

THE PARISHES OF ST JOHN THE EVANGELIST AND ST MARY MAGDALENE

35 Brighton Place, Edinburgh EH15 1LL

Bingham Avenue, Edinburgh EH15 3HY

Parish Priest:

Fr. Jock Dalrymple:

0131 669 5447

Deacon:

Revd. Eddie White:

07986 015772

Sacrament of Reconciliation: every Saturday evening after the Vigil Mass in St John's

Pastoral Team: Alice Codling, Jennifer Morris, and Chris Vinestock

Shared Parish House: 3 Sandford Gardens, EH15 1LP

Parish Administrator: Mr Enrico Fertini

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

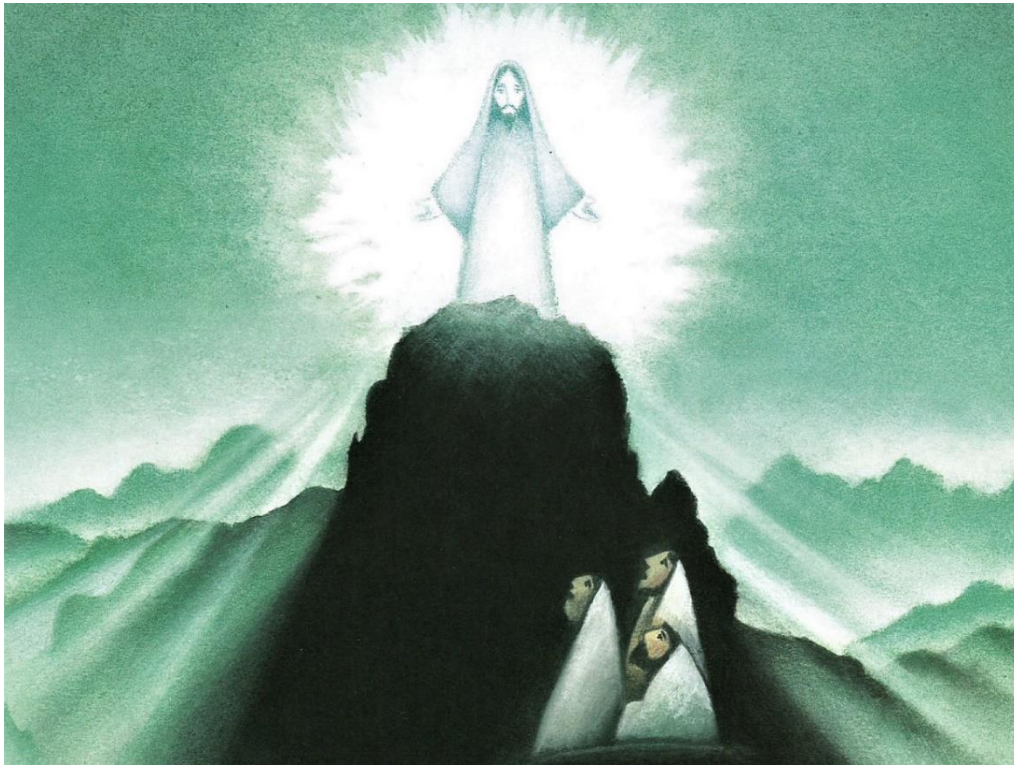
Web address: www.stjohnsportobello.co.uk

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

Second Sunday of Lent - 13 March 2022



(Illustration by Giuliano Ferrì - 'LA TRASFIGURAZIONE', from Nuova Bibbia Illustrata, 1996)

'And a voice came from the cloud saying: "This is my Son, The Chosen one.

Listen to Him"' (Luke 9:35)

This Saturday our Cluster Parishes' Lenten Retreat will take place at St Mary's, Leith from 10am to 1pm (starting with Mass). The retreat will be led by Lynda Wright. All welcome – just turn up (if driving, the entrance is via Queen Charlotte's Lane).

This Monday – 14 March - **our monthly Healing Mass** - with the Sacrament of the Sick - will take place at **2.30pm in John's** – all welcome.

