

From the pen of John



Dear People of God :  
Greetings in the name of our Lord.

**EASTER OFFERING:** Gill joins me in thanking you all very sincerely for your very generous Easter Offering. We

are extremely grateful to you for your love shown to us in this way. Thanks you all for your incredible kindness.

**“FURNITURE” MOVES:** Many people seem to be thankful that the high altar has returned to its original position. The portable altar will be in operation by the time you receive this edition of the *Lantern*. We will use the high altar for the 07.00 service and the portable altar for the 09.00 Sunday services. The remaining rostra will be removed from the sanctuary after the play “On the Hill” has completed its run. A big, big thank you to John Williams for all your valued work on the mobile altar.

**Mr VAUGHAN BEACOM:** After a period of continuing ill health, with no promise of the situation changing in the near future, Parish Council took the very difficult decision of terminating the services of Mr Vaughan Beacom as our Director of Music. We continue to pray for Vaughan’s health to improve. Parish Council has begun and will continue to search for someone to replace Vaughan. St. John’s has a strong tradition of church music in the “Cathedral Model” and this tradition will be maintained. Parish Council is not going to rush a decision but will wait for the right person. We are most grateful to Christopher Cockburn for assisting when he is able.

**ORDINATION:** Please continue to pray for Vivienne Pyle and Sue Brittion as they prepare for their ordination to the Community Deaconate on 17<sup>th</sup> June 2004. The service will take place at 19.30 and Bishop Rubin will preside and Archdeacon Rob Taylor will preach. Vivienne and Sue begin their retreat on the afternoon of 14<sup>th</sup> June.

**PARISH CHARTER:** It is most encouraging to see how the House Groups have embraced the Parish Charter. I am most grateful to the Parish Charter Steering Committee and especially to the Chairperson, Caroline Beech, for all the work she has done in preparing the Liturgies Sunday by Sunday, and to Sue Brittion who has prepared the notes for the bible studies. At the time of writing, we have looked at *Vision* and the challenge for each of us to know that the “Spirit of the Lord is upon me to preach good news to the poor”. We have recognised that because all Christians influence others; we are all leaders and that we are all on a spiritual journey.

Recently, inspired by the sermon on Spirituality and Prayer, I again picked up, one of the classic books on Centering Prayer written by M. Basil Pennington O.C.S.O. He reminds us of the basic method of Centering Prayer. He says, “Sit relaxed and quiet:

1. Be in faith and love to God who dwells at the centre of your being.
2. Take up a love word and let it be gently present, supporting your being to God in faith filled love e.g. Jesus, Saviour, Lord, etc.
3. Whenever you become aware of anything, simply, gently return to the Lord with the use of your prayer word.

After twenty minutes, let the Lord’s Prayer (or some other prayer) pray itself. More briefly, we might put it this way:

*Be with God within  
Use a word to stay  
Use the word to return”*

The underlying understanding of Centering Prayer is that by faith in one baptism we are made one with Christ. The Spirit of God’s Son is being poured into our hearts so that we can, in the fullest sense, cry “*Abba Father*”. God continually says to us “*You are my child; this day I have begotten you*”. Centering Prayer is the means that we use to recognise Christ in us. It is a technique to get us in touch with “*what is*”. It is meant to be a way to living constantly out of the centre. It means living out of the fullness of who we really are.

One of the passages which continually challenges me is found in the Rev 3:16. “*So because you are lukewarm, and neither cold nor hot, I am about to spit you out of my mouth*”. God knows all about us. He knows our number. We can’t be cold, indifferent or turned off totally. If we were, we would not be reading this and writing this!! But who among us would say that we are really hot. We know our back-slidings, our compromises, our rationalisations, and our sin. How does God feel about this? He feels the deepest disgust towards our luke-warmness. As our translation puts it, he feels like “*vomiting you forth from my mouth*”. And yet, in His love and mercy, God reaches down to us and says, “*Listen!*” I am standing at the door, knocking; if you hear my voice and open the door. I will come in and eat with you and you with me”. Rev. 3:20.



