

ST MARY'S CHURCH, DALMAHOY



In Touch

April – May 2020

Registered Charity No. SC014203

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Cover Photograph: Snowdrops at St Mary's Church
By Pippa Crichton

Pastoral Letter from Christine

You are not too old
and it is not too late
to dive into your increasing depths
where life calmly gives out
its own secret.”

— **Rilke**

Dear Friends,

This last while, living in the midst of events that are so rapidly changing our lives, has been stressful and confusing for us all. Our church has issued stringent guidelines and shown leadership to protect the most vulnerable. Someone said that it may be that we have over- reacted and that we might never know, however if we fail to react strongly enough we will surely know.

This time of “things that have never been” challenges us to find new ways to live in love, to care for one another and to still proclaim the love of God in Jesus Christ.

Please pick up the phone and call me, email me or use messenger. If you know of someone who is not “online” call them or write a quick note. I encourage you to send photos and start conversations in new ways by email or again “messenger.’ If you are online there are virtual tours of galleries and parks, you tube videos of concerts and poetry. Putter in the garden, start a new hobby, or settle in and read that book you’ve been meaning to get to, write letters to people you haven’t heard from in a long while.

Because of our now limited contact I will be sending out more frequent emails to keep in touch too. But the best place to connect is via our face book page at:

<https://www.facebook.com/St.Marys.Dalmahoy/>

I will post videos and live chats from time to time including morning prayer services on Sunday and make available my sermons and reflections weekly via email, youtube and face book.

May the God of hope keep you steadfast in love untiring in joy and may you pause in peace as the world resets.

Christine+

From the Registers (April - May)

Baptism

Weddings

23rd May Robyn Elma Finlay & Mark Andrew Smith

No Funerals

Douglas Hall Classes & Events:

At the moment the regular classes below are not running and the hall is closed. We will update you once the hall has reopened.

Monday's	10am-12pm	Craft Group
	6-7pm	The Douglas Method (Pilates)
Wednesday's	6-7:30pm	Taekwondo
	7:30-9pm	Yoga
Thursday's	1-2:30pm	Yoga
2 nd & 4 th Sundays	2-7pm	Mar Thoma Congregation
Sunday's	8-9:30pm	Yoga

We will keep you updated regarding the below events:

Friday 2 nd May	11:30-2pm	Rich Man Poor Man Lunch
Sunday 10 th May	6-7:30pm	Belgian Group Visit
Friday 29 th May	6:30-21:30pm	Yoga
Saturday 20 th June	1:30-4pm	Afternoon Tea

More information and **up-to-date** details
can be found on our website
www.stmarysdalmahoy.org.uk

Words of thanks

I would like to take this opportunity to thank St Mary's congregation for their prayers and messages of support over the last nine months while I have been undergoing treatment for ovarian cancer. Your involvement has meant so much and in my darker moments given me great comfort. A very special 'thank you' to Christine, Carol, Rona and Frances for their unwavering support.

I have just been started on some new treatment but hope to be able to be back again with you all in the not too distant future. In the meantime I send you all my very best wishes.

Lesley Forbes



Important Reminder

CORONAVIRUS COVID-19		
Social Distancing		
AVOID <ul style="list-style-type: none"> • Group gatherings • Visits to bars/restaurants • Sleep overs • Playdates • Visiting the elderly with children • Crowded retail stores • Gyms • Visitors to the home • Non essential workers in the home 	USE CAUTION <ul style="list-style-type: none"> • Visits to supermarkets • Visit to pharmacy • Visit to GP • Traveling • Check on friends and family safely • Public transport 	SAFE TO DO <ul style="list-style-type: none"> • Go for a walk • Jogging • Working in the home • DIY in and around the home • Reading • Going for a drive • Video calls • Phone calls
<p>Just some of those who are vulnerable that these measures could help: Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.</p>		

Dalmations – Christmas Lunch

Dalmations



The Dalmations held their annual Christmas Lunch in early December. There were around 20 attendees. After the 11am service the programme consisted of some of the group telling us how Christmas was celebrated in the countries that they came from. Blackie spoke on New Zealand, Christine on Canada, and Irina on Russia. Quite a global spread and very interesting. The talks were interspersed with carols which had been picked and played by John Blaber, who also

gave a light hearted postscript to each carol as written by the 'Christmas Risk Management Team'. A buffet lunch purchased from an outside caterer, arranged by Jane Russell, was then served. Carrot Cake made by Rosie and Mince Pies rounded off the lunch. The day finished with a singing of 'We wish you a merry Christmas'. A most enjoyable day was had by all. Some

photographs were taken by Jane on the day and are included in this magazine.

