

# 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

*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)*

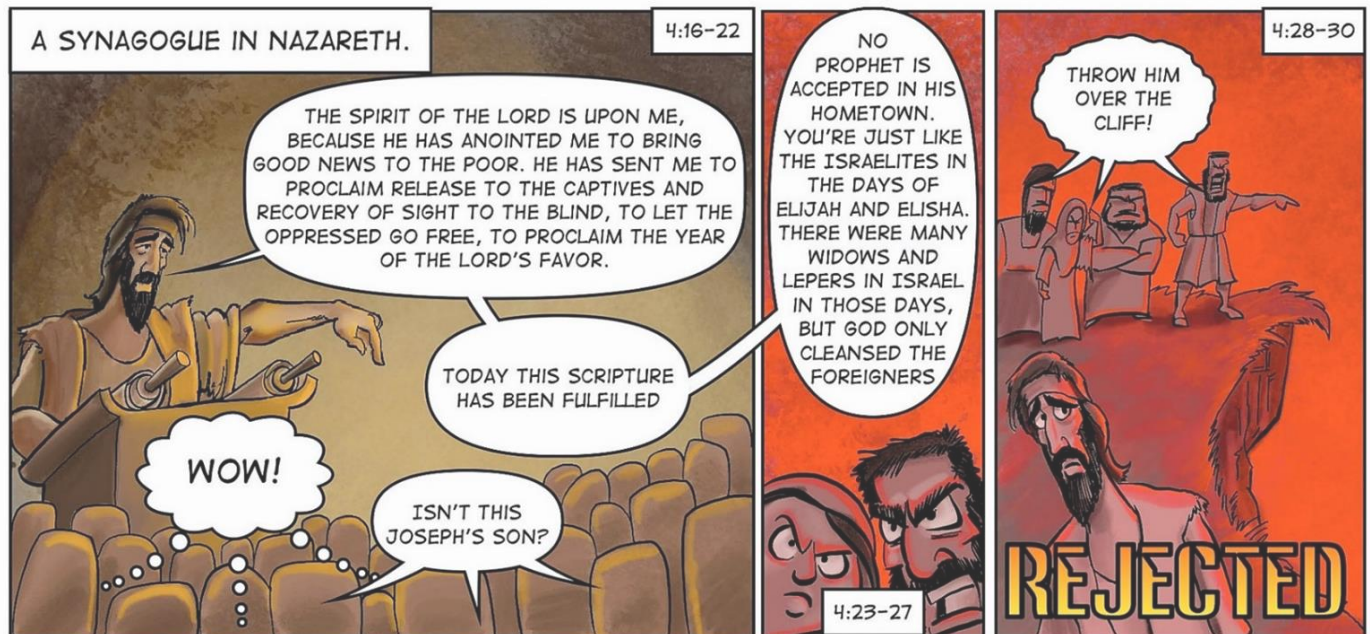
*Web address: [www.stjohnsportobello.co.uk](http://www.stjohnsportobello.co.uk)*

*Web address: [www.stmarymagdalenes.co.uk](http://www.stmarymagdalenes.co.uk)*

*Joint Facebook page: <http://www.facebook.com/StJohnsandStMaryMagdalenes>*

*Joint e-mail address for our sister parishes: [stjohnsandstmarymagdalenes@gmail.com](mailto:stjohnsandstmarymagdalenes@gmail.com)*

## Fourth Sunday of the Year - 30 January 2022



*'They sprang to their feet and hustled him out of the town, and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away' (Luke 4:29-30)*

A warm welcome to our 24 P7 confirmation candidates, who will be enrolled in our preparation programme at the 9.30am mass at St John's this Sunday. They are due to be confirmed by Archbishop Leo at St John's on Tuesday 24 May.

For those who didn't receive a copy of **Luke's Gospel last week** (apologies), one will be **available** for you this week....

At our Sunday Masses this week, our parish safeguarding co-ordinators, Peter Gillam and Alison Connelly, will read out **the Safeguarding Statement** at the end of Mass – an annual requirement.

**The January Tower Tombola Draw** will take place at the end of the 9.30am Mass on Sunday. The prize this month is £297.50.

**Tea and Coffee after Mass** will be starting up again this weekend after 9.30am at St John's, and next weekend after the 11.15am Mass at St Mary Magdalene's.

**Our next Baptism Preparation Course** will take place on **Tuesday 26 February** and **Tuesday 3 March** at 7.30pm in St John's Hall. If you would like to participate, please contact Fr Jock.

