



CHURCH NOTICES

- **MESSY CORNER** : The next Messy Church is scheduled for Saturday 14 May at 15h00. Please encourage your families and friends to come for an afternoon of fun and fellowship and a light meal too. **Cost R30 per person.** If anyone wants to help out with any of the activities, please sign up at the notice board or contact Jean 083 234 3371.
- **SOUP**: Thank you to all who responded by making soup. Please keep it up as we need 30 litres each Thursday. You can deliver your frozen soup any day and give it to Mduduzi who will put it into our freezers.
- **SMALL GROUPS**: If anyone is interested in leading a small group please speak to Liz Davies on 072 372 9825



BAPTISM PREPARATION: Our next course takes place on Saturday 28 May 9.00 am to 12 noon. Please give your names to Brenda in the office if you would like to attend.



TEA CLUB: A very big thank you from the Tea Club to all those who brought Hot Cross Buns. The response was quite overwhelming and we were able provide the people of Cosmo with lots of Hot Cross Buns!!

Contact Details:

Postal Address:

Postnet Bryanston
Pvt Bag X51, Bryanston 2021

Wardens:	Clifford Ainley	011 706 6087
	Talfryn Davies	083 643 3054
	Dennis Hammond	082 495 0221
Parish Ministers:	Liz Davies	011 465 1096
Prayer Requests:	Liz Davies	011 465 1096 / 0723729825
Sunday School:	Jackie Bergstedt	072 459 1581
Music:	Daniel Rossouw	072 455 6727
	Choir Practice THURSDAY evenings from 19h00—20h30	
	All welcome!	
Outreach:		
Di Levinsohn	082 441 1221	dit@global.co.za
Church Office:	Hours Mon to Frid	9.00 am – 1.00 pm
Brenda Wallenda	Office: 011 022 5842 or 082 355 9061	
Incoming Fax:	086 652 8937	
Email:	allsaintsadmin@yebo.co.za	

All Saints banking details:

The Parish of All Saints, Standard Bank Fourways Crossing
Branch Code: 009953 Account No: 421 462 507



THE PARISH OF ALL SAINTS

*This cup is the symbol of this Parish.
It is the Christ Cup;
It is the ciborium of Grace, the chalice of forgiveness.
It is the Presence of Christ whom we encounter in
this Eucharist.*

Rector: Rev'd Michael Oliphant

Tel: 083 534 5333

Fax: 086 652 9060

Email: mdjoliphant@yebo.co.za

All Saints website: www.allsaints.co.za.

Diocesan Website : www.cpsajoburg.org.za

Assistant Priest: Rev'd Nigel Mollink

Email: nmollink@mweb.co.za

Tel: 011 706 2695 Cell: 073 822 3578

SUNDAY 8 MAY 2011

EASTER II

Our Vision:

*is to achieve a shared vision and practice of the
ministry of all believers.*

This means that every parishioner takes responsibility to contribute to the life of the faith community and be a witness in the broader community. This requires the spiritual growth of all believers, a deepening relationship with God, others, oneself and creation.

The spiritual growth and ministry of all believers is dependent on vibrant Christian community.

*We welcome all who are worshipping with us today,
particularly our newcomers and visitors.
May God bless your encounter with Him.
We invite you to join us for tea after the 9.00 am service.*

Sunday Services

Said Eucharist	07:30
Said Eucharist with hymns	09:00
Young Saints	09:00

Weekday Services (Wednesday)

Said Eucharist	09:30
Fellowship & Bible Study	10:30

A very happy Mothers Day to all the Moms

THE COLLECT

Merciful Lord
your Son is the resurrection and the life
of all who believe in him:
raise us from the death of sin
into the life of righteousness;
through Jesus Christ our Lord.
Amen

TODAY'S READINGS:

FIRST READING: IS 51: 1-6, PSALM 34:1-10,

SECOND READING: ACTS 2:14A, 36-41

GOSPEL: LK 24:13-35 13 Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16 But they were kept from recognizing him. 17 He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. 18 One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?" 19 "What things?" He asked. "About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. 20 The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; 21 But we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. 22 In addition, some of our women amazed us. They went to the tomb early this morning 23 But didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. 24 Then some of our companions went to the tomb and found it just as the women had said, but him they did not see." 25 He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken! 26 Did not the Christ have to suffer these things and then enter his glory?" 27 And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. 28 As they approached the village to which they were going, Jesus acted as if he were going farther. 29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. 30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31 Then their eyes were opened and they recognized him, and he disappeared from their sight. 32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" 33 They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together 34 And saying, "It is true! The Lord has risen and has appeared to Simon." 35 Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread. (NIV)

PRAYERS: Denise Morton, Siculo Shiceka, Dana Johnstone (ICU), Les Johnstone, Rowena Bowker, Godfrey Henwood.



HOW TO MEDITATE:

Meditation is as natural to the spirit as breathing is to the body. Deeply rooted in the Christian tradition, it is an ancient spiritual discipline, a simple way into peace within oneself and union with the Spirit of Christ.

This is not to say that meditation is "the only way" to pray or the only way to wisdom. But meditation – silence, stillness and simplicity - does lead to the experience of wholeness that opens, in faith, to holiness. Holiness is the integration of wisdom and compassion applied to daily living. Because it is simple and yet calls for discipline this tradition advises the following simple practice:

Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Breathe calmly and regularly. Silently, interiorly begin to say a single word. We recommend the prayer-phrase "**MA-RA-NA -THA**". Recite it as syllables of equal length. Listen to it as you say it, gently but continuously. Do not think or imagine anything - spiritual or otherwise. If thoughts and images come these are distractions at the time of meditation, so keep returning to simply saying the word as soon as you realize you have stopped saying it. Meditate each morning and evening for between 20 and 30 minutes. Stay with the same word during the meditation and from day to day.

Maranatha is a Christian meditation mantra that has been used for a very long time by the early monks. The word Maranatha is the final instruction of St. Paul's teachings to the Corinthians, and is St. John's final instruction in the Book of Revelations. Thus, the last word, the final teaching of the entire Christian Bible is "Maranatha," which is Aramaic and means, "Come Lord."

Depending on how the word Maranatha is broken into parts, its meaning differs:

As "mara-natha," it means "Come Lord," or "Lord Come."

As "maran-atha," it means "Lord is Here" or "Lord has Come."

The Maranatha Mantra is pronounced with "a" as in "far" (Ma-Ra-Na-Tha). Allow it to arise rhythmically in the mind at whatever speed comes naturally, whether fast or slow. You may find that it slows down on its own.

You don't have to evaluate your meditation. The fruits will appear in your self and in your life and in all your relationships. Don't be discouraged or disappointed by finding how distracted you are. That's why we meditate, to go through the distractions. So there is no need to try to repress or blank out your thoughts or images. Just let them come and go but keep your attention on the mantra – the prayer word or sacred word.

ALL SAINTS DIARY: MAY 2011

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| • | MONDAY | 13H30 | BRIDGE |
| • | TUESDAYS | 12h30 | PRAYER GROUP |
| • | THURSDAYS | 19H00 | CHOIR PRACTICE (All Welcome) |
| • | SATURDAY | 14 MAY @ 15h00 | Messy Church |
| • | SATURDAY | 28 MAY 09h00 | Baptism Preparation |
| • | | 09h00 | Flower Guild |