Since the New Year we have held two meetings. The first was our Fun Day in January. This was attended by around 16 people and consisted of some reasonably simple (some may disagree with the word 'simple') quiz type activities. It was

all a bit of fun which allowed for a bit of light relief in the middle of winter.



At the February meeting we had a talk on Whisky from George Murray. Although not a member of St Mary's George is well known to the members of St Mary's who attend the Wednesday service and the Dalmations group as he is a regular attendee at both. George gave an excellent overview on the different types of whisky, (Malt, Grain and Blend). He talked through the distilling process, showed some slides of Distilleries and Stills, and told the meeting what the most widely sold brands were. The talk was quite interactive with lots of questions being asked which showed that the group were enjoying it.



We were meant to be having two further meetings before we break for summer. However, due to the ongoing situation and in conjunction with the recent guidelines these have been cancelled.

I am however, now starting to set up a programme for the 2020/21 session which starts in August. Should anyone have any suggestions on possible speakers or subjects please let me know

As always everyone is welcome to attend whether or not they are a member of St Mary's.

Denis King



Kids love Clothes



Kids Love Clothes are a local charity based on Dalmahoy Road, Ratho. They are totally volunteer run and their mission is to provide a wardrobes worth of quality donated clothing to every child in Edinburgh and the Lothians who really needs it.

In 2018 they managed to provide clothing to 2100 children and in 2019 to 2400 children.

On Saturday 26 October, Deputy Lieutenant Elaine Aitken presented Kids Love Clothes with a certificate signed by the Queen, and the award itself. The ceremony was held at the Douglas Hall allowing them to celebrate this milestone event in the charity's lifetime with around 50 of their volunteers.

This is the highest honour available to a voluntary group – equivalent to an individual receiving an MBE. So, no mean feat! It's testament to the hard work by ALL our army of volunteers, across Edinburgh and the Lothians.





The CARTOON KRONICLES

Lifting the Roof at Douglas Hall

After discovering some leaking tiles the Douglas Trust replaced the roof!



Once they were finished the ceiling and stains were fixed and the hall looks as good as new.

Thank you to all who helped and especially for the kind patience of our hall clients.

As you can see by our calendar Douglas Hall is well used by the wider community.



Nut Allergy – Mandy Smart



Some of you may be aware that over the last 10 years I have developed a nut allergy. Unfortunately over the last 8 months this has become worse meaning that the reactions to eating nuts can now be life threatening. This means that I can develop **Anaphylaxis**, some of the symptoms are:

1. feeling faint.
2. breathing difficulties, such as fast, shallow breathing.
3. wheezing.
4. confusion and anxiety.
5. collapsing or losing consciousness.

Other symptoms can include an itchy, raised rash(hives) and or feeling or being sick. Should I develop mild symptoms of all or some of the above symptoms, there are ways to help by administering **antihistamine** (which I always carry).

If however I develop severe, life threatening symptoms I always carry **2 EpiPen Adrenaline Auto-injectors**, 1 of which I will inject into my outer thigh. However, if I am unconscious or unable to do this, someone else will be required to do so. If the EpiPen is used then 999 must be dialled and the operator informed that I have symptoms of Anaphylaxis and that an EpiPen has been administered. If I get worse or the EpiPen has had no effect and the ambulance has not arrived then the second EpiPen needs to be administered. **If in any doubt phone 999.**

With this in mind can all food served at Church functions containing nuts or nut products be clearly labelled and kept separately from other foods. However, one exception is Peanuts. This is because unfortunately these trigger Anaphylaxis symptoms not just by eating but also by smell.

I will print off EpiPen instructions for those that wish to know how to administer it. I will also carry a practice EpiPen for those who want to practice with it.

Many thanks to those who have already used the practice pen. If anyone wishes to know more please do not hesitate to ask me.

“

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply.

Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently. And the people healed. And, in the absense of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

K I T T Y O ' M E A R A

Archaeological Site of Kourion in Cyprus



Despite the lack of specific references, it is almost certain that the city-kingdom of Kourion was abolished at the same time as the other city-kingdoms by Alexander the Great. With the incorporation of the island into the Macedonian State, new democratic ideas were adopted that indicate the existence of local

governance. The Hellenization of the statues came hand in hand with a cultural zenith that was expressed in the art of that period and especially in the architecture. The oldest architectural remains that have been found on the hill of Kourion primarily date to the Hellenistic period (325-50BC).

Cyprus became a Roman possession in 50BC without any immediate drastic changes. This period is noted for series of destructive earthquakes (15 AD, 75 AD, 332 AD, 342 AD, 360 AD and 364 AD), that resulted in the carrying out of extensive building programmes during the 1st, 2nd and 3rd century AD and towards the end or beginning of 5th century AD.

During the 2nd century AD, with the division of the island into four administrative districts, Kourion was incorporated into administrative district of Amathous, as was Kition.



The transition of the inhabitants of Kourion to the new religion of Christianity is reflected in the mosaic floors of the house of Eustolius towards the end of the 4th and at the beginning of the 5th century, while the existence of an Episcopal diocese is already testified by the beginning of the 4th century AD.

Early Christian Basilica: The Early Christian basilica of Kourion is dated to the beginning of 5th century AD and probably functioned as the cathedral church of the first bishops of Kourion. The remains suggest that the basilica was once an imposing building. It was decorated with mural mosaics, mosaic floors and marble sculptures.



The basilica consists of the nave, with catechumena along the aisles, a narthex to the west and the diakonikon, which is attached to the narthex. To the north of the diakonikon a building originally composed of two storeys can be identified as the residence of the bishop of Kourion. Along the northern side of the basilica, a baptistery in the form of a small three-aisled basilica with a narthex is attached together with an atrium.



Lockdown



Yes there is fear.
 Yes there is isolation.
 Yes there is panic buying.
 Yes there is sickness.
 Yes there is even death.



But,

They say that in Wuhan after so many years of noise
 You can hear the birds again.

They say that after just a few weeks of quiet
 The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi
 People are singing to each other
 across the empty squares,
 keeping their windows open
 so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland
 Is offering free meals and delivery to the housebound.

Today a young woman I know
 is busy spreading fliers with her number
 through the neighbourhood

So that the elders may have someone
 to call on.

Today Churches, Synagogues,
 Mosques and Temples
 are preparing to welcome
 and shelter the homeless, the sick, the
 weary



All over the world people are slowing down and reflecting
 All over the world people are looking at their neighbours in a new
 way

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To Love.

So we pray and we remember that

Yes there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness.

But there does not have to be disease of the soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.

Listen, behind the factory noises of your panic

The birds are singing again

The sky is clearing,

Spring is coming,

And we are always encompassed by Love.

Open the windows of your soul

And though you may not be able
 to touch across the empty square,

Sing.



Fr. Richard Hendrick, OFM

Eucharist Readings

Year A Eucharist	(Year A2 for Morning Prayer)	First Reading
5 April	Palm Sunday Psalm 118:1-2, 19-29 Matthew 21:1-11	Isaiah 50:4-9a Psalm 31:9-16
12 April	Resurrection of the Lord	Acts 10:34-43 or Jeremiah 31:1-6 Psalm 118:1-2, 14-24
19 April	2 nd Sunday of Easter	Acts 2:14a, 22-32
26 April	3 rd Sunday of Easter	Acts 2:14a, 36-41
3 May	4 th Sunday of Easter	Acts 2:42-47 Psalm 23
10 May	5 th Sunday of Easter	Acts 7:55-60
17 May	6 th Sunday of Easter	Acts 17:22-31 Psalm 66:8-20
24 May	7 th Sunday of Easter	Acts 1:6-14
31 May	Day of Pentecost Year A	Acts 2:1-21
7 June	Trinity Sunday	Genesis 1:1-2:4a Psalm 8
14 June	Second Sunday after Pentecost	Genesis 18:1-15, (21:1-7)
21 June	Third Sunday after Pentecost	Genesis 21:8-21

