

# TRINITY NEWS

**WEEK 39. September 22, 2019. Proper 20**

Liturgy 4  
Time 2  
Ordering time

In recent times, church life has been slowly but steadily reduced to a once a week Sunday affair – and even that is being threatened now that Sunday has become to all intents and purposes another business day – and even, if we take sports events and the like into account, another school day in many places. How are we then to reclaim the week?

Keeping a regular prayer schedule is, of course, the corner stone to any such endeavor, but our prayer life can be substantially enriched if we learn to live according to liturgical rather than secular time. That means being aware and praying in the context of the Seasons, the Feasts and the Fasts of the Church year, and observing the communal practices traditionally associated with them. This enriches our prayer by adding a communal dimension to it, reminding that we never really pray alone; we pray as members of the Body of Christ.

Of course we mark the Seasons on Sundays at church, but how do we take them home with us? How do we incorporate them into our prayer life? How do we practice ‘waiting’ in Advent? How do we make sure that our celebration of Christmas is a celebration of God’s great gift to us in Christ? What do we do between Ash Wednesday and Holy Week to remind us daily that we are preparing for Easter? How do we live our Holy Week? Do we celebrate the 50 days of Easter with the joy we should? Do we observe Fridays throughout the year (except in Christmas and Eastertide) as days of abstinence, as suggested by the Book of Common Prayer?

And the Feast and Fasts that used to mark be focal points for community celebration – we tend to forget them, unless we cram them into a crowded Sunday. Just yesterday was the Feast of St. Matthew – last Saturday, Holy Cross, and throughout both weeks at least four minor commemorations from Ninian of Galloway (430 AD) to John Coleridge Patteson (1872 AD) both heroes of the faith from whose example we can all learn.

There are several ways of incorporating all these things into our daily lives. One of the most effective means is the daily recitation of Morning and/or Evening Prayer (Matins and Evensong) according the Book of Common Prayer, a custom, which is spreading among the laity in many countries. These services can be said on one’s own or in small groups – no need of ordained clergy to lead them! I will, beginning 30 October be reciting Morning Prayer in the Chapel at 7:15 AM weekdays except Monday; all are invited to join. – the service lasts 15-20 minutes. I also hope to schedule a workshop on how to do these services in small groups or alone at some convenient time in the near future. That’ll mean yet one more sign-up sheet!