Also on Monday in St John's, at 7pm 43 children will celebrate Reconciliation for the first time – please pray for them: Addison Creanor, Albie O'Halloran, Alex Buczynski, Carter Gibson, David Daniel Llie, Ellis Barrett, Evie Coulson, Fearne Crooks, Felix Butas-Markusz, Forbes MacKenzie, Georgie Currie, Hubert Piwowarczyk, Hugh Archibald, Ignacy Balcerzyk,

Joshua Bold, Julian Orszt, Katie Shepherd, Luca Maiello, Lucas Robertson, Michael Pettigrew, Millie Telfer, Oliver Lukasik, Rhia Turnbull, Sarah Henderson, Stash Jung, Sunny Stewart, Uyi Ezomo, Victor Aimanosi Adamu, William Maulicino, Yolanda Ezomo, Luke Onwe, Lucy Onwe, Sorley MacLulich, Isabella Bosustow, Julianna Muir, Laila Muir, Nicholas Krzewinski, Richard Aenasoaie, Stella McClory, Aidan Dunleavy, Drew Calder, Flora Gibson and Lily Waugh. We also remember Sophie Goodfellow who is having to self-isolate and will celebrate the sacrament for the first time at a later date.

Thursday, 17 March, is the **Feast of St Patrick** and Saturday is the **Feast of St Joseph**.

Synodal Conversations in Groups

The second stage in the Synodal Process initiated by Pope Francis

Fr Jock writes: ‘Many thanks to the 65 to 70 parishioners who are likely to have participated in the eight synodal groups by the end of this weekend, and to the facilitators. It’s been a very moving experience living in the Parish House as an array of parishioners have trooped up the stairs to the Prayer Room...and then, 75 minutes later, have trooped back downstairs again....My impression has been that most have been very struck by the experience as they have bravely and tentatively shared their hopes, dreams and frustrations about the Church, and then listened attentively to their fellow parishioners. I get the sense that as this process develops, and as we collate and analyse what has emerged in the questionnaires and groups, we might well be discovering the way forward for our two parishes...

The dates and times for the remaining meetings are below: they are taking place in the Prayer Room in the Parish House.

Times and days:

<i>Saturday 12 March</i>	<i>2.00pm</i>
<i>Sunday 13 March</i>	<i>7.00pm</i>

Either ring Bernadette Campbell on 077916 14231 to sign up, or just turn up!

Your contributions - both as a listener, and as someone with their own thoughts and feelings – are very important. The themes that emerge will contribute both to what we send to the Diocese and directly to Rome as our contribution to the worldwide synod.

THE NEXT STEPS

We are hoping to arrange some more groups: including a group for our Iona pilgrims, and another one in the parish meeting room for those who balked at the steep steps leading up to the Prayer Room (apologies for our failing to think that onethrough).’

In addition, we plan to have a group for 14–17-year-olds....

Lynda Kazimoglu writes: ‘Hi All. I was wondering if anyone's lovely young people would be interested in talking about how they feel about church. I've offered to facilitate a "youth" conversation (about an hour max) allowing the young people of the parish to have some open (anonymous) chat about why they attend/have stopped attending Mass, and how they view the Church with a view to bringing about some positive change. I think we're all aware of the drop-off rate at this age (and probably have all experienced a similar disengagement when we were

their age), and as part of the Synod 2022 consultations which will be fed back to Rome we want the youth voice to be heard.

Could you maybe take a moment with your young person/people and see if they'd mind chatting with group of like-minded people their age (will probably know one another). I'm thinking p7-S3/4 at this point but am open to widening this if there is interest.

Please email Enrico, the church administrator (St Johns and St Mary Magdalenes
stjohnsandstmarymagdalenes@gmail.com)

to note interest and hopefully we'll be in touch soon with more detailed arrangements.

No date has been set yet. We're just just gauging interest....'