Look for the images within the IMAGE

This is what Centering Prayer does. It helps us hear the voice of Jesus so that we may open the door and allow Him to come and eat with us. The most common sign of human friendship is to sit down together and share a meal. The Lord wants to be intimate with us – me with you and you with me!

What is more, He wants us not only to meet with Him in this intimate way but He goes on to say *“To the one who conquers, I will give a place with me on my throne, just as I, myself, conquered and sat down with my Father on His throne”*. (Rev. 3:21) He wants us – unworthy as we are, to reign with Him. The Lord expresses love visually what He expressed in His high priestly prayer *“May they all be one, Father, as You are in me and I am in You, may they be one in us”*. M. Basil Pennington writes *“We are summoned, not only to intimacy, but to take possession of our very oneness with the Son of God in the inner life of the Trinity in the communication of the very Love of the Father and the Son, the Most Holy Spirit. This is what Centering Prayer is all about”*. (Page 13 M. Basil Pennington, Centering Prayer).

If anyone is interested in learning more about Centering Prayer, please speak to Vivienne Pyle the co-ordinator of the *Passionate Spirituality Portfolio*.

We look forward, in our Parish Charter, to *Discipleship* and then *Worship, Fellowship, Preaching and Teaching, Youth Development, Evangelism, Stewardship* (then after the July holiday), *Compassion and Caring and Prophetic Witness*.

On Sunday 4<sup>th</sup> July our preacher will be the Revd Herb Mather with whom I stayed in Nashville, Tennessee last year. He was the Director of Stewardship for the General Board of Discipleship of the United Methodist Church in the USA for many years and is the author of many books on Stewardship. He will be spending a few days with Gill and I in July.

May God bless us all as we “Charter” along.

Yours sincerely in Christ - John

**FROM THE REGISTERS**

**Baptisms**

*Sealed in the Family of God*  
 Ayanda Nogwaza  
 Sinalo Nogwaza  
 Sisonke Nogwaza  
 Luyanda Mbele  
 Keegan Booyens  
 Connor Wade Cress  
 Caitlan Melissa Horsley  
 Austin Ramon Wesley King  
 Grant Kantor  
 Ethan Gary Filander  
 Oratile Dikhoco Rhenoster  
 Anthony Namatula Mango  
 Bevan Pretorius  
 Jenny Victoria Hinett  
 Sello Thapelo Moeti  
 Imke Malaika Whitney

**Confirmation**

Megan Jane Backe-Hansen  
 Neil Christopher Ellis  
 Brian Mark Goldie  
 Thulani Herbert Hadebe  
 Shaun Robert Hain  
 Dane Lategan  
 Elize Susanna Elizabeth Lombard  
 Wayne James Viveiros

**Weddings : *Joined in the love of God***

John Hullock to Jean Haylott  
 Sandile Magwaza to Thobile Zondi  
 Mark Romeric to Leanne Hain  
 John Stone to Edna Stevens  
 Garth Rae to Emma George

**Blessing of Marriages**

Haydn & Katherine Walbyoff  
 Quinton van Deventer & Terry Morris  
 Reg & Margaret George

**Funerals**

*Commended to the  
 Graciousness of God*  
 Joan Catto  
 Margaret Dowse  
 Max Addy  
 Esmé Howe  
 Michael Wheelwright  
 Kit Robeck  
 Cameron Thurston  
 Grace Duncan  
 Nora Budd  
 Eugene Sanders  
 Bob Gough-Palmer  
 Marj Green  
 Philip Evans  
 Dudu Maphumalo  
 Val Stephens  
 Victor Jacobs  
 Graham Croot  
 Jimmy Williams

**Interment of Ashes**

John Hamish Munro  
 Cecil John Aspinall  
 Claudia Camp  
 Grace Duncan  
 Philip Evans  
 H.E Ritson  
 Victor Jacobs  
 Guy Pitcher

**Memorial Service**

Lovemore Madzokwe  
 David Dunn  
 Uma Fowler  
 Peter Buthelezi  
 Ian Castleden  
 Audrey Schoeder  
 Guy Pitcher  
 Jim Bestwick  
 Jeffrey Robinson

**OUR PARISH GUILDS**

**Irene Scogings**

An explanation is perhaps needed for newer parishioners as to why we have two Guilds.

