

BOOKING PLACES AT MASS

To help us to manage the numbers, if you wish to come to one of the ‘live’ Saturday and Sunday Masses, please contact the parish house **by phone (0131 669 5618 – a special number)** or by email (stjohnsandstmarymagdalenes@gmail.com) **on Tuesday, Wednesday and Thursday (10am to 1pm) until Friday 1pm.** After every Mass in one of our Churches, ‘deep cleaning’ has to take place – something that takes a considerable length of time and effort. We are so incredibly grateful to our welcomers, stewards and cleaners who are making it possible for us to have our churches open – **and always open to new volunteers.**) Please also be aware that you will need to utilize hand sanitisers as you come into and leave the church, and masks must be worn throughout the service.



Due to the COVID regulations we have limited seatings available and therefore we advise early booking.

THIS WEEK

Saturday 15 May

6.30pm – St John’s - **Vigil Mass – livestreamed, a few seats still available**

Sunday 16 May

9.30am – St John’s – **Mass – livestreamed, a few seats still available**

11am – Prayer Room - **Mass** - pre-recorded, streamed on YouTube

11.15am – St Mary Magdalene’s – **Mass – a few seats still available**

Monday 17 May

10.00am – St John’s – **Mass** - livestreamed, no booking required

1pm – St John’s – **Nuptial Mass of Andrew Cranston and Iris Cabatu**

No Gospel Sharing and Reflection this week.

Tuesday 18 May

7.00pm – Prayer Room – **Mass** - livestreamed

Wednesday 19 May

10.00am – St Mary Madgalene’s – **Mass** - livestreamed, no booking required

10.00am – St Andrew’s, Bearsden – **Requiem Mass for John Prior**

Thursday 20 May

7.00pm – St John’s – **25th Anniversary Mass for Fr Norman Cooper** - livestreamed, booking required

7pm-9pm - Zoom – **Positive Mental Health – an Evening of Training, Learning and Equipping wih Mark Flemming** (see above)

Friday 21 May

10.00am - St John’s – **Mass** - livestreamed, no booking required

11am - **Rosary Group** – ‘Anyone can join, especially if you have Facebook Messenger, but also on WhatsApp, or just on the phone. Sometimes it takes time for us all to join in, but we always manage. Please join us.

Message Maria Igoe on 07981333219 or mariaigoe@yahoo.co.uk’

Saturday 22 May

6.30pm – St John’s – **Mass – livestreamed, booking required**

Sunday 23 May – FEAST OF PENTECOST

9.30am – St John’s – **Mass - livestreamed, booking required – with baptism of Jason Coyle**

11.00am – Prayer Room – **Mass - pre-recorded, streamed on YouTube**

11.15am – St Mary Magdalene’s – **Mass - booking required**

IN THE COMING WEEKS

Monday 24 May – 7pm – St John’s – **Confirmations**

Tuesday 25 May – 7pm – St John’s – **Confirmations**

Thursday 27 May – 7pm – St John’s – **Confirmations**

Saturday 29 May (5, 12, 19 and 26 June) – 12 midday – **First Communions**

Friday 4 June – 10.30am (and 11 June at 9.30am) – **First Reconciliations.**

*A good God creates
and continues to create
an ever-good world
by enticing it back
into the place
where it began.
Richard Rohr*

From Archbishop Leo’s Weekly Ad Clerum

Laudato Si week - SCIAF and Justice & Peace Scotland host an online event titled ‘Everything and Everyone is Connected’ at 7pm on Monday 24 May, “an evening of reflection on Laudato Si and the climate crisis”. To register visit eventbrite.co.uk and type the event title in the search bar. Laudato Si week takes place 16-24 May as part of the anniversary of Pope Francis’ encyclical on caring for our common home.

Open Evening (attachment) - Do you want to deepen your knowledge of education and the Catholic faith?