February 2020 – April 2020

Second Reading	Gospel
Philippians 2:5-11	Matthew 27:11-54
Colossians 3:1-4	John 20:1-18
1 Peter 1:3-9	John 20:19-31
1 Peter 1:17-23	Luke 24:13-35
1 Peter 2:19-25	John 10:1-10
1 Peter 2:2-10	John 14:1-14
1 Peter 3:13-22	John 14:15-21
1 Peter 4:12-14; 5:6-11	John 17:1-11
1 Corinthians 12:3b-13 John	John 7:37-39
2 Corinthians 13:11-13	Matthew 28:16-20
Romans 5:1-8	Matthew 9:35-10:8(9-23)
Romans 6:1b-11	Matthew 10:24-39



Eggs and Bacon

There is an old Lenten custom in Anglo-Catholic parishes of scrupulously avoiding singing the A-word even during pre-Easter choir practices! If the music really *has* to be practised, another 'approved' text is substituted - '*Eggs and Bacon*'! Try it with the 'Celtic A-word' – it works!



(See <https://liturgicalnotes.blogspot.com/2020/02/egg-and-bacon.html>)

Organ Music for Holy Week and Eastertide

Sunday 5 April – Palm Sunday

Herzlich thut mich verlangen (BWV 727) – Johann Sebastian Bach (1685-1750)

Prelude in B minor (BWV 544) – Bach

The mournful character of the B minor Prelude is reminiscent of the solo 'Have mercy, Lord, on me', no.47 in Bach's 'St. Matthew Passion'.

The chorale 'Herzlich thut mich verlangen' ('My heart is filled with longing') is better-known in this country as the 'Passion Chorale'.



Sunday 12 April – Easter Day

Impromptu no.2 in C – Samuel Coleridge-Taylor (1875-1912)

Melody – Coleridge-Taylor

Sonata in G (1st movement) – Edward Elgar (1857-1934)

Samuel Coleridge-Taylor, son of an African surgeon from Sierra Leone and an English mother, left the Royal College of Music as a highly-esteemed and promising young composer. Elgar and August Jaeger (Novello's music editor, and 'Nimrod' in the Enigma Variations) actively promoted him, and he

subsequently received a commission from the Three Choirs Festival in 1898. His greatest success was 'Hiawatha's Wedding Feast', based on the poem by Longfellow. He died of pneumonia at his home in Croydon at the tragically young age of 37.

When Hugh Blair became organist of Worcester Cathedral, he asked Elgar for a large organ work that would suitably show off the Cathedral organ to a group of visiting American organists in 1895. The result was the Organ Sonata. Elgar gave the finished manuscript to Blair only five days before he was due to give the first performance. Rosa Burley, a great admirer of Elgar's music, was present at the performance and wrote: 'His performance of the sonata showed that he had either not learned it or else had celebrated the event unwisely for he made a terrible mess of poor Elgar's work'. Unfortunately, Blair seems to have had a long-standing weakness for alcohol which led to his dismissal.

Sunday 19 April – Easter 2

Sonata no.1 in C minor (2nd mov.) – James Lyon (1872-1949)

Andantino ('Vesper Voluntaries') – Elgar

Sonata no.1 in C minor (1st mov.) – Lyon

James Lyon, born in Manchester, died in Australia, was, so far as music was concerned, almost entirely self-taught, but was nevertheless awarded a Doctor of Music degree at Oxford in 1905! He taught at St Michael's College, Tenbury, and Trinity College, London, and examined and adjudicated widely. The organ attracted him particularly and he wrote for it three sonatas, two suites and some individual movements. Of this repertoire, the first Sonata, in C minor, which Percy Whitlock included in his recitals, is the best. Its idiom recalls Elgar, and Lyon's first movement is a fascinating pastiche of the first movement of Elgar's sonata, which I played last week. Have fun comparing the two!

Sunday 26 April – Easter 3

Ach, bleib bei uns, Herr Jesu Christ (BWV 649) – Bach

Chorale Prelude on 'Eventide' – Hubert Parry (1848-1918)

Abide with me – Samuel Liddle (1867-1951)

The impetus for putting these three pieces together in the same service comes, of course, from today's Gospel: 'Abide with us: for it is toward evening, and the day is far spent' (Luke 24.29).

The Bach chorale prelude is his own arrangement of the third movement of Cantata 6 'Bleib bei uns' ('Abide with us').

Parry's chorale prelude on W.H. Monk's familiar tune to 'Abide with me' was part of a set written in 1915, during the First World War.