Many years ago the St. John’s Guild met on a Thursday afternoon. This was not easy for members with small or school-going children, several of whom lived on Cowies Hill. Therefore the Cowies Hill guild was formed meeting on a Wednesday morning. In due course St. John’s Guild changed to a Thursday morning meeting. Understandably many people, no knowing this background, believe there to have been a split in the original guild membership, but this is not so.

There has been talk of the two Guilds joining up, but perhaps we accomplish more as two separate bodies. I felt the need to write this having been a member of both Guilds since 1955, the continuity broken for 10 years while at *Christ the King* Mariannridge and Holy Trinity Hillcrest.

There has been some confusion from time to time and I hope that this sets the record straight.



## FELLOWSHIP

Dawn Asher

Our first big fundraiser for this year, on 20 & 21 May, was a supper followed by a one-act play called "On the Hill" set in a house at the foot of the hill - one hour before the crucifixion. Thank you to all the cast for all the hard work that went into this production, and to the "Crowds" who so willingly came forward to be part of this fellowship. It was so enjoyable, and a thank you to the youth for being part of it.

To the ladies and gents who supplied the food and bar and who served on the evenings. We do extend a very big thank you. I hope that you, the congregation, enjoyed the evening and that next time you will be part of the event.

On 26<sup>th</sup> June a Potjie and Quiz evening will be held in the main hall. The Men's Fellowship will be providing potjies and any other parishioners who would like to donate a potjie of food - please do so. Lists will be put up nearer the time. The cost will be R40 p.p.

## KIDZOWN Jenni Young

Many wonderful and exciting things are happening at KidZown. We have a very committed group of teachers and our numbers are growing. We have decided to move away from the Sunday School label to try and create a fun and relaxed environment where we can challenge the children to grow in Christ. It is their own place – made special and it is where they can own Christ as their Saviour. We also want to start a junior youth group (Grades 4-7) on a Friday evening between 6 and 7pm. At first we will meet monthly and from there we will see what the Lord wants. We are going to need help running this group so if there is anyone who is interested, please speak to me.

I would like to thank Mavis Brazier for running the *Young Saints Course* on Saturday afternoons. Seven children were admitted to communion on the 23<sup>rd</sup> May. Please continue to pray for them. They are:

Philasande Ndwandwe	Thobeka Hadebe
Ryan Marsden	Tamryn Marsden
Julia Brimer	James Young

We look forward to seeing Christ at work in the lives of these children.

## GARDENS David Asher

We have nearly completed the installation of the sprinkler system throughout the flowerbeds. This has saved water and time for the staff, as they are able to do other jobs whilst the gardens are being watered.

If any of you are splitting up clumps of plants suitable for our gardens, please remember us before disposing of the excess.

Thank you to Beryl Rawson for the way in which she maintains the *Garden of Remembrance*. A very big thank you to *Martha's Friends* and the *Heritage Group* for the wonderful path that has been laid to the *Garden of Remembrance*.

The next step is to clean up the compost area and to make decent neat areas for compost.

Many thanks to Nigel Pyle, who helps me on a Tuesday afternoon. We would like some extra hands.

## PENNIES to HEAVEN from the Wolffs

Dear faithful Depositors:

We give thanks to the Lord for your faithful contributions. As the saying goes "*Every little penny counts*". You are so generous because sometimes we find 10s, 20s, 50s and even one, two and five Rand coins.