FINALLY IN AN ATTACHMENT WITH THIS NEWSLETTER (EMAIL VERSION) THERE IS AN ADDITIONAL QUESTIONNAIRE – *THE CATHOLIC WOMEN INTERNATIONAL SYNOD SURVEY...please fill it in if you would like to do so...*

The Candidates and Catechumens in our RCIA Group

Please continue to pray for our four catechumens (whom we hope will be baptised at the Easter Vigil), **Shannon McCaughey, Simon Brown, James Sutherland and Scott Craig**, and for our four candidates, **Agnes Aitken, Jenna Ciancia, Louise Holden and Michelle Dunleavey**, and for **Ethan Scott** of St Ninian's, who will all be received into the Catholic Church, and receive the other sacraments of initiation at the Vigil.

WHY NOT MAKE OUR 9.15PM ON-LINE NIGHT PRAYER PART OF YOUR LENTEN JOURNEY (LINK BELOW)?

The prayer, led very gently by parishioners Donald Scott and Lesley Reid, will start at 9.15pm each evening and last for 10 minutes. For ease, the Zoom link will be the same each evening:

[https://us02web.zoom.us/j/9129622900?pwd=b1F1THhtY3NVeGptOWY0VGw2K2](https://us02web.zoom.us/j/9129622900?pwd=b1F1THhtY3NVeGptOWY0VGw2K2xBQT09)
[xBQT09](#)

Meeting ID: 912 962 2900 Passcode: Prayer

THE SACRAMENT OF RECONCILIATION is available every Saturday evening after the Vigil Mass – and this Saturday after the 10am Mass – and at any time by appointment with Fr Jock

The Redemptorist magazine **LENT EXTRA** is on sale this w/e – for a donation (or £2 if we are to cover our costs) ...

THIS WEEK

Saturday 12 March

10.00am - 1.00pm – St Mary, Star of the Sea, Leith – **Cluster Lenten Retreat**

6.30pm – St John's – **Vigil Mass** - livestreamed

9.15pm – Zoom – **Prayer at Night**

Sunday 13 March – SECOND SUNDAY OF LENT

9.30am – St John's – **Children's Mass with P4 Do This in Memory of Me children** – livestreamed

11.15am – St Mary Magdalene's – **Children's Mass with P3 Reconciliation Children**

9.15pm – Zoom – **Prayer at Night**

Monday 14 March

2.30pm – St John's – **Healing Mass with the Sacrament of the Sick** - livestreamed

7.00pm – St John's – **CELEBRATION OF FIRST RECONCILIATION**

8.15-9.15pm – Zoom – **Gospel Sharing**

<https://us02web.zoom.us/j/83772011236?pwd=VDAvMEM1eUFPbHN1R3FuUHlvZUUpkUT09>

9.15pm – Zoom – **Prayer at Night**

Tuesday 15 March

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

7.45pm – St John's Hall – **RCIA Meeting**

9.15pm – Zoom – **Prayer at Night**

Wednesday 16 March

10.00am – St John's – **Mass** – livestreamed

9.15pm – Zoom – **Prayer at Night**

Thursday 17 March – FEAST OF ST PATRICK

10.00am – St Mary Magdalene's – **Mass** – livestreamed

1.45pm – St John's – **P7 visit for a Tour of the Church**

7.00pm – St John's – **BENEDICTION, ADORATION AND PRAYER FOR PEACE**

9.15pm – Zoom – **Prayer at Night**

Friday 18 March

9.15- 9.50 – St John's - **Adoration**

10.00am – St John's - **Mass**– livestreamed

9.15pm – Zoom – **Prayer at Night**

Saturday 19 March – FEAST OF ST JOSEPH, SPOUSE OF THE VIRGIN MARY

10.00am – St John's – **Mass for the Feast of St Joseph** - livestreamed

6.30pm – St John's – **Vigil Mass** - livestreamed

9.15pm – Zoom – **Prayer at Night**

Sunday 20 March – THIRD SUNDAY OF LENT

9.30am – St John's – **Mass** – livestreamed

11.15am – St Mary Magdalene's – **Mass**

9.15pm – Zoom – **Prayer at Night**

IN THE COMING WEEKS

Sunday 26/7 March – St John's/St Mary Magdalene's – **Reconciliation Sunday**

From Archbishop Leo's Weekly 'Ad Clerum'

