



Crucis



The Magazine of St Salvador's Scottish Episcopal Church

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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.

March/April 2024

Gal. 6:14

Message from Fr David

Dear Friends in Christ,

Easter is early this year. This means that, although we still have the climax of the Lenten Season ahead of us, we will celebrate Easter at the end of March.

It is intriguing that in the Latin languages, Latin, Italian, Spanish and French, the word for Easter comes from the Hebrew for Passover. Pesach, in Hebrew, becomes Pascha in Latin, Pasqua in Italian, Pascua in Spanish, and Paques in French. This reminds us that Easter is rooted in the Jewish tradition and, mirroring the Exodus from slavery in Egypt to freedom in the Promised Land, the Christian Passover is the journey of Christ through death to life. As our Messiah and Lord, Christ takes us with him out of slavery to sin and into the new life of heaven, even while we yet live. I find the story of Christ descending to the dead after his crucifixion to pull out of that dark place Adam, Eve, and all those who languished in darkness, in order to raise them up with him to the heights of heaven, profound. The Harrowing of Hell, as it is called, is often represented in art and gives us hope that no one is beyond the grace of God or Christ's heartfelt desire to raise them up with him. Here is an artistic example:



In the Germanic languages from which English emerged, the word for Easter comes from *Eostre*, a Spring festival of rebirth and fertility. The German word for Easter is *Ostern*. *Austron* was an ancient Germanic Spring goddess. This Easter tradition reminds us that we also celebrate new birth and new life at Easter. Friday 1st March is meteorological Spring and nature is coming back to life after the rigours of Winter. It is sometimes said that traditional Easter eggs commemorated the stone rolling away from Christ's tomb, and I remember, as a child, rolling hard boiled eggs down a hill at Easter but, of course, the egg is also a symbol of new life and birth.

All these traditions remind us of how the story of salvation is embedded in the 'stuff' of the world. The Incarnation of God in Christ and his Passion, Death, Resurrection, and Ascension, have changed the universe for ever. There is no longer a painful separation between the material and the divine. Christ has united both in one in order that, as the 1982 Liturgy puts it, God may be 'all in all through Jesus Christ Our Lord'.

When it comes, I wish you a blessed and happy Easter or, as they say in Italy, *Buona Pasqua!*

Bless you all! *Oremus pro invicem* –

let us pray for one another!

Fr David

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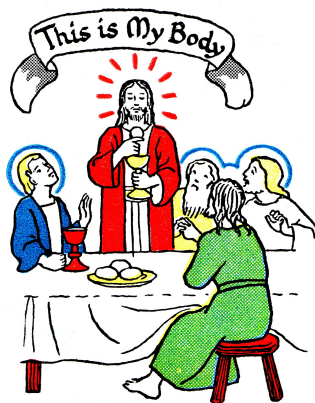
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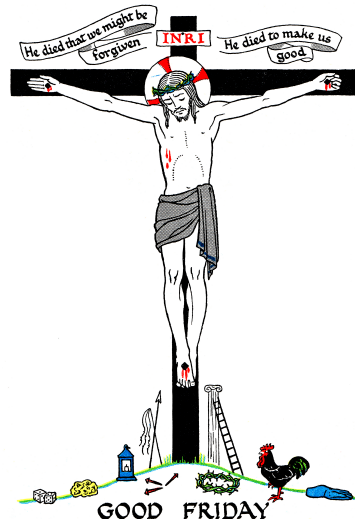
Services in March

Sun 3	Lent III	Sung Mass	11.00 a.m.
Wed 6	St Baldred	Low Mass	10.00 a.m.
Sun 10	Lent IV (Mothering Sunday)	Sung Mass	11.00 a.m.
Wed 13	Feria	Low Mass	10.00 a.m.
Sun 17	Passion Sunday	Sung Mass	11.00 a.m.
Wed 20	St Joseph of Naz. (tr)	Low Mass	10.00 a.m.
Sun 24	Palm Sunday	Sung Mass	11.00 a.m.
Mon 25	Mon. in Holy Week	Stations of the Cross + Low Mass	10.00 a.m.
Tue 26	Tue. in Holy Week	Stations of the Cross + Low Mass	10.00 a.m.
Wed 27	Wed. in Holy Week	Stations of the Cross + Low Mass	10.00 a.m.
Thu 28	Maundy Thursday	Liturgy of the Lord's Supper / Stripping of the Altar / Watch of the Passion	7.00 p.m.
Fri 29	Good Friday	Morning Prayer Solemn Liturgy of the Passion	10.00 a.m. 3.00 p.m.
Sat 30	Holy Saturday	Office of Readings Great Vigil + First Mass of Easter	10.00 a.m. 7.00 p.m.
Sun 31	Easter Day	Asperges, Procession + Sung Mass	11.00 a.m. BST

