

THE HOLY SPIRIT IN EAST ANGLIA



SPRING 2020

Catholic Charismatic Renewal Newsletter
For the Diocese of East Anglia

**COME TO A DAY OF PRAYER
AND RENEWAL IN THE HOLY SPIRIT**

The theme for the day is

**"A VISION AND
HEART FOR GOD'S
WORD"**

Led by

Duncan Mitchell

Duncan has been a member of Cor et Lumen Christi Community for over 18 years. After graduating with a degree in Law, Duncan trained as a social worker and, for a number of years, specialised in work with drug addicts and alcohol users. He has an MA in Biblical Studies and regularly teaches and ministers at events

The day includes
PRAYER AND PRAISE
HOLY MASS
ADORATION
RECONCILIATION
PRAYER MINISTRY

Date: Saturday, 29th Feb 2020

Time: 10.00 a.m. to 4.00 p.m.

**Place: St Philip Howard Church
33 Walpole Rd, Cambridge, CB1 3TH**

Tea and coffee provided. Please bring a packed lunch
For further information contact Philip on 07910157584

www.renewaleastanglia.org

Onwards and Upwards

As Chair of the DST I have thought a lot about what we are trying to do within the Church through the Catholic Charismatic Renewal. This last autumn in particular I have prayed and searched more deeply who the person of the Holy Spirit is and how he impacts our personal and corporate lives.

In sharing with others I find I am so often in agreement – he is God’s indwelling presence who brings to life my personal relationship with Jesus and with the Father. He reminds me on a daily basis of who I am and how much I am known and loved by Jesus and the Father. He is the voice of the Lord who brings alive verses in scripture, but also speaks to me in the events and challenges of the day. He encourages me to trust that he is in control of my personal and our corporate destinies, actively preparing the way, and enabling us to encounter the people he has chosen we will meet. He also gives me a vision of what life is or can be about when I invite him to be Lord and at the centre.

When I think of Pope Francis’ calling to share “Baptism in the Spirit” with the whole Church, I am reminded of the parallel phrase “Release of the Spirit” which is also widely used to describe the revitalisation of our faith in the power of the Holy Spirit. For many of us Catholics, this phrase gives another angle on the process that is happening when we submit to the power of God already present in our lives through Baptism. This is a truly transforming experience – as Fr Alan Hodgson said in his sermon at the Poringland Epiphany Mass, “When we have truly encountered Christ our lives will never be the same again.”

We have many examples in Britain today of people who have let the Spirit lead them on this journey of discovery and transformation and we have been privileged to listen to some of these at our Conferences. Next month we are fortunate to have Duncan Mitchell as our speaker in Cambridge at our Spring Day of Renewal. Duncan has been a member of the Cor et Lumen Christi community for 18 years. One of their 3 principal aims is, “Reaching out to others, especially Catholics, to empower, encourage and equip them to live an intimate Divine Communion with God and realise their full baptismal inheritance through life in the Spirit.”

Duncan has a degree in Biblical Studies and put together the biblical courses run at Highfield House by his community. I am confident that his speaking on the theme “A Vision and Heart for God’s Word” will be a unique and valuable time for us to learn more about how to move in the Spirit enabled by God’s Word. To find out more about Duncan and their truly amazing community visit their website www.coretlumenchristi.org.

As we serve our diocese we hope to help people to grow in Christ and this includes bringing to people’s awareness how the various blockages to growth we all have, can be healed by ministry in the Lord’s name. Many of us are already familiar with the great work done by Little Way Healing Ministry and in this newsletter we are reporting on a new initiative called Unbound.

Philip Walters

Unbound Conference

In November 2019 myself and several others from our Diocese attended the Unbound Conference in Brentwood. The conference was led by The Heart of the Father Ministry which is based in Philadelphia, USA. The ministry has been established for over 20 years and was founded by Neal and Janet Lozano. Their son, Matt, was our principal speaker.

The vision of The Heart of the Father Ministries is “to see every person find freedom in the Father’s Love”. In Jn8:44 Satan is called “the father of lies” and Jn10:10 states “the thief comes only to steal and kill and destroy”. Trapped by sin and believing lies about ourselves, such as ‘I am not good enough’, we may be denied the “abundant life” Jesus came to give us (Jn10:10).

The desire behind the Unbound ministry is for everyone to be freed from whatever lies they are believing about themselves and freed from patterns of repetitive sin. The basis of the Unbound method is to use 5 keys – Repentance, Forgiveness, Renunciation, Authority and Fathers Blessing. Prior to the weekend conference there was a training day on the Friday for people who wanted to learn how to use the 5 keys in ministry for other people. Most of the attendees from our Diocese also attended this training day. We were given thorough teaching in the principles of Unbound via talks, videos and discussion. At the end of the day we were able to both

receive Unbound ministry and to minister Unbound to each other. Having received the training we were able and encouraged to participate in the ministry for the conference. Unbound prayer teams consist of a prayer leader and an intercessor.

The conference was held in the Ursuline Convent School in Brentwood and was attended by over 300 people. Teaching was given on the 5 keys and throughout the conference delegates were offered the chance to receive Unbound prayer ministry. An Unbound prayer ministry session involves discussion between the prayer leader and the recipient to identify areas that need the Lord's touch in their lives, primarily people they need to forgive and sins that need to be repented of. Any involvement with the occult and any soul ties can also be dealt with. This can take up to and sometimes over 1 hour. After the discussion the recipient is led through forgiveness, repentance and renunciation for the areas identified. Then a command of authority is used to set the person free, then a prayer of blessing is said over the recipient.