To date we have collected a total amount of R 3,593.56

This came in as follows:	Up to Dec 2003	R 3,063:56
	Jan/Feb 2004	R 199:00
	Mar 2004	R 213:00
	Apr 2004	R 124:00

The amounts are rounded off now because the Bank Tellers get a little bit impatient when they have to count individual coins. So, we let the loose change hang over until the following month when it is included to make up full amounts that can be weighed. You can hardly blame them – to date we've counted and sorted a total of 63,730 coins.

Please let the Pennies (and other coins) keep on rolling in.

## THANKS

The family and friends would like to thank all the clergy and our extended family of brothers and sisters who have been so supportive after the sad loss of our dearly loved husband, father and friend, Gene in March. With our love and thanks to you all. Dot Sanders and family.

## GOD BAG

Create a crisis. (If you already have one, skip this step)  
Write it down.  
Open bag.  
Insert crisis.  
Close bag.  
Let go and let God.

### Warning

The Disciple General has determined that *'taking things back'* is hazardous to your spiritual health.

## WE HAD A DREAM ..... Cornerstone Ridge

Dear brothers and sisters in Christ at St John's,

We give thanks to the Lord for your faithful prayers and support, but we have come to the end of the road. It was decided by all participants to abandon the project and put the property up for sale.

The project was born out of a bit of silliness when two of us were at a birthday party at another parishioner's house and, sitting on the back lawn, jokingly told him that we would sub-divide his beautiful expanse of lawn and build ourselves small houses. The setting was idyllic and peaceful.

Even though this was a joke then, it soon grew into a serious look at the possibility of creating a community where we would build six or eight small houses. The houses and properties we were living on then were too big, the children had left home and we were getting on in years.

After an "Ad" in the Lantern, others found the idea attractive and we ended up with a possible six houses. Our sister, Olga Jameson, during one of her walks found three adjacent properties, one of which had a "For Sale" sign on it and the one adjacent to this was also for sale from the Department of Transport. The third one was not for sale. The properties are next to the New Germany Nature Reserve and have a beautiful view of the sea.

After enquiries into the feasibility, we found that there was no water-borne sewerage available but we were told "*not to worry, you can put up your own Packaged Sewerage Plant. There are many manufacturers and they are reasonably priced*".

That's when we made a colossal mistake – we didn't get it in writing. We found plenty of manufacturers who described their products in the most glowing terms and, based on this, we went ahead and purchased the two properties. The first one, a private sale, was ours within three months. The second one, the Dept of Transport sale, took 15 months to finalise.

OK. Now we've got the properties. Let's consolidate these into one and get going. We employed a Consultant to arrange for the re-zoning to allow us to build six homes on this one big property only to find that a moratorium on Sewerage Plants in the Ethekwini Metro area was recently in place. When this will be lifted is any one's guess and without the Package Plant the project is dead. The authorities will only allow 2 houses without a plant – possibly 3 with a lot of fighting. That's not what we had originally planned for – after all, we wanted to down-size and share costs.

So, we've come to the end of a dream.

Since we'd put our Lord and Saviour into the Chairman's seat from the beginning, we now realize that this project is probably not what He wanted for us anyway. Hence the shut doors.

We leave our future in His Hands and wait for His Guidance forward. We know that He is always there for us and that He is our Strength. So, what more can we do but "Trust and Obey"

Psalm 121 puts it beautifully      *"I lift my eyes to the Hills - where will my strength come from?"*

*My strength comes from the Lord, maker of Heaven and Earth"*

In the Name of Christ, your brothers and sisters, Ed & Delysia Wolff, Ron & Olga Jameson, Mary Allen, Grant, Dale, Jack and Lyn Nurden

## THE BRIEFCASE

### Extract from "Getting Things Done" by Edwin Bliss

The first-grader asked his mother why Daddy brought home a briefcase full of paper every evening. She explained, "It's because Daddy has so much to do he can't finish at the office and has to work nights." "well then," said the child, "why don't they just put him in a slower group?"

