

Nurturing faith through life-long learning and mutual support

Please pray for:

The congregations preparing for Mission Action Planning in 2011.

The Rector and congregation of St Paul's, Kinross as they begin the task of turning their Mission Action Plan into reality. It was launched on Sunday 13th February.

The Mission Planning Group at St Andrews St Andrews and their CTN facilitators as they prepare for the Mission Action Planning workshop on 5th March.

St Peter's, Kirkcaldy as they prepare to draw up their Mission Action Plan.

In April's issue: Children and the 5th Mark. Preparing for the CTN 2011 Gathering

COMPASS READINGS

Are you looking for a Lent course? Why not try 'Compass', a short course designed for members new to Christian faith and values and for those wanting to deepen their discipleship. Participants reflect on the practice of Christianity in the Scottish Episcopal Church and how it speaks of God. Exploring personal values within Christian (and Anglican) tradition, they can share their experience of following Christ in the Church and in their lives. Here are two accounts of studying Compass.

Revd Paddy Allen writes: 'St Angus, Lochearnhead studied 'Compass' as last year's Lent course, over three sessions. In an ecumenical group, it engendered frank sharing and comparing of different church experiences, customs and beliefs. It helped us enormously in understanding what it meant to be Episcopal, and also gave people a framework for articulating their beliefs, particularly around church.'

Robert E. Walker summarises opinions from St Pauls, Kinross. 'We were recommended the Compass course. Session 1 gave insights into SEC church practices and tradition, of which many of us were unaware. We could see how it could be adapted for teenage and other new communicants, and be a refresher for established members. Sessions 2 and 3 could be adapted to serve as a bi-annual appraisal of an individual's and a church's spiritual progress. As a result of our experience, we will offer the Compass course again but with two extra sessions to give more study and discussion time.'

Download the Compass Course from <http://www.standrews.anglican.org/index.php/resources/>. Follow-up course materials 'Exploring our faith' are also available. Contact the CTN Officer if you would like a course to be delivered in your Area Council region.

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**CASTING THE NET
FEBRUARY 2011
NEWSLETTER**



WE ALWAYS

In my past life and ministry, I lived with people many of whom organised their lives on the basis of what I came to know as 'We always'. Extended family networks were strong so.. 'we always visit Auntie Joan on Tuesdays'. That kind of familiarity and regularity holds life together.

As we develop Casting the Net, we too need a touch of 'We always..' No longer new, it's now part of our life. It's how we do mission. It's how we seek growth in our congregations.

So.. we always think about the Nine Marks of Mission as the *standard* against which we measure our choices. We always think about growth rather than decline. We always think about children. We always pray faithfully and constantly to God who *always* leads and guides us.



MARK 5

Use prayer, word and sacrament to experience God's will.

Susannah Silver is the Casting the Net Officer for the Diocese of St Andrews, Dunkeld and Dunblane.

THE FIFTH MARK OF MISSION

I've found our 9 Marks of Mission to be a useful quick guide in discerning quite where to cast the net each day. For 2011, the Diocese will focus on the 5th Mark of Mission 'Use Prayer, Word and Sacrament to experience God's will.' CTN newsletters will carry information about the range of opportunities for adults and children within the Diocese to deepen and strengthen prayer life, and to grow in faith through prayer, word and sacrament.

This issue has examples from around the Diocese on taking time out to recharge spiritual batteries amidst life's busyness. If you weren't aware of the Diocesan Spirituality Group, here's a chance to read about the blessing this group brings to the Diocese. Finally, we review the Compass Course written for those new to the SEC tradition and those wanting a refresher.

**Use prayer,
word and
sacrament**

To find out more about the Order of St Benedict, go online to <http://www.orderof-stbenedict.org/>. If you think your congregation might like to explore the idea of holding a prayer/work/study Saturday, please contact Canon Jonathan Mason on jpm2@st-andrews.ac.uk.