Liddle's setting, published in 1896, was famous as a solo sung by Clara Butt. This 1926 organ arrangement is by Berkeley Mason.

Sunday 3 May – Easter 4 (Good Shepherd Sunday)

Sheep may safely graze (BWV 208) – Bach

Pastorale (BWV 590, 1st movement) – Bach

Meditation on 'Brother James's Air' – Harold Darke (1888-1976)

'Was mir behagt, ist nur die muntre Jagd' ('The lively hunt is all my heart's desire'), also known as the 'Hunting Cantata', is a secular cantata composed by Bach in Weimar for the 31st birthday of Christian, Duke of Saxe-Weissenfels on 23 February 1713. The sheep may safely graze because they have such a good shepherd – the Duke himself! Actually, the Duke turned out to be a spendthrift whose spending habits resulted in the financial collapse of his duchy in 1719. Not such a good shepherd, after all!

It has been suggested that the Pastorale, a work in four movements, was written for Christmas services in Leipzig ca.1720. In each of the first two sections, Bach uses the 'Piffero' or 'piping' style, with two melodies in canon over a drone bass line, a style widely encountered in Italian Christmas folk music.

James Leith Macbeth Bain (1860–1925) was a Scottish hymn writer, minister and author who became popularly known as 'Brother James'. Harold Darke, for many years organist at St. Michael's Cornhill, in the City of London, wrote this meditation on Brother James's well-known Air for Psalm 23 (see A&M 799ii) in October 1947, and can be heard playing his own composition at St. Michael's Cornhill in 1965 at

<https://www.youtube.com/watch?v=LwoQ1flhDuk>.

Sunday 10 May – Easter 5

Schmücke dich, O liebe Seele (BWV 654) – Bach

Jesu, joy of man's desiring (BWV 147) – Bach

Sinfonia (from Cantata 29) – Bach, arr. Alexandre Guilmant (1837-1911)

Schmücke dich ('Deck thyself, my soul, with gladness') is one of the great set of eighteen chorale preludes Bach collected together at the end of his life. You can find the hymn in A&M at no.440 – please do follow the tune as I play the chorale prelude! Bach puts the tune on top.

'Jesu, joy' is another cantata movement arrangement, this time from cantata 147 'Herz und Mund und Tat und Leben' ('Heart and Mouth and Deed and Life'), composed by Bach in 1723. The text 'Jesu, joy of man's desiring' is not the original, but a poem written by Robert Bridges inspired by the same hymn that Bach had drawn upon.

Cantata 29 was written for a service in St. Nicholas, Leipzig, for the inauguration of the new city council (Bach's employers) in 1731.

The Sinfonia, an arrangement of the prelude from Bach's Partita III for violin, BWV 1006, which he had already revised for organ and strings in 1729 for a wedding cantata, transfers the virtuoso string writing to organ. It was a great favourite of Carlo Curley, and of his teacher, Virgil Fox.



Sunday 17 May – Easter 6

Concerto in F (BWV 978) – Antonio Vivaldi (1678-1741), arr. Bach
Bach's concerto transcriptions for keyboard date from his second period at the court in Weimar (1708–1717). Bach transcribed for organ and harpsichord a number of Italian and Italianate concertos, mainly by Antonio Vivaldi, but also by other composers. This concerto is arranged from Vivaldi's Violin Concerto in G major, Op.3 no.3, RV 310, and is in three movements, fast-slow-fast. The last part of the third movement could have thematically inspired Bach's great organ Toccata in F (BWV 540), which possibly also dates from Bach's time at Weimar.

Sunday 24 May - Easter 7

Majesté du Christ demandant sa gloire à son Père ('L'Ascension') – Olivier Messiaen (1908-1992)

Ascendit Deus – Peter Philips (1560/61-1628)

Prière du Christ montant vers son Père (from 'L'Ascension') – Messiaen

'L'Ascension' was originally written as a suite for orchestra by Olivier Messiaen in 1932/33. In 1933/34, Messiaen made a version for solo organ, using the first, second, and fourth movements, with a new third movement replacing the orchestral version. Each movement is prefixed with a verse from today's Gospel, John 17.