Are you a teacher, an aspiring school leader or simply intellectually curious? Come to an online open evening (Zoom) to hear about courses from St Mary’s University, Twickenham, which will be taught at the Gillis Centre in Edinburgh this Autumn. It takes place 6-7pm, Wednesday 2 June. Register at bit.ly/OurOpenEvening For more information about courses visit stmarys.ac.uk/edinburgh

Mental Health event - The Archdiocese is hosting an event titled ‘Mental Health and the Pandemic: How can we respond?’. It takes place on Monday 7 June, 7:30-8:30pm and features Fr Tony Lappin and Professor John Crichton (Zoom webinar). Register now at bit.ly/MentalHealth_Webinar

Mailing List- Stay updated on news from across the Archdiocese by subscribing at archedinburgh.org/news-events/YouTube - Online events from the Archdiocese are recorded and posted on YouTube. You can find them at bit.ly/ArchYouTube



SCIAF WEE BOX 2021, BIG CHANGE donations



Jennifer Adams (SCIAF Senior Finance Assistant) writes: “Hello St John’s and St Mary Magdalene’s. Thanks very much for your email and of course for the donation – and it will be matched by the UK Government. Thank you for your continued support towards SCIAF during this globally challenging time.” This year we raised £963.00 toward the WEE BOX appeal, thanks to the generosity of our Parishioners and their families. Our contribution will be used to help children with disabilities in South Sudan to access the education and support they need to build a brighter future.

China Week of Prayer – May 23-30

Jim Roarty, from the Justice & Peace Group, writes: “Cardinal Charles Bo, president of the Federation of Asian Bishops’ Conferences, has set aside May 23-30 as a week of prayer for China. “We should ask Our Lady of Sheshan to protect all humanity and therefore the dignity of each and every person in China, in the words of Pope Benedict’s prayer, to believe, to hope, to love,” Cardinal Bo said in a March 14 statement. “It is right that we should pray not only for the church but for all persons in the People’s Republic of China.”

He said he was expressing his love for the people of China, his respect for their ancient civilization and extraordinary economic growth. “My hope is that as it continues to rise as a global power, it may become a force for good and a protector of the rights of the most vulnerable and marginalized in the world,” Cardinal Bo noted. Echoing Cardinal Bo’s words, as it continues to grow in power, China has the potential to become a force for good but that will require a change of heart in relation to such things as the persecution of the Uighurs and other ethnic minorities, the crushing of democratic rights in Hong Kong and the persecution of Christians – a lot to pray for!”

All news from the J&P Group can be found on our website:

<https://www.stjohnsportobello.co.uk/news-events/news-from-the-jp-group>

PRIZES FOR THE TOWER FUND TREASURE HUNT

Thanks again to everyone who took part to the *treasure hunt*. The draw took place at the end of Mass at St John’s.

The lucky winners are ...

1st prize: Jeremy Thorp won a book token.

2nd prize: Violet Richardson (6 year young!) won an Easter egg.

3rd prize: Findlay MacDonald (9 year young!) won an Easter Egg.

Congratulations to all! A very big thank you to Pat Whyte and her daughter Lynda Kazimoglu for organising the event.



White Flower Appeal – by The Society for the Protection of the Unborn Child

Aileen Hall and Maria Igoe, our parishes’ pro-life reps, write: ‘Each tiny life extinguished by abortion is a tragedy. This new initiative by SPUC Scotland will enable us to remember each of these babies and pray that they are not forgotten.

Tiny babies are the primary victims of abortion. Many others are affected by it. For example, women who feel under pressure to have an abortion may suffer mentally and/or physically for many years after the event. Men who want to be fathers can be denied the opportunity to hold and cherish their children. Our country, with its aging population, is losing 14,000 of the next generation every year.

On Saturday 22 May 2021, at Carfin Grotto, SPUC Scotland will display 14,000 white flower images, one for every child lost to abortion in Scotland in one year, to create a ‘carpet of flowers for the unborn’. Bishop Toal will bless the physical display at 2pm. If you would like to sponsor a virtual flower, please visit www.whiteflower.org.uk or call SPUC Scotland (0141 221 2094) to make a donation.

Advance Warning of our next Baptism Preparation Course

at 7.30pm in St John’s Hall on Thursday 3 and 10 June please make contact with Fr Jock by phone or email if you wish to have a child baptised and would like to enrol for the course.