A lay-led service may replace Mass on occasions when a priest is not available.



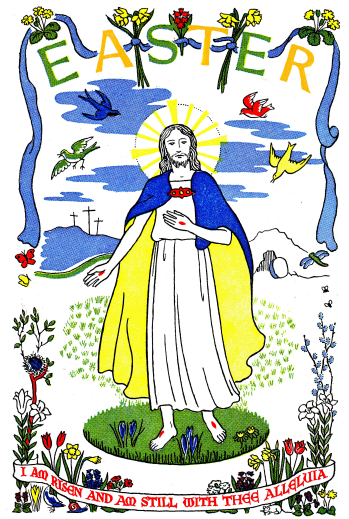
MAUNDY THURSDAY



GOOD FRIDAY



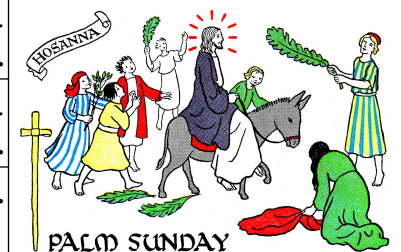
HOLY SATURDAY



Prayer for Palm Sunday

O Christ, the King of glory, who didst enter the holy city in meekness to be made perfect through the suffering of death: Give us grace, we beseech thee, in all our life here to take up our cross daily and follow thee, that hereafter we may rejoice with thee in thy heavenly kingdom; who livest and reignest with the Father and the Holy Spirit, God, world without end.

Church of South India

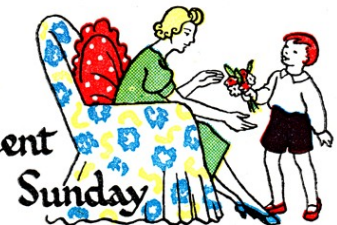


Saints' & Special Days for March

Wed., 6th Mar. – St Baldred, Bishop & Missionary

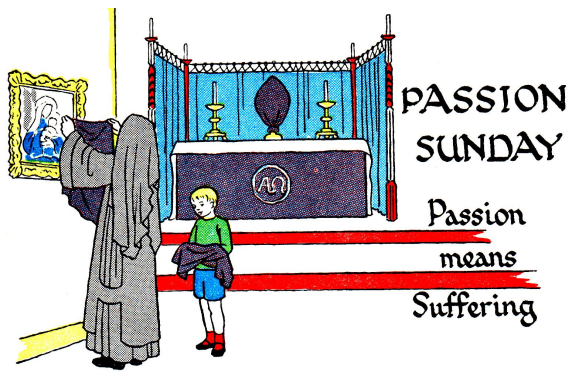
Thought to have been a disciple of Kentigern, whom he may have succeeded as Bishop of Glasgow, he lived as a hermit on the Bass Rock, off the coast of East Lothian. However, he engaged in missionary work on the mainland, and has been called 'the Apostle of East Lothian'. According to Hovendeus the date of his death is given as 756. Symeon of Durham says 'the 20th year of King Eadberht of Northumbria' and Turgot of Durham 'the 17th year of the episcopate of Cynulf', that is 756. Although the 8th c. date is generally accepted, owing to a passage in the 16th c. Breviary of Aberdeen, he has often been associated with Kentigern. Wikipedia

Mothering or Refreshment Sunday



Sunday, 10th March – Mothering Sunday

Mothering Sunday is a day honouring mother churches, the church where one is baptised and becomes 'a child of the church', celebrated since the Middle Ages in the United Kingdom, Ireland and some Commonwealth countries on the fourth Sunday in Lent. On Mothering Sunday, Christians have historically visited their mother church—the church in which they received the sacrament of baptism.