Peter Philips was a Roman Catholic composer, organist, and priest, who was exiled for his faith to Flanders in 1582, settling finally in Antwerp. First heard of as a chorister at St. Paul's Cathedral in London, there is a tantalising suggestion in Wikipedia that he may have been born in Devon, making him a potential relative of mine! 'Ascendit Deus' is an lively Ascensiontide motet from 'Cantiones Sacrae' (1612).

Sunday 31 May - Pentecost

Komm, heliger Geist, Herre Gott (BWV 651) – Bach

Nun bitten wir den heiligen Geist (BuxWV 209) – Dieterich Buxtehude (ca.1637-1707)

Carillon-Sortie – Henri Mulet (1878-1967)

'Komm, heliger Geist, Herre Gott' is the first of the great eighteen chorale preludes Bach revised at the end of his life. Over the pedal chorale melody sweeps an exuberant toccata, conveying the rushing mighty wind of the Holy Spirit. A second ornamented subject symbolises the Alleluias at the culmination of the hymn.

The hymn 'Nun bitten wir den heiligen Geist' ('Now implore we the Holy Ghost') was written by Luther in 1524, to a melody modified by Johann Walther from a medieval original. Buxtehude presents the melody in a highly-decorated form over a simple accompaniment.



Mulet's father Gabriel was choirmaster of the Basilica of Sacré-Cœur, Paris. Henri originally intended to be a cellist, but later became organist at Saint-Pierre-de-Montrouge and also taught at the École Niedermeyer and the Schola Cantorum, where he worked with his friend Vincent d'Indy. From 1922 to 1937 he was organist at St. Phillippe du Roule. In 1937, Mulet, following a financial crisis, destroyed his manuscripts and many of his possessions and left Paris for Draguignan in the south-east of France. There he continued as organist until 1958, often in poverty (his wife opened a toyshop in the hope of increasing their income). Ill-health led Mulet and his wife to retire to a convent in Draguignan, where he died in 1967. The well-known 'Carillon-Sortie' (1911/12) has been called 'one of the great showpieces of French Romantic organ music' (Aidan Plender, Musical Times October 1981).

Ceilidh

The Ceilidh that was held on 7th February at the Douglas Hall was a great success. It was thoroughly enjoyed by all those that attended. It was especially lovely to see so many young people attended and enjoy themselves.

St Mary's would like to thank everyone that came along and everyone for their hard work that made it all possible.



THE BEST Easter Potato salad

Makes: 6 servings

1 kg (2 lb 3 oz) new small potatoes, unpeeled

10 asparagus spears

2 spring onions (scallions)

2 cups (300 g) shelled peas

4 tbsp (60 mL) chopped mint

*4 tbsp (60 mL) chopped chervil
(or flat leaf parsley)*

*4 tbsp (60 mL) extra virgin olive
oil*

Juice of ½ lemon

*Sea salt and freshly ground
black pepper*



1. Wash the potatoes and cook in boiling, salted water, then drain, leave to cool and cut each one in half. Trim the asparagus by at an angle into 2-cm/³/₄-in pieces.

(I sometimes blanch quickly) Thinly slice the spring onions (scallions).

2. Mix the potatoes, asparagus, spring onions, peas, herbs, oil and lemon juice in a large mixing bowl and fold the salad gently to mix, seasoning to taste with salt and pepper. Place in a serving bowl and serve with the lamb. Tastes great slightly warm too.

Dear creatives:

It's also okay to take a break. You don't have to 'use' this time if you don't want to. You don't need to be productive and write King Lear, or whatever. It's okay to stop and breathe and take a break. This is stressful enough without some weird pressure to produce brilliance at every turn.

If you're inspired, great. If creating something is helping you cope, fabulous.

But if you just need a second, take it. Don't let the cult of always being busy and productive invade this time, too.

You are more than what you create.

Your life is more than your output.

If you are feeling a need to pause, I see you and salute this choice.

It's amazing how quickly we went from: "we're slowing down" to: "hurry up and use this time".

(Be like Tonka - rest)

Christine+



Diary of Events: April – May 2020

Date	Times	Venue	Event
<p>DUE TO CURRENT GUIDELINES ISSUED BY THE BISHOP ALL SERVICES / GROUPS / SOCIAL EVENTS HAVE BEEN CANCELLED.</p> <p>WE WILL KEEP YOU ALL UPDATED WITH ANY CHANGES.</p>			

Humour

"I wanted to go jogging but Proverbs 28:1 says, "The wicked run when no one is chasing them" so there's that".

