



Crucis



The Magazine of St Salvador's Scottish Episcopal Church

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August 2022

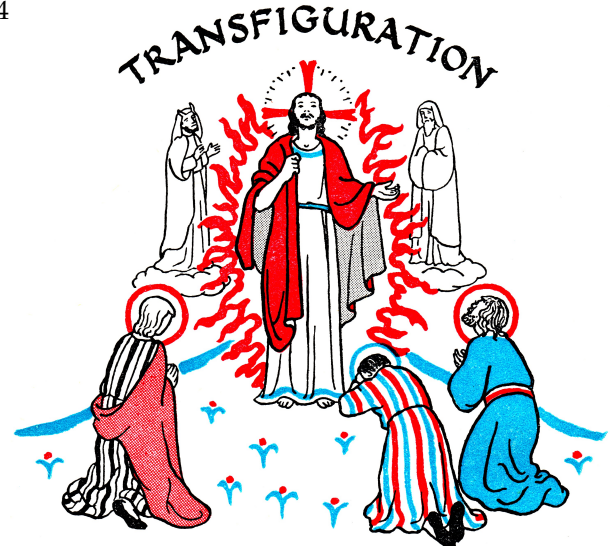
Far be it from me to glory except in the cross of Christ, by which the world has been crucified to me and I to the world.

Galatians 6:14

Message from Fr David

Dear Friends in Christ,

I write this approaching the commemoration of St Ignatius Loyola on 31st July. Ignatius had a colourful life. Born in Spain in 1491, he patterned his earlier life on El Cid, the knights of Camelot and other tales of romantic chivalry, becoming a soldier at 17. Injured by a cannonball in the Battle of Pamplona in 1521 he became gravely ill. Whilst convalescing he noticed that pondering on a life of chivalry and fighting left him feeling empty, but that reading the lives of Christ and the saints gave a sense of calm, inspiration, and fulfilment. He later called this process of reflection 'the discernment of spirits'. This use of the imagination in prayer led him, later still, to write his famous *Spiritual Exercises*, which people still practise today. In the *Spiritual Exercises*, disciples are invited to imagine themselves within a Gospel story. This use of the mind and imagination, along with the discernment of spirits and identifying times of 'consolation' and 'desolation' in the spiritual life, led Sir Kenneth Clarke in his landmark television series and book, *Civilisation*, to refer to Ignatius as 'the visionary soldier turned psychologist' (Clarke, 1969, p. 186). Of course, he was much more than that and founded the Company of Jesus (a bit like saying 'the Jesus army'). This new religious movement later became known as the Jesuits. They were a force for spiritual renewal within the Roman Catholic Church, although their activities were not always what we would seek to



emulate today. Over the past 60 years or so, Jesuits have sought to identify more and more with the poor and have consequently often suffered under right-wing regimes or criminals. This very summer, in 2022, two Jesuit priests were executed in their own church in Mexico by a local crime cartel boss simply for ministering to someone that the criminal had already shot. Prayer and spirituality are not other-worldly, but are to be rooted in the world. We make flesh, in our lives, the relationship and vocation we share with God and others in ways that not only change us, but also change others.

Why not give the Examen of St Ignatius a try at the end of the day sometime:

1. Become aware of God's presence. Perhaps slowly repeat a word that helps you, e.g. God, Father, Jesus, Spirit, peace; synchronize this word with your breathing.
2. Review the day with gratitude. Where was God; where did he feel absent? Where was the energy; where did you feel drained or bored?
3. Pay attention to your emotions. How are you feeling about your day in this moment?

4. Choose one feature of the day and pray from it. What does this one feature of your day say to you; what is God seeking to teach you from it?

5. Look towards tomorrow. How can you use your learning from today creatively in your tomorrow? For further details see: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

Oremus pro invicem! Let us pray for one another!

Fr David

A Prayer in the Trinity Season

Almighty God, who in thy Son Jesus Christ hast called us from the bondage of sin to be servants of righteousness: Give us grace to yield our lives wholly to thine obedience; that, being made free from sin, we may have our fruit unto holiness, and hereafter may be made partakers of the life everlasting; through the same Jesus Christ our Lord.

Frank Colquhoun

Services in August

Wed 3	Feria	Low Mass	10.00 a.m.
Sun 7	Trinity 8	Sung Mass	11.00 a.m.
Wed 10	St Lawrence	Low Mass	10.00 a.m.
Sun 14	Trinity 9	Sung Mass	11.00 a.m.
Wed 17	Assumption BVM (tr)	Low Mass	10.00 a.m.
Sun 21	Trinity 10	Sung Mass	11.00 a.m.
Wed 24	St Bartholomew	Low Mass	10.00 a.m.
Sun 28	Trinity 11	Sung Mass	11.00 a.m.
Wed 31	John the Baptist (tr)	Low Mass	10.00 a.m.

Saints' and Special Days for August

Saturday, 6 Aug. – The Transfiguration of the Lord

The Transfiguration reveals that salvation is for all, and that the Son of God is the One bringing salvation. The testimony of the Law & the Prophets to Jesus are given by the presence of Moses & Elijah, pre-figuring the Resurrection, giving a foretaste of the life of glory.

S. LAURENCE

with the
treasures
of the
Church



Wednesday, 10 Aug. – St Lawrence, D. & M. One of the 7 deacons at Rome, closely associated with Pope Sixtus II, martyred a few days before him in the year 258. His examiners insisted he produce the Church treasures. Assembling the poor, Lawrence is reputed to have said, 'These are the treasures of the Church'.

15th FALLING ASLEEP of the B.V.M.
when Mary joined her Divine Son in Heaven



Monday, 15 August – St Mary the Virgin

Celebrated for centuries as the BVM's principal feast. In the East, it is entitled 'The Dormition (Falling Asleep) of the Virgin'; in the RC Church it is called 'The Assumption of the Blessed Virgin Mary'.

S. BARTHOLOMEW

also called
Nathaniel



Wednesday, 24 August – St Bartholomew, Ap., long assumed Bartholomew is the same as Nathanael, 'bar Tolmai' being a Jewish surname, but this is by no means certain. Nathanael was 'an Israelite worthy of the name, as he was an upright man who came to recognise Jesus as Son of God and the King of Israel'.

Monday, 29 Aug. – Beheading of St John the Baptist

The main celebration is for John's birth on 24 June, but he was also the forerunner of Christ in his death, following his call to repentance from immorality.

Vestry news

Aware that we lack the proper professional skills ourselves, the Vestry has decided to employ Graham + Sibbald Chartered Surveyors & Property Consultants to manage our church property tenant leases. We are also hiring a rental agent to take on the letting and management of the Rectory. These measures should help ensure secure and legally sound arrangements and enable us to make the best use of our assets, whilst allowing us to concentrate our attention on bringing the gospel to the community.

Diocese

A service of Evening Prayer will be held at St Paul's Cathedral on Sunday 14th August at 6.15 p.m. 'celebrating the Companionship of the Dioceses of Brechin, Iowa and Swaziland'.