## TWO IMPORTANT 'EVENTS' FOR OUR PARISHES IN THE COMING WEEKS

### THE SYNODAL PROCESS (2021-2023)

40 HOURS ADORATION (*Quarant'ore*) – Sunday 20 to Tuesday 22 February

*We hope in next week's newsletter to let you know our plans for them – and the way 'listening' is central to both. Watch this space....*

### A Message from Thursday Club

'The Thursday Club has resumed, and we invite any seniors male or female to come along and join us, meet new friends! Bring along a friend any denomination. We meet every Thursday 1.15pm till 3.30pm in St John's church hall. Share tea & coffee together! Activities include music days, card games, quizzes, dominos, reminison days, outings and so much more, Please come along and givr it a try, you will be made very welcome by our group. If you require any further information, please contact Gena Gallagher 0131 661 1311'.

### An Exhibition of Works - Jesus and the Apostles - by Karl Stern Next Saturday and Sunday – 5/6 February – St John's Hall



To be held in St John's Church Hall next Saturday 5 February, 10.00am-4.00pm, and next Sunday, 6 February, after Mass, 11.00am to 4.00pm, with artworks and gift cards available for sale. The work is priced with 10% off gallery prices. 40% of all sales (50% card sales) will go to St John's.

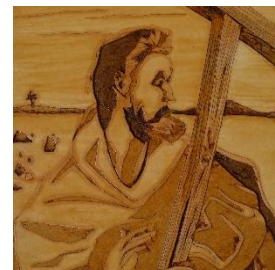
Karl is Edinburgh born and has lived in the Portobello area for over 30 years. He was inspired by the work of El Greco on a visit to El Greco's house in Toledo in Spain. These works are a set of transcriptions and interpretations of Greco's 'Toledo Series'.

Karl went to art-school some 9 years ago as a mature student.

His work has been chosen since for several open exhibitions at the RSA, VAS, RGI and PIA. Exhibiting in Galleries in

Edinburgh, Perth, Borders, Ullapool and open studios here in Porty and in Pittenweem, he's developed a particular technique and style, drawing with a knife and painting with shellac and pigments. Handmade prints will also be available as well as sets of gift cards portraying The Saviour of The World and his 12 Apostles.

Subject to interest, Karl is willing to make a short presentation about the work and his techniques.'



### Safeguarding Training

Peter Gillam and Alison Connelly write: 'Just to keep you updated on the training currently on offer as there are still a high volume of volunteers still due to do each type of training.'

#### Online Induction Part 1 Training (Duration approx. 90 mins)

Induction Part 1 must be completed before Induction Part 2 is done. (Induction Part 2 should be completed approx. 18 months after Induction Part 1 has been done).

Friday 4 February 2022 at 7pm

Tuesday 22 February 2022 at 7pm

Trainer: Margaret Andow - [margaret\\_andow@outlook.com](mailto:margaret_andow@outlook.com)

Email [margaret\\_andow@outlook.com](mailto:margaret_andow@outlook.com), providing details of your parish and your role.

#### Online Induction Part 2 Training (Duration approx. 90 mins)

Induction Part 2 Training should currently be done approx. 18 months after Level 1 or Induction Part 1 Training has been completed.

Saturday 29 January 2022 at 10am

Saturday 12 March 2022 at 10am

Thursday 24 March 2022 at 6pm

Trainer: Julie Brechin –

[julie.brechin@staned.org.uk](mailto:julie.brechin@staned.org.uk)

Email [julie.brechin@staned.org.uk](mailto:julie.brechin@staned.org.uk), providing details of your parish and your role.

Please note that safeguarding training currently only needs to be done by volunteers who are in a regulated role requiring a PVG. We will be arranging face to face training as and when restrictions allow but for the moment training remains online. Going forward we hope to offer both face to face and online training, but as you know things keep changing!