If you are an executive, you occasionally will have to take work home with you. That's the price you pay for office employment. However, if you find yourself doing it on a regular basis, it's a sign that something is wrong; either you are trying to do too many things yourself, or you have failed to organize your time at work effectively. A third possibility is that you may be suffering from a martyr

complex and are trying to impress your associates or your family with how overworked you are.

You need to get away from work at the end of the day, both mentally and physically. Except in emergencies, time spent at home doing office work tends to be counterproductive, draining your energies and alienating your family. The homework habit also can dampen your drive to get things done at the office, because you tell yourself, "If I don't get this finished today, there's always tonight."

It isn't worth it. The only justification for taking your briefcase home every evening is that you intend to use it the following morning for transporting your lunch.

## OUR ENVIRONMENT

Delise Coad

\*\*\* WORLD ENVIRONMENT DAY - 5 JUNE \*\*\*  
\*\* WORLD ENVIRONMENT WEEK - 2 - 7 JUNE \*\*\*

Humans have the most impact on our environment. The nature and extent of this impact depends on factors such as the type of economic activity, distribution of wealth and resources, cultural values and lifestyles. World Environment Day aims to encourage people to become active supporters of sustainable and equitable living; to promote awareness and an understanding that communities play a central role in changing attitudes towards environmental issues, and to develop partnerships that will ensure all nations and people to enjoy a safer and more fulfilling future. Appreciate this unique planet and make a conscious effort to practise energy-saving techniques, walk or cycle to work, recycle, re-use, support fresh produce markets, avoid environmentally hazardous goods or wasteful packing and ensure a healthy and well-balanced lifestyle.

### OTHER SPECIAL DAYS IN JUNE

- YOUTH DAY - 16 JUNE
- WORLD DAY TO COMBAT DESERTIFICATION AND DROUGHT - 17 JUNE

Desertification is the degradation of land in arid, semi-arid and dry sub-humid regions that area result of climatic variations and human activities. Careful land management is particularly challenging in the more arid and semi-arid regions that only receive between 450mm and 600mm of annual rainfall, respectively. One sixth of the world's population is affected by desertification and some of the most obvious impacts are increase in poverty, degradation of arable land and thus decreasing the human and animal carrying-capacity, the loss of valuable top soil resulting in the decline of soil fertility. To assist in combating the problem of desertification and drought, this day aims to promote awareness of the effects of drought, the impact desertification has on the Earth and to encourage the need for global co-operation and the education of communities to address these problems and find solutions.

## PASSIONATE SPIRITUALITY

### Foundation course in Deepening Prayer

A six-session experiential course which explores "what happens when I pray."

- How to reflect on the prayer experience and
- How to deepen my ability to listen to God in my experience of self and others, and to find God in day-to-day experience.

This course is a tool for personal growth as well as an aid to those who are guiding others in learning how to pray. The Saturday morning sessions will run as follows:

- 24 July: Stillness and Awareness: Practice in different method of prayer.
- 07 Aug: Image of God and Image of Self: Exploring our images of both, where they come from and how they affect the way we pray.
- 21 Aug: Review and Reflection: Ways to deepen our experience through reflecting and writing / journalling.
- 04 Sept: Feelings and Discernment Feelings are partners in decision-making and an aid to guided choices.
- 18 Sept: Distractions and Resistance: A positive look at what may be a valuable aid or a permanent block to deepening prayer.
- 02 Oct: Faith-sharing and Images Ways of acknowledging my own and others' symbols and images through story.

There will be Zulu-speaking facilitators at each session.

Venue: St John's Main Hall  
Registration: 08:30: 09:00 – 12:30  
Cost: R60

There will be subsidies available for those unable to pay the full amount. A set of handouts, tea and refreshments will be included in the cost. We encourage everyone to walk this spiritual journey with us!

For further details and bookings, please phone Vivienne 083-278 7008 or Helen at the Church office 702 0712.

A Place  
to Belong

**Your friendly  
Housegroup**

wanting to know of  
one near you?