PARISH REGISTER

Welcome to the World.... Oran Kinsella-Stevenson, born on Friday 7 May, a first child for Siobhan and Jamie, grandchild for Fiona and Michal Kinsella, and great grandson for Irene McIsaac.

Warm birthday greetings to Frances McDevitt, 65 on Friday 14 May

Please pray for those who have died recently: Mgr Tony Duffy, John Prior (Julie O'Hanlon's father), Lucas O'Neill, Richard Paterson and Maria Calanna

Please pray for those whose anniversaries occur around this time: Catherine Hall, Alex Hunter, Fr Norman Cooper, Gordon Campbell, Reg Howes, Margaret McPake, Anne O'Donnell, Christine Pugh, Cillian Dempsey, Brendan Boyle, Fr Tommy Greenan and Matt Ferguson

St John's May 15:- James Kelly (2004); John O'Brien (1954); **May 16:-** Maureen Collie (2018); Bill Hunter (2017); John Rooney (1984); Vincent Rowley (1981); Sarah Taylor (1981); Mary Anne McGrory (1947); Philip Haslett; **May 17:-** Fr. Tommy Greenan (2020); Christine Pugh (2013); Killian Dempsey (2005); Mary (Thomson) Macnamara (1996); Joseph Passmore (1963); **May 18:-** Julia Young (1984); **May 19:-** Alex. Hunter (2019); John Cook (2003); Catherine Cunningham (2003); Zelinda Tesoro (1992); Elizabeth Bryce (1986); **May 20:-** Margaret Macmillan (2008); Fr. Norman Cooper (1996); **May 21:-** Lindsay Gordon (2013); Catherine Brock (2009); Mary Meagher ; Patrick O'Flaherty;

St Mary Magdalene's: May 16:- Ian Graham (2003); Joseph Flynn (1974); Catherine Tough (1970); **May 19:-** Patrick McGuinness (1971); Frank Finnegan (1967);

Sick Parishioners - St. John's: Joyce Martin, Mike Iannarelli, Ernie Moran, Chloe Sutherland, May Thomson, Norah Bruce, Patricia Lawler, James Curnyn, Celia Stone, Eddie Clark, Margaret MacLeod, Sheena Sivell, Catherine Walker, Ruth Viso, Mary Grady, Susan Cammach, Pauli Walker, Dolores Jones, Evelyn Oldershaw, Anna Butler, May Flynn, Vincent Knowles, John Cregan, young Saoirse Golden, John Whyte, Frances Cunningham, David Reid, Frank Logan, Charlotte McGregor, Betty Dougal, Anne Thomson, Eileen Brown, Mike Noonan, Sarah McManus, Mike Burns, Sr Jennifer Lindsay, Maureen Low, Pat Hunter, Alan Blyth, Mary Slight, Mary Phair, Rose Thornton, Kitty Dykes, Norman Telfer, Philip Jamieson, Alf MacNamara, Maureen Lawrie, Kathie Gallagher, Erin Corbett, Roz Byers, Marie Angela Crolla and Lorraine Syme.

Sick Parishioners - St. Mary Magdalene's: Denis Davidson, Graham Neilson, Sheila and George Service, Chris English, Jacqueline Marinello, Andrew Farmer, Ray Donnelly, Sam Burns, Clive Davis, Ella Ayers, Isobel Phillips, Margaret Duffy, Maria Scott Jnr, Louise Gorman, Ann Dockrell, John Newell, Michael McPhillips, Bridget Malone, Charles Malcolm, Margaret Ryan, Jacqueline Hannan, Julie Keegan, Rose McKay, Laurie Wallace, Annie Watson, David O'Donnell, Andrew Banks, Jude Ferguson, and Mary and James Muir.