## THIS WEEK

### **Saturday 29 January**

11.30am - St John's – **Baptism of Innes Kidney** (Deacon Eddie)  
6.00pm – Prayer Room – **Mass** – pre-recorded, streamed  
6.30pm – St John's – **Vigil Mass**  
9.15pm – Zoom – **Prayer at Night**

### **Sunday 30 January**

9.30am – St John's – **Mass** – livestreamed- **with enrolment of P7 Confirmation Candidates**  
11.15am – St Mary Magdalene's – **Mass**  
9.15pm – Zoom – **Prayer at Night**

### **Monday 31 January**

10.00am – St John's – **Mass** – livestreamed  
11.30am – Zoom – Synod Co-ordinating Group Meeting  
7.00-8.15pm – Zoom – **Gospel Sharing**  
<https://us02web.zoom.us/j/86023239174?pwd=aUVvM3cwT2p4SkhDL3F6QkFBNVhudz09>  
9.15pm – Zoom – **Prayer at Night**

### **Tuesday 1 February**

**10am – St Mark's – Holy Huddle**  
7.00pm – St John's - **Mass** – livestreamed  
7.45pm – St John's Hall – **RCIA Meeting**  
9.15pm – Zoom – **Prayer at Night**

### **Wednesday 2 February – FEAST OF THE PRESENTATION OF THE LORD**

10am – St John's - **Mass** – livestreamed  
9.15pm – Zoom – **Prayer at Night**

### **Thursday 3 February**

10.00am – St Mary Magdalene's – **Mass** – livestreamed  
9.15pm – Zoom – **Prayer at Night**

### **Friday 4 February**

10.00am – St John's – **Mass** – livestreamed  
9.15pm – Zoom – **Prayer at Night**

### **Saturday 5 February**

6.00pm – Prayer Room – **Mass** – pre-recorded, streamed  
6.30pm – St John's – **Vigil Mass**  
9.15pm – Zoom – **Prayer at Night**

### **Sunday 6 February**

9.30am – St John's – **Children's Mass** – livestreamed  
11.15am – St Mary Magdalene's – **Children's Mass**  
9.15pm – Zoom – **Prayer at Night**

## From Archbishop Leo's Weekly 'Ad Clerum'

**40 Hours' Devotion** - Each parish in the Archdiocese is having 40 hours of Exposition of the Blessed Sacrament to help renew our Faith and love of Jesus Christ. It continues this Sunday after 11:30am Mass at St Mary's Church, 15 Upper Bridge Street, Stirling, and ends on Tuesday evening with Benediction at 7:00pm.

Visit [www.stirlingstmarys.org](http://www.stirlingstmarys.org) for details. See the full schedule for the Archdiocese at [bit.ly/40hoursschedule](http://bit.ly/40hoursschedule). Find out more about Eucharistic Adoration: [bit.ly/40HoursPlaylist](http://bit.ly/40HoursPlaylist) [**40 Hours Adoration will take place in St John's and St Mary Magdalene's between Sunday 20 February and Tuesday 22 February.**]

**Online Event** - To mark **International Day of Human Fraternity** an event takes place on Zoom at 6pm on **Friday 4 February**. **Dr Sara Parvis and Sr Fatemah Araghi will discuss the principles of faith and dignity in relation to women.** Register on Eventbrite by searching 'International Day of Human Fraternity – Women in Dialogue'.

**National Synod event - The Bishops' Conference of Scotland (BCOS) hosts 'Synodality in the Life & Mission of the Church' at 2pm on Saturday 12 February.** The keynote speaker will be **Cardinal Mario Grech**, General Secretary of the Synod of Bishops. This online event will be streamed on the BCOS YouTube channel at [bit.ly/BCOSYouTube](http://bit.ly/BCOSYouTube)

**Called and Gifted Workshop** - You have received gifts in Baptism and Confirmation through which God intends His love to reach others. Come and discover these charisms in you at the *Called and Gifted Workshop*. It takes place from 8:30am-5:30pm on Saturday February 19th at the Gillis Centre, 100 Strathearn Road, Edinburgh. To register and for more info visit [bit.ly/calledgifted](http://bit.ly/calledgifted)

**Making Disciples Seminar** - Learn how God is at work in your life and in the lives of others in this three-day seminar. It will sharpen your evangelisation skills and show how each of us can be an instrument in God's hand as we walk as His disciples. It takes place from Friday 25 - Sun 27 February at St Kentigern's Church, 26-28 Parkgrove Avenue, Barnton, EH4 7QR. To register and for more info visit [bit.ly/disciplesseminar](http://bit.ly/disciplesseminar)

**Events for married/engaged couples** - The Archdiocese is hosting events for married and engaged couples in the lead-up to the 10th World Meeting of Families (Rome 22-26 June 2022). These events are for couples to come before the Lord together in reflection on the beautiful Catholic vision of marriage and family life, thanksgiving for the gift of this calling and prayer for the blessing of their love. Register at [bit.ly/ArchEventbrite](http://bit.ly/ArchEventbrite)

- Sunday 6 March 2022, Gillis Centre, 100 Strathearn Road, Edinburgh, 4.00-5.00pm - Holy Hour with Archbishop Leo Cushley.
- Sunday 3 April 2022, Gillis Centre, 100 Strathearn Road, Edinburgh, 4.00-5.30pm - Testimony and Holy Hour with Anton and Angela Colella.
- Sunday 8 May 2022, Gillis Centre, 100 Strathearn Road, Edinburgh, 3.00-5.30pm - Afternoon Retreat with Brian and Maureen Devine.
- Wednesday 18 May 2022, St Mary's Cathedral, Edinburgh, 7.00pm - Mass for Married and Engaged Couples.