**Call Doreen Böhmer  
on 701 1831**

## WORSHIP REPORT

Caroline Beech

Being as we are in the throes of the *Parish Charter*, this report will concern itself mostly with that. We are finding that the weekly bible studies leading up to the Friday/Sunday preachings have brought a new continuity for the participants. We are using most of the liturgical resources that the Diocese has put at our disposal. (Please note that there is no infringement of copyright in any way here.) Our services have taken on a new flavour.

We have chosen banners (thank you, Alison Green, for your colourful creations) and different colour-coordinated candles (thank you Mary Allen) as visual symbols to help us.

The committee team continues to be enthusiastic and cooperative with their compiling, and the music team continues to plan and balance new and old songs and hymns. We welcome all comments and suggestions. An important date to remember: Ordination Service 17<sup>th</sup> June 2004 at 19h30.

### The U in JesUs

Before U were thought of or time had begun,  
God even stuck U in the name of His Son.

And each time U pray, you'll see it's true  
You can't spell out JesUs and not include U.

You're a pretty big part of His wonderful name,  
For U, He was born; that's why He came.

And His great love for U is the reason He died.  
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand  
He rose from the dead, with U in His plan?

The stones split away, the gold trUmpet blew,  
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward ascension,  
He felt there was one thing He just had to mention.

"Go into the world and tell them it's true  
That I love them all - Just like I love U."

So many great people are spelled with a U,  
Don't they have a right to know JesUs too?

It all depends now on what U will do,  
He'd like them to know,  
But it all starts with U.

### ASSUMPTIONS

A woman was waiting at an airport one night with several long hours before her flight. She hunted for a book in the airport shop, bought a packet of biscuits and settled down to read. She was engrossed in her book but happened to see that the man sitting beside her, as bold as could be, grabbed a biscuit or two from the bag in between them. She tried to ignore this, not wanting to make a scene.

So she munched the biscuits and watched the clock, as the gutsy biscuit thief diminished her stock. She was getting more irritated as the minutes ticked by, thinking, "If I wasn't so nice, I would blacken his eye." With each biscuit she took, he took one too, when only one was left and she wondered what he would do.

With a smile on his face, and a nervous laugh, he took the last biscuit and broke it in half. He offered her half, as he ate the other. She snatched it from him and thought... ooh, brother! This guy has some nerve and he's also rude, why - he didn't even show any gratitude! She had never known when she had been so galled and sighed with relief when her flight was called.

She gathered her belongings and headed to the gate, refusing to look back at the thieving ingrate. She boarded the plane and sank in her seat. Then she sought her book, which was almost complete. As she reached in her bag, she gasped with surprise. There was her packet of biscuits, in front of her eyes. If mine are here, she moaned in despair, the others were his and he tried to share them with me. Too late to apologize, she realized with grief, that she was the rude one, the ingrate, the thief!

*"What lies behind us and what lies before us are tiny matters compared to what lies within us."*

### PEACH BRANDY

A church minister enjoys the occasional drink and is particularly fond of peach brandy. One of his parishioners makes him a bottle every Christmas. One year when the minister goes to his friend hoping for his usual present he isn't disappointed but is told he has to thank his friend for the peach brandy from the pulpit the next Sunday.

In his eagerness to get the bottle the minister agrees but when Sunday comes he gets worried about making a public announcement regarding having been supplied with alcohol. On Sunday his friend is in the front pew with a grin on his face waiting to see the minister's embarrassment. The minister climbs into the pulpit and says "Before we begin I have an announcement. I'd like to thank my friend in the front pew for his kind gift of peaches - and for the spirit in which they were given.

## THE FIVE FINGERS OF PRAYER

Prayer is simply communicating with God and trying to listen to what He says to us deep inside. One form of prayer may be more helpful for us than another. This one uses our hands in a special way for this purpose, each finger of the hand representing a different type of prayer:

THE THUMB is the most important digit we have - just try to pick anything up without it and you will discover this for yourself! So we use it to represent the most important part of our prayer time - ADORATION. We focus on how much God loves us and how much He has done for us through Jesus and this leads us to praise, worship and adore Him - remember, He is enthroned on the praises of His people! So tell Him how much you love Him!