Please pray for sick friends and relatives of parishioners, including: Dago Dinis, Audrey Burgess, William Barker, Canon Andrew Monaghan, Jaroslav Icina, Annabelle Cervantes, Emily Buchanan, Ray Perrett, William Young, Nick Koning, Kerry Horn, Ann Thorp, John Mackenzie, Alistair Grieves, Tonino Howard, baby Josh Simpson, Maureen McEvoy, Helen McCann, Rhoda Tumboli, Dani Miniette, Marina Calanna, Alec Hamill, Peter Millar, Nan Doig, Rachel Kennedy, Leo Stone, baby Baxter Sweeney, Sr May Lewis, Joan Murray Hamilton, Sr Margaret Mary, Billy McPhillips, Jean Nelson, Margaret Anne Marton, Betty Blyth, Lauren Fitzpatrick, Fr Christy Fox, Joe Greenan, Michael Igoe, Katie Mc Anenny, Robert Shaw, baby Kinsley McMillan, John Walsh, Moira McConville, Margaret and Victoria Roddam, John Williams, Clare Richardson, Karen MacKay, Laura Anderson, Gloria Crolla, Richard Reid, James O'Rourke, Tommy Muir, Janice Todd, Lauli Ridge, Seval Kazimoglu, Anne Young, James Shepherd, Peter Hanley, Jennifer Kay, Ranier Carpo, Marie Baird, Andrew Franklin, Frank Palmer, Paul Henderson, Ellen Green, Andrew Preston, Jamie Mitchell, Eunice Macdonald, Peter Bromley, Kathleen Cawley, Margo Law, Misia Jack, Hannah Muldoon, Emma Bromet, Edward Caulfield, Igor Rekowski, Diana Hibbert, Joan Brooks, Mary Turnbull, Stuart Falconer, and young Ray Donovan Syme

Offertory Collections – 9 May 2021

St Mary Magdalene	St John the Evangelist
£364.40 total including Offertory of £118.40 and Gift Aid of £246.00	£1257.89 total including Offertory of £335.49, Gift Aid of £122.40 and £800.00 Online Donations

THANK YOU!

An Invitation by Pope Francis to pray the Rosary in May implore the end of the Pandemic.

This can be followed on Facebook and You Tube:

<http://bit.ly/May21Rosary>

Also, for the third year, during this month the Rosary will be recited each evening at 8pm around the British Isles - Scotland, England and Wales - at different shrines.

A REFLECTION ON THE GOSPEL FOR THE SEVENTH SUNDAY OF EASTER

John 17: 11-19

Do you fancy a little game? Imagine that you have been the subject of a horrific house fire. The fire brigade is in attendance and appear to be in control of things. Everyone is safely out of the building but nothing else has yet been salvaged. You were lucky - the firefighters had confined the fire mainly to the kitchen area and living rooms, though other parts of the ground floor are causing them concern. There hasn't been any opportunity to assess the integrity of the structure and things remain uncertain. After a harrowing conversation you persuade the fire-officer in charge to allow you to salvage one, and only one item from what remains of the building. What would you pick? Out of all your possessions, what is the one item that is most precious – not necessarily in monetary worth, but the one with most personal significance. Is it your late father's watch, the photograph of your mother or wife in happier times before cancer had carved pain-lines on her face, the lock of hair from your son's first curls? It's difficult, isn't it? So many possessions but only a small handful of absolute value.

For more years than I care to remember, I suppressed anger and frustration. From an early age I was told that anger was always wrong, and feelings were to be ignored or suppressed. My parents gave me a great deal of love – and they gave me a lot of hang-ups. I don't think my experiences are unique and I can empathise totally with Prince Harry. Parents do their best and that is all that can be asked or expected of them, but they don't always get everything right. Like most teenagers I seethed. Getting in touch with feelings hadn't even been thought of in those days, so there was nothing else to do other than suppress them. I discovered alcohol as a release and an avenue to relative peace. Alcohol made me forget about the anger, the frustrations, the disappointments, and I could float away into a sea of illusory peace. Therein lay the problem, it was illusory: the effects of the alcohol would wear off and I would awaken to the same seething, anger, and resentment. I was an alcoholic but without ever realizing it. I reasoned that I couldn't be, because giving up for Lent was never an issue. All that I was doing was suppressing my addiction during Lent – I wasn't **living** sobriety. I have an embarrassing number of possessions. Most of them would be junk to anyone else, too many books, a lot of clutter. My somewhat shaky health aside, my greatest possession is my sobriety. Once I had made this emotional leap, I found myself in a constant state of almost idyllic-like freefall and everything took on a different perspective.