**Pro-Life opportunity** - Do you have experience in Adobe, particularly in Design and Photoshop? Could you help Stanton Healthcare, a new pregnancy support charity, with their images and brochures? Find out more from Paul Atkin at the Archdiocesan Pro-Life Office - [paul.atkin@staned.org.uk](mailto:paul.atkin@staned.org.uk)

**National safeguarding update** – The new Scottish Catholic Safeguarding Standards Agency has been established as an independent body to oversee the Church's safeguarding practice. The latest issue of the *Safeguarding Matters* newsletter provides details of what the agency will do (available at [bit.ly/3tyeInn](http://bit.ly/3tyeInn)). Lady Rae is looking to recruit people to act as Board Directors to support the work of the agency. Details at <https://aspenpeople.co.uk/microsite/scssa/>

# NOTICEBOARD

## A Request for Invigilators from Holyrood RC High School

**Joan Daly, Headteacher, writes:** 'Dear Parishioners. We are looking for Invigilators to join us in Holy Rood for the main exams which begins on 26 April 2022. Expressions of Interest for new Invigilators who would like to be considered as part of an SQA centre's Invigilation Teams for 2022 is now underway. An Invigilator undertakes the duties of invigilation for the external assessment of National Qualifications, in accordance with SQA policy and procedure. These activities will be under the direction of the Chief Invigilator to the centre in which the Invigilator is appointed.

The Invigilator role profile provides details of the contract specification, selection criteria and key performance measures. This can be found on the [Role Profile](#) section of the website. Please refer to the criteria for Invigilation before proceeding with your note of interest. Please use link for more information:

<https://appointeeopportunities.sqa.org.uk/vacancy/invigilator-464682.html>

If you are interested in joining the team in Holy Rood RC High School or if you have any questions about this, please email our Business Manager [Derek.Ferguson@ea.edin.sch.uk](mailto:Derek.Ferguson@ea.edin.sch.uk)'

**One step at a time:** People say: what is the use of one small effort?

*They cannot see that we must lay one brick at a time, take one step at a time.*

*A pebble cast into a pond causes ripples that spread in all directions.*

*Each one of our thoughts, words and deeds is like that.*

(These words are by the great American Catholic activist, friend of the homeless and forgotten, and prophetic writer - Dorothy Day, 1897-1980)

## WHY NOT TRY OUR ON-LINE PRAYER AT NIGHT – 9.15pm Every Evening

The prayer, led very gently by parishioners Donald Scott and Lesley Reid, will start at 9.15pm each evening and last for less than 15 minutes. For ease, the Zoom link will be the same each evening:

<https://us02web.zoom.us/j/9129622900?pwd=b1F1THhtY3NVeGptOWY0VGw2K2xBQT09>

Meeting ID: 912 962 2900 Passcode: Prayer

A Muslim peace prayer:

*O God, You are peace: from You comes peace: to You returns peace.  
Revive us with a salutation of peace, and lead us to your abode.*

A Navajo blessing:

*Be still within yourself and know that the trail is beautiful. May the winds be gentle upon your face, and your direction be straight and true as the flight of an eagle. Walk in harmony with God and all people.*

A prayer from Uganda:

*Spirit of life, revive your work in this land, starting with me.*

From India:

*Lord, you have lit up lamps in my heart that nothing can put out.*

From the Hindu scriptures:

*May all be happy: may all be free from disease: may all realise what is good: may none be subject to misery. Peace to all.*

# Parish Register

*Welcome to the world...Harris and Amelia Stewart, (3lb 7oz and 3lb 10oz respectively) twins born prematurely (and doing well) on Monday 24 January in Vancouver, Washington, in the United States to Amy and Matt Stewart, and first grandchildren for Kath and Gary Zoltie.*