Having been trained on the Friday, I volunteered to be a prayer leader throughout the conference so I was only present in the main hall for praise and worship, mass, and some times of ministry held in the main hall. The majority of the time, myself, along with my intercessor(s), were in a classroom ministering to conference delegates. Each session with a recipient would take between 45-75 minutes, so on Saturday and Sunday I ministered to about 8 people altogether.

This time of ministry was an amazing experience. The grace the Lord poured out was incredible to witness, as each person shared with me intimate details of their lives, how they had been hurt and the problems they had, with such openness, was truly awe-inspiring. Then seeing them set free through the simple use of the 5 keys was wonderful. People left the room visibly changed. To witness the Lord touch and heal His people was incredible. The most amazing ministry session I have ever been involved with.

In addition to the Brentwood conference there was also a conference and training held in Sheffield and a training day held for priests and seminarians. Both were well attended. The intention of The Heart of the Father Ministries is to have trained people available all around the UK

who are able and willing to offer Unbound ministry to any who wish to receive it. This is currently in the process of being set-up. I volunteered to be the co-ordinator for the Diocese of East Anglia, and others in the Diocese who were trained are also willing to minister. Heart of the Father Ministry's ultimate goal is to have Unbound ministry available in every Catholic parish in the world!

Here are the testimonies of two others who attended the Conference

Mandy's Testimony

"I was, to be honest, not at all sure about this course - there was quite a lot of preparation beforehand and I was not that comfortable with the content of the lectures we were asked to listen to by Neal Lozano. who wrote the book 'Unbound'. I really did not think that I could contribute anything over the weekend, but I was completely wrong!

The weekend started on Friday at the Sion Community in Brentwood, where Matt, Neal's son, gave us so much to think about, in teaching us the 5 Keys Method that we were to put into practice over the following 2 days at the Ursuline Convent to the several hundred people who attended. I went home that evening, encouraged by hearing all the witnesses and seeing the Method being used with such kindness and patience.

Over the weekend we were given eloquent and detailed lectures regarding each Key, each one an essential part of the whole beautiful method leading to being 'Unbound' having once recognised a need in ourselves to forgive others, ourselves and then importantly to be forgiven by our Loving Father.

I was a volunteer Intercessor and having first received the 5 Keys Method and been prayed with myself, I was expectant but a little nervous about my ability to pray silently/supportively for any length of time - between half an hour or 2 hours! I was able to give some words of knowledge to the participant at the end of each session and could see and hear clearly that the Holy Spirit was involved in healing and unbinding people from their troubles. My witness at the end of the weekend summed up how uplifted I felt about the whole method and I thanked Matt for his time and amazing patience in bringing it to our attention. I certainly felt blessed and humbled by the whole experience.

I have been an Intercessor since and have had this experience re-enforced. I can bear witness to the fruitfulness of the 5 Keys Method by the healing, comforting and loving strength of our amazing God”.

Simon’s Testimony

“In November I attended the Unbound prayer minister training course and the Unbound Conference in Brentwood. At the conference I served as a prayer minister and I received prayer. Through prayer in preparation for the course I had been shown an area of my life that God wanted to free me from. I would get unreasonably angry when another person was on the receiving end of a third person’s action that I thought unfair, and when I couldn't do anything about it. I was also shown that it referred back to a specific event in my childhood that I had completely forgotten about. I brought this up in the course of the Unbound prayer and I was led through the five keys. It was a calm process and the interview was unexpectedly enlightening to me. It felt very reassuring to be listened to. At the end of the prayer and after I had received the Father's blessing, I felt at peace and quite joyful, but had no sense of a great weight lifting off me, and I thought that was it.

The next morning, I awoke very early, and as I started to think and pray about the previous day, I received a picture. I was sitting alone on some stone steps at Calvary. The Cross, with Jesus on it was away to my right and people were all around Him, watching Him die. No one else noticed that although His body remained on the Cross, He came down off it, walked over to me and sat down, putting His arm around my shoulder. He said “You don't have to fight other people’s battles. That's my job, give it to me.” Later on, as we were praying the fifth decade of the Sorrowful Mysteries of The Rosary, whilst travelling back to the Conference, I received the same picture again.

At the conference. I received the Father's blessing for a second time, I had an incredibly powerful and joyful experience. I really felt the Father touching me, and the closest I can come to describing it was as if I left my body for a while.

I praise and thank God for hearing me, for showing me the problem I had asked Him to reveal, for preparing me and then freeing me in such an overwhelming way.

My experience of the Unbound ministry was twofold. As someone receiving prayer, I found it both calm and reassuring. I particularly appreciated being listened to with undivided attention, with no judgement or advice being offered. I realised afterwards that this rarely happens, but when it does, it is very special.

As a prayer minister, it was a privilege to pray with people who had so many problems in their lives. It was humbling to hear them recount their story in such an honest and open way, and to witness their belief that God would heal them. I have never seen such a demonstration of faith before. To see God setting His people free was again both humbling but exhilarating as well.

I would recommend the Unbound model of prayer to everyone. We are all carrying wounds that we need freeing from. It is a model of prayer that I have both experienced and seen working. The non-confrontational approach puts people at ease so that the Holy Spirit is able to work within them to great effect”.

If you are interested in learning more about Unbound and receiving ministry the best start is to read Neal Lozano’s book entitled “Unbound” and then get in touch with me requesting ministry – robsmith01 at hotmail.com.

Rob Smith

[Celebrate East Anglia](#)

A faith-filled, fun event for all ages, with good Christian teaching, inspirational speakers and celebration of the liturgy, all in the power of the Holy Spirit. Young and old alike join in a vibrant atmosphere to celebrate the love of God.

Theme: “Fan into flame the gift of God that is in you” (*1Tim 1:6-7 NIV*)

20th - 21st June 2020 at St Benedict’s School, Bury St Edmunds

www.celebrateconference.org/east-anglia