*Do I need to ask Him to show me how to love and praise Him more?*

THE INDEX OR FIRST FINGER is used for pointing - not at others but at ourselves as we are reminded of our frailty and weakness as human beings. We make mistakes and do things we shouldn't, causing God distress and pain, and alienating and distancing ourselves from Him. So, if we want to talk to Him, we first need to come in PENITENCE and confess our sins to Him thereby restoring our broken relationship with Him to wholeness and re-opening the lines of communication between us.

*What specific thought, word or deed is separating me from God right now?*

THE SECOND OR MIDDLE FINGER is the longest one and we spend the longest time in THANKSGIVING for all that He has done for us. The more we look for His hand in our lives, the easier this becomes!

*Am I sometimes blind to how God is working in my life and the lives of others?*

THE THIRD FINGER represents a time of INTERCESSION when we bring others to God. It is wise not to prescribe or ask Him for what we think is best in any given situation but simply to lift it to Him who has the perfect solution - and ask Him to work as He sees fit. This is power prayer!!

*Who do I know or what situation am I aware of that really needs God's healing, help or blessing?*

THE LITTLE FINGER is our smallest and least important finger which is how we should see ourselves and so we pray for our own needs. We PETITION God for ourselves, remembering always to be open and honest with Him.

*What do I want to ask God to do for me personally?*

Finally, we come to the PALM OF THE HAND and pray the ultimate prayer, THE LORD'S PRAYER.

- ✘ OUR FATHER - as His children, we have a special and privileged place in His heart!  
*Do I see everyone I meet as a child of God - or are there exceptions?*
- ✘ IN HEAVEN - He is Father God but also Controller of the Universe, all-powerful and all knowing.  
*Do I really believe this and trust Him in all things, as I should?*
- ✘ HALLOWED BE YOUR NAME - may His name be regarded as holy by all people; may all become Christians.  
*Am I proud to be a Christian? How do I demonstrate this in my life?*
- ✘ YOUR KINGDOM COME - we want Him in control of world filled with justice, peace and mutual love.  
*What am I doing in my corner of the world, to help bring this about?*
- ✘ YOUR WILL BE DONE ON EARTH AS IN HEAVEN - we surrender our wills to Him.  
*Do I jib at doing things God's way and try to bargain with Him to get things my own way?*
- ✘ GIVE US TODAY OUR DAILY BREAD - we ask Him to meet not only our physical needs but also our psychological, mental and spiritual ones.  
*We receive our spiritual bread through the Eucharist - am I receiving it regularly, thereby feeding my spirit?*
- ✘ FORGIVE US OUR SINS AS WE FORGIVE THOSE WHO SIN AGAINST US - we remind ourselves of our need to forgive others before we can expect to be forgiven ourselves.  
*Is there someone who has hurt me that I need to forgive or someone that I need to ask forgiveness from because I have hurt them? Am I harbouring any grudges or anger toward anyone?*
- ✘ SAVE US FROM THE TIME OF TRIAL - we ask not to be tempted beyond our power to resist.  
*What am I doing to build up my spiritual strength so that I can more easily resist temptations?  
Do I read the Bible regularly and pray daily?*
- ✘ AND DELIVER US FROM EVIL - we desire to be free of any hold of satan over our lives - illness, accidents, natural disasters or the nasty snares of materialism, sensuality or violence in society.  
*Is there anything in my life that is not of God?  
Have I asked Him to set me free from any evil bondage in the name of Jesus?*
- ✘ FOR THE KINGDOM, THE POWER, AND THE GLORY ARE YOURS NOW AND FOREVER - we "bow down" in praise and worship of our wonderful and beloved God... **AMEN** - so be it!

### LANTERN DEADLINE

The deadline for material for the next edition is Sunday 4<sup>th</sup> July.  
Please support your publication and submit articles to Anthony Castleden.