*Please pray for those who have died recently:*

**Margaret Mackenzie  
Kathleen Bennet  
Philip Lloyd**

*Please pray for those whose anniversaries occur around this time:*

**Elizabeth Keogh – Rita Roberts  
Patsy McAnenny – Maureen Brown  
Margaret Malcolm**

*Anniversaries:*

**St John's**

**Jan.28:** Edward Grady (2011); Catherine M Gray (2007);  
**Jan.29:** Patrick J Bannon (1992); Peter Kelly (1948);  
**Jan.30:** James McGuire (1991); Elizabeth Keogh (1986); Bridget Meldrum (1986); Edward Stone (1975); Alice Boyle;  
**Jan.31:** Rita Roberts (2021); Maureen Brown (2015); Beryl Donegan (2010); Jamesina Laidlaw (2006); Alex. Begg (1974); John Ward (1920); - **Feb.1:** Umberto Tesoro (2013); Fr Daniel McGuinness (1997);- **Feb.2:** Margaret Malcolm (1998);  
**Feb.3:** Bernadette Heron (2012); Jean Anderson (2006); Harry T Johnson (2006); Thomas McCreadie (2000); Douglas Begg (1960); Kate Barrins (1959); Thomas Conner (1948);

**St Mary Magdalene's**

**Jan.28:** William McCarteney (2004); Charlotte Foggo (2002);  
**Feb.1:** Isabella Connor (1999); Frank Risi (1972);  
**Feb.2:** Michael Edward Kempton (1991);

**Please pray for those Parishioners who are sick:**

**St. John's:** Maria Pacitti, Sheila Service, Frances Connelly, Nessie Cairns, Alf McNamara, Fiona Connel, Inge Downey, John Freeman, May Thomson, Margaret Campbell, Ann Dobie, Kim O'Neill, 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:**

John Newall, 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:**

Jaroslav Icina, Mary Taygarth,, Pat Mulvenna, young Niamh McDougall, Bridget Bonner, Roger Bromley, Bernard Traynor, Evelyn Tibbs, Helen Briton, Robert Daly, 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, Leo Stone, 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 Collections – 23 January 2022



St Mary Magdalene	St John the Evangelist
<b>£183.92 total</b> including Offertory of £83.92 and Gift Aid of £100.00	<b>£1271.42 total</b> including Offertory of £214.02, Gift Aid of £157.40 and online donations of £900.00

**Pamoja Fashion team raised £351.00 last weekend! Many thanks to all those who supported this charity. Next sale will be 5 February 2022, 10am to 1.00pm**

# A REFLECTION ON THE GOSPEL FOR THE FOURTH SUNDAY OF THE YEAR - LUKE 4: 21-30

*(The author of these reflections is a friend of Fr Jock living in Northumberland)*

Most mobile ‘phones allow on the spot photos and videos to be taken of just about any incident. Whether it be a multi vehicle pile-up on a busy main road, or a sudden eruption of a volcano, the event will usually be followed within minutes by the images appearing on mainstream television. CCTV ensures, that when it comes to solving crime, the Police no longer rely on artists’ impressions or identity parades. With 68 cameras for every 1000 inhabitants, London is the third most surveilled city in the world. They may be massively intrusive, but authorities argue they are an invaluable help in crime detection.

Despite such high levels of surveillance and the preponderance of mobile video capture capability, much of life remains hidden. On Thursday I watched video footage of lines of women in Afghanistan, displaying scars where kidneys had been removed and sold, so that they could feed their families. Then, one of these women informed us that she is being pressured into selling one of her children, to be able to feed the rest of the family. It was a heart-breaking watch. No longer can I say: ‘I never realised.’ I certainly cannot use the excuse: ‘Nobody told me that this was about organ trade and abject poverty’. I cannot unsee the images, just as I cannot unsee the sight of desperate Afghan refugees clinging to the fuselage of a military transport craft, even as it lifted off from Kabul airport.

