



St Vedast-alias-Foster

Peace and Contemplation in the City

NEWS FROM FOSTER LANE

Newsletter No. 5

A message from Fr Paul, a Zoom date for your diary

St. Vedast Poetry Evening is scheduled for 7pm on Thursday 26th November.

Following on from our Zoom meeting to discuss our Church in the time of Covid 19 a further Zoom gathering is planned to share poetry that has inspired us during lockdown.

Come armed with a glass of wine and/or poem to share and hear the choices of others. You may wish to share not just poetry that has inspired us during lockdown but something more general, a favourite or special poem or just that one you were made to learn at school and still have not forgotten. If you have no poem, please still join in to listen."

I'll happily screen share any words – just email a copy of your poem to me at priest@vedast.org.uk, I can always find a poem at a few seconds notice online.

Link

Topic: Poetry Evening

Time: Nov 26, 2020 07:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/83823099984>

Meeting ID: 838 2309 9984

Service information

You can join us for live weekday masses & our Sunday Service

https://www.youtube.com/channel/UCq5PIrgy_zMhluHu-ZePfRQ?view_as=subscriber

After the Sunday Service

Paul Kennedy is inviting you to a scheduled Zoom meeting.

Topic: Post Eucharist coffee

Time: This is a recurring meeting each Sunday after Mass

Join Zoom Meeting

<https://us02web.zoom.us/j/89210467362>

Meeting ID: 892 1046 7362

You can still make your Sunday offering online by clicking on this 'give a little' logo which can also be used for all donations



As with most charities the lockdown has stretched our finances considerably.

There will be no pew sheets during lockdown. Readings for this Sunday printed below.

Sunday 15 November, 2nd Sunday before Advent

1 Thessalonians 5.1-11

Now concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. For you yourselves know very well that the day of the Lord will come like a thief in the night. When they say, 'There is peace and security,' then sudden destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! But you, beloved, are not in darkness, for that day to surprise you like a thief; for you are all children of light and children of the day; we are not of the night or of darkness. So then let us not fall asleep as others do, but let us keep awake and be sober; for those who sleep sleep at night, and those who are drunk get drunk at night. But since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. Therefore encourage one another and build up each other, as indeed you are doing.

Matthew 25.14-30

Jesus said to his disciples, It is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. The one who had received the five talents went off at once and traded with them, and made five more talents. In the same way, the one who had the two talents made two more talents. But the one who had received the one talent went off and dug a hole in the ground and hid his master's money. After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more

talents, saying, "Master, you handed over to me five talents; see, I have made five more talents." His master said to him, "Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master." And the one with the two talents also came forward, saying, "Master, you handed over to me two talents; see, I have made two more talents." His master said to him, "Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master." Then the one who had received the one talent also came forward, saying, "Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours." But his master replied, "You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest. So take the talent from him, and give it to the one with the ten talents. For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away. As for this worthless slave, throw him into the outer darkness, where there will be weeping and gnashing of teeth."

"A lockdown spiritual retreat: some thoughts from Michael"

"Most years I like to go to a favourite monastery to enjoy a retreat, which lasts just about a week. This year it was impossible. All the monasteries were closed. What I have done instead is to have my own self-conducted retreat and set aside a week dedicated to God.

How does one do this? Firstly, I try to balance my day by getting up not too late and going to bed at a reasonable time. Certain things I suggest are essential. There should be no unnecessary noise in the house. If you must turn on the radio or the TV, make sure it is the news or something that is genuinely spiritual.

Prayer is most essential of all. There is an excellent app called "Universalis", which reproduces the whole Roman Office day by day or the Church of England's "Daily Prayer", which sets out the Common Worship Office. Download it on your device and you are all set up. I recommend reciting the Office of Readings if you can.

Private, petitionary prayer for yourself and for those you are concerned about should also feature in the daily routine. Meditative prayer can be just putting yourself in the presence of God without any active thinking or chewing over the spiritual issues you have encountered that day, whether in scripture or spiritual reading.

This brings us to spiritual reading. I have always found this a most important stimulant in retreats. It is important you choose your book carefully. It should be written so that it can be contemplated. Christian bookshops are usually the best place to find such books or judicious browsing of Amazon. Put it aside every now and again when something occurs to you and ponder it. Take it up again when you feel ready to move on or integrate what you have learnt into your prayer.

Daily attendance at a Mass or Eucharist can easily be done nowadays online. You might like to add a daily devotion such as recitation of the Rosary or contemplation of the

Stations of the Cross, but this is optional. Don't just spend the whole time in the house. Get out in the afternoon and blow the cobwebs out of your brain. Visit a church if you can. Admire the beauties of God's creation.

Above all, relax. Enjoy the time set aside for God and be surprised by what you learn during it. "

Best wishes from
Michael