

REFLECTION

We can certainly say that Jesus besides all his preaching, parables and actions was contemplative, being aware of God presence in him and union in God.



Paul was a Mystic who was clear that we can "pray without ceasing" and "not I live but Christ lives in me". So the Contemplative tradition runs right through Christianity since its roots but often neglected. But in the 1960's thanks to Thomas Merton and others the Contemplative tradition was moved back into more centre stage.

Out of this Christians rediscovered meditation and refined it for our times. One was Trappist monk Thomas Merton and later contemporary Spiritual writer Cynthia Bourgeault. They discovered and refined the practice called "Centering Prayer Meditation" so that there are now many Centering Prayer groups and individual practitioners around the globe including in London.

The ground rules are: 1. Find a quiet space and sit relaxed in body and alert in mind. 2. Intent to allow your heart to open towards God's presence in you. 3. Whatever distractions in thoughts, memories and fantasies come up, accept them and let them go. 4. To start your meditation and whenever you feel distracted return to your Sacred word. This is a word or short phrase you choose that helps you to let go, like Holy Spirit, Wisdom, Trust, Christ, Be Still, etc. Why not start such a group in our Parish!

Urs Mattmann,
St Peter's

NLP takes safeguarding seriously

NOTICES

Holy Week Services

Mon 26: 7.30pm Stations of the cross - St Peter's

A reflective service focused around Jesus' journey to the cross

Tues 27: 7.30pm Contemplation - St Anselm's

A quiet reflective service

Wed 28: Seder meal: gather from 5.30pm, eat at 6.15pm - St Peter's

Telling the story of the Passover through a meal - suitable for families

Maundy Thursday: 7.30pm Eucharist with foot-washing and vigil - St Peter's

A dramatic service remembering Jesus' last supper

Good Friday

10.15am: Walk of Witness

Gather at the Imperial War Museum Peace Garden to walk to Waterloo station

2pm: Veneration of the Cross - St Anselm's A solemn service around the foot of the cross

6.30pm: A Blue True Dream of Sky - St Peter's Beautiful music from the Epiphoni consort, including Macmillan and Tippett

Easter Day - 1 April

7.30am: Breakfast and Easter fire St Peter's A short ceremony around the Easter fire to welcome Easter morning, followed by breakfast. Services at the usual times.

Annual Parochial Church Meeting

This year's meeting will be on **Sun 29 April at 12pm at St Anselm's**. All are invited to join this review of the past year and elections for the forthcoming year.

Revision of the Electoral Roll

In preparation for the Annual Parish Church Meeting on the 29 April, the Electoral Roll of the Parish will be revised between the 2 and 9 April.

Those not already on the roll but wishing their name to be added should **complete a form** available from Nellie Walters (St. Peter's) or Esther Ketskemety (St. Anselm's) and **return it to them before 1 April**.

To be enrolled you need to be over 16 years old, a baptised Christian and, if living outside the Parish of North Lambeth, have attended worship in one of our churches regularly during the past 6 months.

Gift Aid

If you are a tax payer you can gift aid your much welcome donations and the Parish will receive an extra 25p from the Government for every pound you donate. To do this, please ensure your name, address and signature are completed on the blue donation envelope you put in the collection.

Don't worry, these are not shared with anyone outside the Parish office, but they are needed for our reports to HMRC.

FOR YOUR PRAYERS

Those who are sick or in need – Antony Dale, Angela Charles, Jean Smith, Milka Ashby, Tetla Goulbourne, Dexter Nicholls and Roseanne Goodhew

 anselm.nlp@btconnect.com

 www.northlambethparish.org

 @NorthLambParish

 North Lambeth Parish

 020 7735 3403