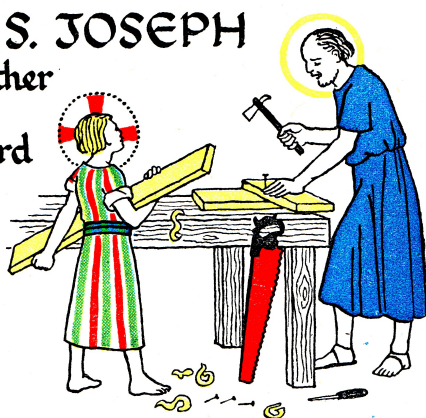


Sunday, 17th March – Passion Sunday

Passion Sunday is the fifth Sunday of Lent, marking the beginning of Passiontide. In 1969, the Roman Catholic Church removed Passiontide from the liturgical year of the *Novus Ordo*, but it is still observed in the Extraordinary Form, the Personal Ordinariates, and by some Anglicans and Lutherans.

Wikipedia

19th S. JOSEPH Foster Father of Our Lord



Tuesday, 19th March – St Joseph of Nazareth

A simple village carpenter, Joseph, of the lineage of King David, was the husband of the blessed Virgin Mary and guardian of the child Jesus. According to tradition, he was older than Mary, and is often depicted as such in art. It is therefore possible that Joseph may have already had children in a previous marriage, which may account for the brothers and sisters of Jesus mentioned in the New Testament.

Sunday, 24th March – Palm Sunday

Palm Sunday is celebrated in most liturgical churches by the blessing and distribution of palm branches (or the branches of other native trees), representing the palm branches which the crowd scattered in front of Christ as he rode into Jerusalem; these palms are sometimes woven into crosses. The difficulty of procuring palms in unfavourable climates led to their substitution with branches of native trees, including box, olive, willow, and yew. The Sunday was often named after these substitute trees, as in Yew Sunday, or by the general term Branch Sunday. In Syriac Christianity it is often called Oshana Sunday or Hosanna Sunday, based on the biblical words uttered by the crowd while Jesus entered Jerusalem. Wikipedia

Thursday, 28th March – Maundy Thursday

Or Holy Thursday (also known as Great & Holy Thursday, Holy & Great Thursday, Covenant Thursday, Sheer Thursday, and Thursday of Mysteries, among other names) is the day during Holy Week that commemorates the Washing of the Feet (Maundy) and Last Supper of Jesus Christ with the Apostles, as described in the canonical gospels. The Mass of the Lord's Supper or service of worship is normally celebrated in the evening, when Friday begins according to Jewish tradition, as the Last Supper was held on the feast of Passover, according to the three Synoptic Gospels. Wikipedia

Friday, 29th March – Good Friday

is also known as Holy Friday, Great Friday, Great and Holy Friday (also Holy and Great Friday), and Black Friday. Members of many Christian churches observe Good Friday with fasting and church services. In many Roman Catholic, Lutheran, Anglican and Methodist churches, the Service of the Great Three Hours' Agony is held from noon until 3 p.m., the time duration that the Bible records as darkness covering the land to Jesus' sacrificial death on the cross. Communicants of the Moravian Church have a Good Friday tradition of cleaning gravestones in Moravian cemeteries. Wikipedia

Saturday, 30th March – Holy Saturday

(Latin: *Sabbatum Sanctum*), also known as Great and Holy Saturday (or Holy and Great Saturday), the Great Sabbath, Hallelujah Saturday (in Portugal and Brazil), Saturday of the Glory, Sabado de Gloria, and Black Saturday or Easter Eve, and called 'Joyous Saturday', 'the Saturday of Light', and 'Mega Sabbatun' among Coptic Christians. The day commemorates the Harrowing of Hell while Jesus Christ's body lay in the tomb. Roman Catholic, Lutheran, Methodist, Anglican and Reformed churches begin the celebration of the Easter Vigil service on Holy Saturday, which provides a transition to the season of Eastertide; in the Moravian tradition, graves are decorated with flowers during the day of Holy Saturday and the celebration of the sunrise service starts before dawn on Easter Sunday. Wikipedia