Lent – Stations of the Cross - The Archdiocesan Pro-Life Stations of the Cross takes place online throughout Lent, each Tuesday on Zoom at 7:45pm. It begins on 8 March and will feature a reflection from Archbishop Cushley. Pray with clergy and parishioners from across the Archdiocese for mothers, unborn children and all pro-life intentions. Register at bit.ly/prolifeevents

Lent with St Paul - The Archdiocese is hosting *Lent with St Paul – a Saint's guide to making the most of Lent*. It's a 30-minute talk at 7:30pm on 14, 21, 28 March and 4 April. Fr Andrew Garden (St David's, Dalkeith) explores insights and advice from St Paul to help us prepare for Easter. No need to register, watch live on the YouTube Channel of the Archdiocese at bit.ly/ArchYouTube

Catholics in health and social care - A training day about the ethical challenges of work in the health and care sector takes place at The Gillis Centre, 100 Strathearn Road, Edinburgh, **this Saturday 19 March from 9:30am to 3:30pm**. Speakers will lead discussions on assisted suicide, accompaniment of the dying and conscientious objection. This event is targeted at health/care workers, and anyone motivated by their faith to care for others. Register at <https://www.stmarys.ac.uk/events/2022/03/catholics-in-health-and-social-care>

Lourdes Pilgrimage - The Archdiocesan Lourdes Pilgrimage is back! Demand is expected to be high for this popular and life-enhancing trip so booking now is recommended. **It takes place from 8-15 July and will be led by Archbishop Cushley. All the details you need are at www.edinburgh-lourdes.com/lourdes22**

NOTICEBOARD

The Russian Invasion of Ukraine

We have all been shocked by the tragic events unfolding in Ukraine these past weeks, by so many people killed and wounded, and by the huge numbers of refugees driven from their homes by the violence. There are very limited options to help but here are two of them.

- **SCIAF have issued an appeal for funds to help the million or more Ukrainian refugees driven from their homes by the violence. The proceeds are on their way to SCIAF's umbrella body, Caritas International, to organisations on the ground working with refugees.** Donations can also be made at <https://www.sciaf.org.uk/> (To find out how the Catholic Church is helping those in Ukraine see <https://www.caritas.org/>)
- **On Thursday night, at 7pm in St John's Church there will be a Service of Prayer for Peace in Ukraine, with Adoration and Benediction.**
Deacon Eddie writes: 'Join us for a period of quiet adoration on Thursday evening with time for reflection, and prayer for peace in the world - with a special focus on peace in Ukraine. We will be bringing our hopes and fears quietly before the Lord in Adoration, holding in our hearts the people affected by the horrific events in Ukraine.'

A REQUEST FOR VOLUNTEERS TO CLOSE ST JOHN'S IN THE EVENING

In the near future, we are hoping to start opening St John's Church again so that people can pop in at any time – however, to do so we need people willing to close the church at 6pm – all volunteers, please contact Chris Vinestock or Fr Jock (669 5447) – support would be much appreciated.

Safeguarding Induction Training Part 2

(Duration approx. 90 mins) Online

Saturday 12 March at 10am - with Julie Brechin

Thursday 24 March at 6pm - with Julie Brechin

To register email julie.brechin@staned.org.uk, providing details of your name, parish and role.
or on

Saturday 26 March at 7pm with Margaret Andow

To register email margaret_andow@outlook.com, providing details of your name, parish and role.
or on

Saturday 7 May at 10am with Scott MacKenzie

To register - email Scott.Mackenzie@staned.org.uk, providing details of your name, parish and role.



Parish Register



Welcome to the world...*Theo George McMahon*, born on Saturday 5 March, a first child for Rebecca and Reggie McMahon, and third grandchild (in less than 3 months!) for Kath and Gary Zoltie.

A fond farewell to *Patricia Stobie* who retired on Friday after 23 years with James Scott, the undertakers. We thank her for her courtesy, kindness and competence.