In the early 2000's, George W Bush famously declared war on terror. This war was doomed to fail, because it's very difficult, if not impossible, to wage war on an idea. It's much more effective to appeal to people's nature. Similarly, the events unfolding in Israel this week have reminded us that peace cannot be 'imposed'. Peace imposed from above is never real until resentments, injustice and frustrations are addressed. A 'dry' Lent is a world away from a life of sobriety. Peace is to be lived and cannot be imposed. An imposed peace is akin to suppression. Peace flourishes when it speaks directly to people's hearts and nature. Justice and fairness will ensure that peace grows in a fallow field of rich, productive soil where individuals are recognised because of their inherent worth and value in God's eyes. The Jewish people may see themselves as God's chosen race, but we believe that the whole of humanity has been chosen.

In the Gospel passage, Jesus is nearing the end of his final discourse with his disciples. He leaves his parting instructions. The disciples are to remain very much part of the world – *I am not asking you to remove them from the world..... consecrate them in the truth*. This is all we need, individuals who are embracing of humanity and who are committed to the truth – the truth of God's Gospel, the truth of our calling, the truth of our witness, the authenticity of our Christian vocation. We are to live the Gospel **IN** the world, achieving change wherever we can, no matter how small our steps, how insignificant our efforts might appear. The Gospel is to be embraced, absorbed and lived by us. God will do the rest.

FINDING THE HIDDEN TREASURE by Benignus O'Rourke

Chapter 18 – The Din in The Mind

Discovering inner peace is not always easy, as Augustine himself found. In his Confessions he recalls: *'The sound of your secret melody I could not catch no matter how hard I tried. My heart was deafened by the din of my mind.'*

Be Still
and know that
I am God

Augustine would interpret the third commandment, to keep the Sabbath day holy, as an invitation to the stillness of mind and heart we are seeking. *'The Third Commandment calls us to quietness of heart, tranquillity of mind,'* he preached in one of his sermons. *'This is holiness. Because here is the Spirit of God. This is what a true holiday means, quietness and rest.'*

And he went on: *'Unquiet people recoil from the Holy Spirit. They love quarrelling. They love argument. In their restlessness they do not allow the quiet of the Lord's Sabbath to enter their lives.'*

Against such restlessness we are offered a kind of Sabbath of the heart. As if God were saying, *"Stop being so restless. Quieten the uproar in your minds. Let go of the idle fantasies that fly around within."* God is saying, *"Be still and know that I am God."*

'But you, so restless, refuse to be still. You are like the Egyptians tormented by gnats. These, the tiniest of flies, always restless, flying about aimlessly, swarm at your eyes, giving no rest. They are back as soon as you drive them off. Just like the futile fantasies that swarm in our minds. Keep the commandment,' he says. *'Beware of the plague.'*

When we rest in stillness and try to quieten the uproar in our minds, at first our heads may seem more full of noise than before we started. We become aware of the gnats that plague us. This is because we are now more conscious of what we are thinking.

Some people will become discouraged if, after waiting ten or 15 minutes, nothing seems to happen, and the mind is still racing. But if we are patient and are prepared to stay in the silence our thoughts begin eventually to quieten. Instead of a dozen thoughts a minute we may find ourselves dwelling on just one thought.

If we feel we are making little progress on our journey into silence we try not to worry, and we try not to become intense. Abbot Chapman (a Roman Catholic priest of the Benedictine Congregation) gives us good advice: *'Intensity in prayer causes fatigue. It doesn't do any good to the prayer. It is better to be quite peaceful, without effort, except the effort to remain at peace.'*

On a visit to the United States an English archbishop was being interviewed by an eager young woman reporter. She put some searching questions. She asked, *'Did you pray this morning?'* He answered, *'Yes.'* *'How long did you pray for?'* she queried. *'Half an hour,'* the Archbishop replied. *'And what did you say to God in that half hour?'* *'Well,'* he answered, *'I talked to God for about a minute. But it took me 29 minutes to get there.'*

That is the secret. Taking time to let our restless minds quieten, to get in touch with something deep within ourselves, to become aware of God's presence.