Sunday, 31st March – Easter Sunday

Also called Pascha (Aramaic, Greek, Latin) or Resurrection Sunday, this is a festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary c. AD 30. It is the culmination of the Passion of Jesus Christ, preceded by Lent (or Great Lent), a 40-day period of fasting, prayer, and penance. Wikipedia

Services in April

Wed 3	Wed. in Easter Week	Low Mass	10.00 a.m.
Sun 7	2 nd Sunday of Easter	Sung Mass	11.00 a.m.
Wed 10	Annunciation (tr)	Low Mass	10.00 a.m.
Sun 14	3 rd Sunday of Easter	Sung Mass	11.00 a.m.
Wed 17	St Donnan + Companions	Low Mass	10.00 a.m.
Sun 21	4 th Sunday of Easter	Sung Mass	11.00 a.m.
Wed 24	St Mark (ant)	Low Mass	10.00 a.m.
Sun 28	5 th Sunday of Easter	Sung Mass	11.00 a.m.

LADY DAY



Wednesday, 25th March – The Annunciation

The Annunciation (from the Latin *annuntiatio*; Ancient Greek: Ο Ευαγγελισμός της Θεοτόκου; also referred to as the Annunciation to the Blessed Virgin Mary, the Annunciation of Our Lady, or the Annunciation of the Lord) is, according to the Gospel of Luke, the announcement by the archangel Gabriel to Mary that she would conceive and bear a son through a virgin birth and become the mother of Jesus Christ, the Christian Messiah and Son of God, marking the Incarnation. Gabriel told Mary to name her son Jesus.

Wikipedia

(The Annunciation falls in Holy Week this year so it is transferred to the first week after the octave of Easter.)

Wed., 17th Apr. – St Donnan & Companions, M.

Donnan was an Irish missionary of the late 6th c. who worked in Galloway, Argyll and the islands of the Inner Hebrides. He established a monastery on the island of Eigg, where he and 52 companions were massacred by Viking pirates around the year 617.

Sunday, 7th April – 2nd Sunday of Easter

The name traditionally given to this day in the English Language is 'Low Sunday'. The word 'low' may serve to contrast it with the 'high' festival of Easter on the preceding Sunday. Or it may be a corruption of the Latin word *laudes*, the first word of a sequence used in the historical Sarum Rite.

Wikipedia



S. MARK writing his Gospel



Tuesday, 25th April – St Mark, Evangelist

Mark went with St Paul on his first missionary journey, along with his cousin Barnabas. He made later journeys with Barnabas alone. He was in Rome with Paul, and with St Peter. His Gospel is

believed to be based on Peter's teaching in Rome: its concise, direct and vivid style tells us something of Mark's personality. Tradition dating from the 3rd century says that he founded the Church in Alexandria.

Spiritual Practice – What is an icon?

The word 'icon' comes from the Greek word *eikōn*, meaning 'image'. They are often called 'windows into Heaven/Eternity', and are made with that goal in mind.

How to pray with an icon

Have an icon in front of you, If possible light a candle nearby. Then simply gaze at the icon.

Look at the icon and notice the details and colours.

Everything in the icon is symbolic, and points to some spiritual truth about God. If the subject of the icon is a saint, there will be symbols that create a 'spiritual portrait' of the saint, reflecting attributes or events that contributed to the person's holiness.

The gold background is a reminder of the presence of God and his uncreated light. It is an invitation to enter God's presence and be taken up into a spiritual realm of beauty.

When looking at the icon, notice where your eye is drawn. What effect does the colour have on you? What thoughts or feelings does the icon stir up? Notice the eyes of the individual(s) in the icon. Often the eyes are looking at us. Let the eyes of Jesus, Mary, or one of the saints really see you. What are they trying to tell you?

Take as much time as you need with the icon. At first try spending 5 or so minutes with the icon. It can be hard to take a break from the fast-paced society that we live in. If your attention wanders away because your mind has become distracted, once you've noticed that your attention has wandered, simply bring it back to the icon without any judgement or self-criticism. God understands that we can be distracted. God loves you. God waits for you. God calls you.

After enough time has passed, thank God for the opportunity to be with him and store the icon in a suitable place until the next time. God loves you. God waits for you. God calls you.

Fr David