Please pray for those who have died recently:

Noel Whyte

Please pray for those whose anniversaries occur around this time:

**Anne Kinane - Patricia Sibbald – Bill Hughes
Mgr Tony McNally – Bernard Vinestock
Stefan Gronkowski – Alex Connolly
Andrew Williams**

Anniversaries:

St John's

Mar.11: Dorothy Fusco (2008); George Ogilvie (1950); John O'Brien (1945); Joseph McElroy; Norah Mullan

Mar.12: Margaret Adams (2000); Winifred Wynne (2000); James Kelly (1987); James Wynne (1986); James A. McGrory (1967); Wood family (1955); **Mar.13:** Jessica Quinn (2000); Thomas Henderson (1984); Cecily Docherty (1972); Patrick G Hunt (1968); John T Clarke (1943) - killed in action; Roseanne D'Arcy; **Mar.14:** Mary Kelly (2000); Elizabeth Binnie (1987); **Mar.15:** Greta Clarke (2013); Very Rev. Charles Canon Brodie (1999); John Barber (1998); Alexander Connolly (1985); Rebecca M O'Kane (1981); James Waugh (1979); **Mar.16:** May Mackay (1997); Edward Molloy (1961); **Mar.17:** Sheila Devlin (2005); Patrick Duff (1981); Chris Lynch (1975); Mary Hunt (1966); Margaret Burns (1937); Esther Keating; **Mar.18:** Eva Nolans (2002); Annie Cockburn (1993); Anne Kinane (1985); Mary Loftus (1946);

Mar.15: Greta Clarke (2013); Very Rev. Charles Canon Brodie (1999); John Barber (1998); Alexander Connolly (1985); Rebecca M O'Kane (1981); James Waugh (1979);

Mar.16: May Mackay (1997); Edward Molloy (1961); **Mar.17:** Sheila Devlin (2005); Patrick Duff (1981); Chris Lynch (1975); Mary Hunt (1966); Margaret Burns (1937); Esther Keating; **Mar.18:** Eva Nolans (2002); Annie Cockburn (1993); Anne Kinane (1985); Mary Loftus (1946);

St Mary Magdalene's

Mar.12: Jeannie Docherty (2010); **Mar.13:** Patricia Sibbald (2014); Gertie Urquhart (1980); **Mar.15:** Robert Harris (1981);

Mar.18: Joseph Patrick Foster (1969);

Please pray for those Parishioners who are sick:

St. John's: Maria Pacitti, Kim O'Neill, Sheila Service, Frances Connelly, Nessie Cairns, Alf McNamara, Fiona Connel, Inge Downey, John Freeman, May Thomson, Ann Dobie, Frank Logan, Sheelagh Dobson, Ernie Moran, Bob Kelly, Jean Bonar, Chloe Sutherland, Norah Bruce, Mike and Patricia Lawler, Ruth Viso, Mary Grady, Pauli Walker, Anna Butler, May Flynn, Vincent Knowles, John Cregan, young Saoirse Golden, John Whyte, Frances Cunningham, David Reid, Charlotte McGregor, Betty Dougal, Anne Thomson, Mike Noonan, Sarah McManus, Mike Burns, Sr Jennifer Lindsay, Maureen Low, Mary Slight, Rose Thornton, Kitty Dykes, Norman Telfer, Maureen Lawrie, Kathie Gallagher, Erin Corbett, Roz Byers, Marie Angela Crolla and Lorraine Syme.

St Mary Magdalene's:

Carolynne McCann, Maureen Forsyth, Tom Bauld, Sam Burns, Ray Donnelly, Jacqueline Marinello, Sandra Watt, Mary Cole, Chris English, Andrew Farmer, Clive Davis, Isobel Phillips, Margaret Duffy, Maria Scott Jnr, Louise Gorman, Ann Dockrell, 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 our Parishioners:

Jan Meise, Margaret Thompson, Michael Durkin, Melanie Ford, Jaroslav Icina, Mary Taygarth,, young Niamh McDougall, Bridget Bonner, Roger Bromley, Bernard Traynor, Evelyn Tibbs, Helen Briton, Mary Thomson, Fr Raymond OCSO, Tony Rigg, Jozefine O'Connell, Robin Butler, Caroline Minto, Henrietta Fraser, Stuart Falconer, Nan Doig, Claire Johnston, Emma Bromet, Elizabeth, Baby Percy Keiran McShane, Colin Sandham, Lewis White, Baby Alfie McDevitt, Elizabeth and Gordon Marron, Dawn Clarke, William Kinsley, Katie McAnenny, John Kellagher, Joy Allan, Colin Raasch, Annie Ross, Christopher MacKinnon, Annabelle Cervantes, Emily Buchanan, Ann Thorp, baby Josh Simpson, Helen McCann, Dani Miniette, Peter Millar, Sr May Lewis, Joan Murray Hamilton, Sr Margaret Mary, Jean Nelson, Betty Blyth, Lauren Fitzpatrick, Fr Christy Fox, Michael Igoe, Robert Shaw, baby Kinsley McMillan, Margaret and Victoria Roddam, Clare Richardson, Karen MacKay, Laura Anderson, Richard Reid, James O'Rourke, Tommy Muir, James Shepherd, Peter Hanley, Andrew Franklin, Ellen Green, Jamie Mitchell, Eunice Macdonald, Peter Bromley, Edward Caulfield, Igor Rekowski, Diana Hibbert, Joan Brooks, Mary Turnbull and young Ray Donovan Syme.

Offertory 6 March 2022

St Mary Magdalene £292.00 total including Offertory of £152.00 and Gift Aid of 140.00	SCIAF Special Collection Ukrainian appeal
St John the Evangelist £1309.25 total including Offertory of £234.35, Gift Aid of £349.90 and online donations of £725.00	St Mary Magdalene's £660 St John's £1043

The next **Charity Coffee Morning** will be in St John's Parish Hall on Monday 21 March after 10am Mass. Donations will be given to the appeal for Ukraine. Please come along.

The Tower Tombola March Draw will take place after the 9.30am Mass at St John's next Sunday. The prize will be £275.

Pamoja Fashion team raised £330.00 last Saturday. Many thanks to all who supported them

A REFLECTION ON THE GOSPEL FOR THE SECOND SUNDAY OF LENT - LUKE 9: 28-36)

(The author of this reflection is a friend of Fr Jock living in Northumberland)

We knew something was different. He told the others that the four of us were going away for a few days. We would be back, but there was something he needed to do. James and John, being brothers, always seemed to know what the other was thinking, but even they were a little bemused. They looked at me and I at them. Shoulders shrugged; faces were puzzled. He led us out of the village, unusually indifferent to the inevitable throng looking for miracles and cures. We climbed and climbed and climbed. It was hot and dusty with little opportunity for chat as we struggled for a foothold and to catch our breath. Eventually the mountain plateaued out. We were there.

The first thing he made us do was to just be, to inhale the clear crisp air, to take in the view unfolding before us. Down below we could see the antlike people going about their business. The sheep were tiny specks, even from this height we could see fields of wheat gently swaying. He opened our eyes even as we gazed. Not one of the sparrows that we couldn't even pick out - so high were we - would fall to the ground without his Father knowing; the ant like figures were not just 'people', they were each individual, 'special' in his Father's eyes because they were made in his image; the figs we had picked from the trees, hot from the sun's rays and oozing with succulent, juicy flesh had not toiled as we might, but instead reflected the glory of His Father. He opened our eyes; and we saw as we had never seen before - but this was merely the first course.

He talked about the scriptures, and it was as if he was entering a different plain, a different level. *The aspect of his face was changed.* His face shone so brightly that his clothes became *dazzlingly white*. He changed before our eyes. It was as if he had become someone else. He was transfigured. We struggled to find words that could adequately describe what was happening. Now he was not speaking with us - he seemed to be speaking with someone else and yet there seemed to be more than one. He was on first name terms: he knew these people. They were as real to him as he was to us. We knew they were there. He was transfigured before our eyes. We saw something = we felt something. We just knew that we were in touch with something truly miraculous - and our lives would never be the same again.