In last weekend’s Gospel, Jesus speaking in the synagogue, announced that he had been *sent to bring the good news to the poor*. It’s worth dwelling awhile on this idea that Jesus had been sent. Jesus is the most important figure in history and yet, he is merely a messenger. The message was bigger than even He, for the message was coming from the very core of the Godhead. *He has sent me to bring the good news to the poor...* This weekend we begin to see the consequences of his temerity. *Everyone in the synagogue was enraged and they sprang to their feet and hustled him out of the town, and they took him to the brow of a hill.... intending to throw him down the cliff.* Jesus’ message was unwelcome, and they didn’t want him in their town. It’s easy to envisage the scene. The synagogue gathering bursts out onto the street. They’re pushing Jesus in front of them; there is much jeering and shouting. Other members of the town join in. Attracted by the noise, someone comes out of their house. ‘What’s going on?’ ‘They’re going to throw some preacher off the cliff’. ‘Who?’ ‘I don’t know – I’ve only just joined in.’ He’s up at the front; I just hope I get there in time to see who it is, and to watch him thrown’ The air is thick with dust, the noise of the crowd grows louder, blood lust is in the air. Someone falls and is trampled, temporarily making some of the crowd pause, but no-one feels compelled to go to their aid. They step over the prone body. They reach the brow of the hill. Suddenly the crowd is hushed. Silence as heavy as the preceding hysteria, descends like a thick, suffocating blanket. ‘Where has he gone?’ asks one: ‘He’s not here’. The crowd feels cheated. Their hysteria and mob instinct meant they paid no attention to the man who had stumbled and fallen. While they pushed their way up the hill, he had his breath back, allowed a few minutes for his pulse to slow and he slips away, unseen, unnoticed. Luke tells us: *....but he slipped through the crowd and walked away....* He still had much to say. Their blood lust might eventually be satisfied – but not today.

We are the ones who now carry the torch of Jesus’ Gospel. Like Him, we too are ‘sent’ and, as such, we must be ready, for we also will face similar levels of antagonism, rejection, and indifference. Whenever we try to address the imbalance between those who are poor and those who are wealthy, then we know the cost. When we defend honesty and integrity in the face of deceit and deception there will only be one outcome. It was G K Chesterton who said: “The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried.” This is the dilemma that faces us on an almost daily basis. Sometimes it feels as if the challenge of making Jesus’ voice heard, is akin to moving the Sahara Desert one teaspoon of sand at a time. Christians in the world number 2.382 **billion**. Now if we give each one of those a teaspoon, just imagine what could be achieved. It’s not good enough to say I didn’t know, I never saw anything, nobody told me. Our response should be: How can I make a difference? If we don’t even try, the task in hand becomes just a little more difficult for those who are willing to give it a try: our teaspoon will have to be picked up by someone else.

# FINDING THE HIDDEN TREASURE by Benignus O'Rourke

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

## Chapter 55 – Our Reason for Living



To discover in our silent hours that we are already united with Love itself, that love is the wellspring of our lives, is to rediscover our reason for living. The realization that our deepest self is in constant union with God begins to colour all we do.

We now discover that there is no need to wear ourselves out trying to please God, to win his love. His love is given. He is a constant in our lives.

Our strenuous efforts to win his love are unnecessary.

From now on we can relax and enjoy his love. *'Enjoy being loved at the centre of your being,'* says Augustine in his book on the Trinity (**Trinity 8.7**).

We become aware that being in the love is all that matters. In the light of this new awareness, we no longer value ourselves because of what we do. Our value is not the sum total of all we do. Our value is far greater and independent of that. What we are is what matters.

We are in union with the source of life and love. And because our life has at its center the union with one who is love itself, our deepest reality is our boundless capacity for love.

We do not try to make ourselves acceptable to God or to others by doing good things. Slowly we become aware of our union with Love and begin to live out of that love. So, our goal in life changes. Our goal is to be love. How we live now is inspired by knowing that love is our very essence.

*'Love God and do what you will,'* Augustine tells us. This is often misunderstood. Augustine means that if we truly love God, we shall do only what pleases him. *'Love and do what you will,'* he says. *'If you hold your peace, of love hold your peace; if you cry out, of love cry out; if you correct, of love correct; if you spare, spare through love; let the root of love be within; from this root nothing can spring but what is good.'*

In other words, to live in the love of God, to be aware of God's love within us, is to be freed from self-will and to will only what God wants. All we do will be good if we are centered on the awareness of our union with the God who is Love. This does not mean that our instincts cease, without a struggle, to drive us to do selfish things. But when we understand that we are love, that we are good and not evil, we will want to live a life of love.

We behave differently when we believe that our deepest instincts are not towards evil. That, deeper still, is our capacity to love. To keep in touch with that deeper instinct is the reason we devote time to silent prayer.

In our faithful attempts to be still we become aware that if we stay in contact with our deepest, truest self, and live our lives in this new awareness which comes to us in the hours of stillness, our lives will be transformed. Being tuned in to what God is doing or saying within, we allow that to be our inspiration and our guide.

We act out of what we are hearing from God within us.