Brendan Grimley lives in Dunfermline, worships at Holy Trinity and works as a change manager in Edinburgh. He has been a member of the CTN Congregational Development Action group since 2010.

BENEDICTINE SATURDAYS

All Saints, St Andrews has recently held a series of 'Benedictine Saturdays' for those interested in experiencing something of the core tenets of the Benedictine Rule of Life: work, prayer and study. A deep-seated interest in the life and teaching of St Benedict led Canon Jonathan Mason to lead this series, since he is an 'oblate', a member of the extended family of an Anglican Benedictine abbey, those living outside the walls of the monastery.

On the first Saturday in the month, up to a dozen people gathered for Mass and to pray using the daily prayers of the Monastic Offices. Studying took the form of a short talk on an aspect of the Rule of St Benedict. And finally work... the group tackled simple tasks of maintenance around the church.

Benedictine principles, based on the gospels, can enrich the life of any congregation, building community and enabling outreach.

DOUAI ABBEY RETREAT

Brendan Grimley writes, 'I go on retreat regularly to Douai Abbey, a Benedictine monastery in Berkshire. Retreats provide an opportunity to leave behind the normal timetable of daily life, and join with the community of monks in an altogether different pattern. Prayer and contemplation become the mainstay of life for the duration of the retreat; from matins at 6:30am, through to compline at 8:00pm.

Between the prayerful offices, we undertake community lectio divina; gentle 'chewing the cud' of scripture usually based on a reading from that day's lectionary. We also carry out some work, usually in the form of short periods of group study reflecting on the Rule of St Benedict in the world today, or other aspects of Benedictine life outside the monastery. In addition, we have plenty of time for private prayer & reflection in the beautiful abbey church or grounds.

This pattern provides for me a measured, prayerful experience, a renewal that nourishes me outside the walls of the monastery.'

**Use prayer,
word and
sacrament**

Carol Latimer is the Lay Worship Leader at St Peter's, Kirkcaldy. She is a vestry member, the magazine editor, CTNLO, and MAP facilitator. She also manages to fit in working as a German/English translator!

Quiet Days 2011

**19 March
Newport-on-Tay**

**2 April
Pittenweem**

**16 April
4 Barossa Place**

**14 May
Strathmiglo**

**4 June
Strathtay**

**19 -26 Aug
Retreat at St Drostan's**

TIME AND SPACE AT RYDAL

Carol Latimer writes: 'A four-day break at the Carlisle Diocesan retreat centre, Rydal Hall, in my beloved Lake District seemed the perfect way to find out whether the whole retreat thing would be right for me. Their programme 'Time and Space' sounded just what I was looking for and indeed I was not disappointed.

Rydal Hall (www.rydalahall.org) is set in beautiful landscaped grounds which incorporate Rydal Beck, a waterfall and a formal garden. The accommodation is comfortable and I found that the simple furnishings somehow encouraged me to spend time reading or in prayer.

I was relieved to find there was no pressure to join in with super-godly activities or to spend more time with fellow-guests than I wanted to. My time and space were entirely mine to use as I wished. Sometimes this included sharing accounts of the day's activities over a communal evening meal.

Eucharist in the small chapel, with its spectacular view of the fells was a satisfying and memorable way to round off my stay and I returned home much refreshed. Next time I think I'll be brave enough to try a 'proper' led retreat!

GANG FAR AND FARE WAUR

Is the idea of a retreat daunting? Here in St Andrews Diocese we are blessed with the love and knowledge of the St Andrews Diocesan Spirituality Group who offer Quiet Days so you can try things nearer home. Open to everyone, these Days are held around the Diocese, usually on Saturdays, so there should be one near you. During 2011, the theme is 'journeys' - biblical journeys and our own journeys, actual and spiritual. Participants use art, poetry and music as ways to explore their faith. The Spirituality Group also offers an annual programme of faith accompaniment and retreats, You can find more information in St Andrew's website calendar or pick up a leaflet from your church.