Now, I'm nearer death than birth, and so much has happened in the intervening years. Joints are creaky now. There is no way I could climb that mountain again - but I can still experience the juice from the fig running from the corners of my mouth, taste its warm flesh. We lived through many more experiences. Some I rose to; some I ran away from. I still get the intense prickly sensation, hairs standing on the back of my neck, perspiration running down my spine as I remember my multiple denials. The maid was merely being friendly, she probably wanted to know more about the man whose trial she was witnessing, she was making chat as we warmed ourselves in front of the brazier. I panicked, became a stuttering and stammering mess of self-preservation. 'You've got the wrong man, lady: I haven't a clue who he is. I'm only here to watch - and get warm!' How pathetic I sound to myself now - and must have sounded to her then. But now, I understand. It's amazing how much of life makes more sense when we look back in time. I watched on helplessly, heard the hysterical crowd and the sound of nails on wood, tearing at flesh, the noise of the whip cracking as it tore into his back. I looked on as his mother buried him, pain etched on her face. I could find the words to deny him, but not any the words to bring her comfort. I must have cut a pathetic figure. But then, almost as quick as he had gone, he was back amongst us. Mary of Magdala encountered him first, but at first she thought he was the gardener. He had changed, he was different. Locked doors were no longer a barrier to him. No matter where we were, huddling, fearful, fretful, anxious, he would be there, bringing comfort, strength and encouragement.

Then it started to dawn on me, slowly at first, but growing stronger and stronger with each new day. Like the sun slowly climbing above the horizon, I was learning more and more. I was growing in the knowledge and love of him and his Father. What we experienced, all those years ago, standing on the mountain, was a glimpse into the glory that was His - and the glory that, one day we would share. We had been invited to look forward, to glimpse his glory and to see the fulfilment of God's plan. The other two figures were mysterious figures to us. They were Moses and Elijah - though it would be many years before we understood this. As I say, so many things in life make more sense when we look backwards; we understand where we are when we look back to where we were. That same journey is worth your while - and is yours for the taking.

FINDING THE HIDDEN TREASURE by Benignus O'Rourke

(*The Way of Silent Prayer, Darton, Longman & Todd LTD*)

Chapter 59 – Inner Peace [*Poignantly, a story set in Belarus/Ukraine/Russia ...*]



One of the many blessings that flow into the lives of others from our prayer of stillness is that as we become more at peace, this peace can affect others who come into contact with us.

Anthony de Mello, an Indian Jesuit priest, writes that we are not much use to others if we are not 'at home' in ourselves for people who come to us for help. '*If you are not at peace with yourself, you will do more harm than good,*' he says. That is a sobering thought for everybody who tries to be of use to others.

A Russian saint, **Seraphim of Sarov** (1754-1833), advises us to seek peace so that others might find God through us. '*Acquire interior peace,*' he said, '*and souls in their thousands will find their way to God through you.*'

There is a story of a student from Kyiv (modern Ukraine....) who had heard of Seraphim's holiness and decided to make a pilgrimage to the monastery at Sarov, (modern Russia), where Seraphim lived. The young man was deeply troubled but felt Seraphim could help him. So, he set out to walk the 400 kilometres to Sarov.

When he arrived at the monastery, he found that Seraphim no longer lived there. He was directed to a hermitage, an hour's walk away through the Temniki forest (in modern Belarus) in the summer heat. The student found the little hermitage, but there was no sign of the monk. Wandering around behind the little hut he found a tiny figure curled up asleep at the bottom of the vegetable patch. Seraphim had been tending his garden and was taking a nap.

The student was perplexed. He had come a long way to seek counsel from Seraphim, but he felt he dare not intrude on his rest. As he stood there in the presence of the tiny sleeping monk a great peace came over him. The problems that troubled him seemed to be evaporating. The longer he stood, the more at peace he felt. So, without exchanging a word with Seraphim, he turned towards home and found that his inner turmoil had been calmed by this sleeping monk.

Our quest for inner harmony is not something we seek for its own sake. It is a gift to give to share with others. Inner peace is one of the great blessings of life. If we are at peace, we will bring peace wherever we go. We create ripples in the lives of all those we meet.

When a peaceful person enters a room, everyone feels more at ease. For those who spend time in stillness, it is a God-filled peace that they radiate. They are not themselves aware of it, but their presence is a breath of God's own peace.