- Next Friday we will be serving hot dogs for lunch.
- If you would like to make a donation, fill out a form, enclose a check and drop in the collection basket.
- Nov. 11: An evening of bowling at Lincoln Country Club.

Women's Luncheon:

Each member bring a sandwich.

Polly Phillips will give the medication.

- Congratulations to Tim and Ronda on the birth of their daughter October 12 thru 17.
- If you choose to leave during the Postlude, please do so quietly.
- Sign-up sheet for anyone wishing to be water baptized on the table in the foyer.
- Newsletters are not being sent to absentees because of their weight.
- Helpers are needed! Please sign up on the information sheet.
- The District Superintendent will be meeting with the church board.
- As soon as the weather clears up, the men will have a golf outing.
- Fifth Sunday is Lent.
- Diana and Don request your presents at their wedding.
- Lent is a period for preparing for Holy Week and Easter.
- Bless the Lord, O my soul, and forget all His benefits.

- Glory to God in the highest, and on earth peace to men.
- Bring one dozen coolies wrapped for Christmas.
- The lovers in the exhaust fan are not working.
- Volunteers are needed to spit up food.
- We pray that our people will jumble themselves.

CHURCH OF THE COVERED DISH by Thom Tapp



"You're doing a good job as an usher, but its called an offering, not a sin tax."

Children's Page - Be a Friend to the Sick



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Who's Who (continued from Page 2)

Vestry 2019/2020

Secretary	Denis King	01506 873061 secretary@stmarysdalmahoy.org.uk
Treasurer	Gavin Craig	01506 891538 treasurer@stmarysdalmahoy.org.uk
Rector's Warden	Rona Finlayson	07955 922000
People's Warden	Carole MacBride	07909 582760
Lay Representative	TBA	layrep@stmarysdalmahoy.org.uk
Alt. Lay Representative	TBA	
	Margaret Chill	01506 880244
	Jonathan Gibbs	07710 170127
	Ella Henderson	0131 449 2262
	Margaret King	01506 442549
	Douglas Walker	07854 105407

Altar Guild

Co-ordinator	Denis King	01506 873061
	Mavis Blackwell	0131 449 4711
	Rona Finlayson	07955 922000

Child Protection & Vulnerable Adults Co-ordinator

Caroline Gunn	0131 443 4059 protection@stmarysdalmahoy.org.uk
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Gift Aid Secretary

Geoff Angell	0131 315 2639
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Fabric Co-ordinator

Rosemary Procter	0131 333 1756
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Head Server

Denis King	01506 873061
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Hall Bookings

Pippa Crichton	0131 333 1683 admin@stmarysdalmahoy.org.uk
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Visitors

Lois May Donaldson	0131 449 4279
Janice Goodfellow	01506 495082
Irina Grigolava	07796 305789
Margaret Hunter	01506 410761
Denis King	01506 873061
Margaret King	01506 442549
Carole MacBride	07909 582760
Rosemary Procter	0131 3331756
Jane Russell	0131 441 2346
Claire Starr	0131 449 3045

Prayer Chain

Ann Donahue	John O'Connor
Revd Janet Dyer	Mandy Smart
Rona Finlayson	Claire Starr

Should you wish to add someone, or a situation, to our prayers, please email or telephone Rona Finlayson (see 'Rector's Warden' on page 2 for contact details).

Sunday Stewards

First Sunday	Richmond Davies	07968 582543
Second Sunday	Wilma Brown	01506 440292
Third Sunday	Irina Grigolava	07796 305789
Fourth Sunday	Jane Russell	0131 441 2346
Fifth Sunday	Rona Finlayson	07955 922000

Transport

If you need transport to or from church on Sunday, please contact the steward for that Sunday.

Postal Address

Church Office, St Mary's Church Hall,
Dalmahoy, Kirknewton, EH27 8EB

'In Touch' Editor

Vacant

intouch@stmarysdalmahoy.org.uk

Website Administration

Vacant

webmaster@stmarysdalmahoy.org.uk

Organist Emeritus

John Blaber

emeritus@stmarysdalmahoy.org.uk

Service Times

Sunday	Morning Prayer (Said)	10:00 am
	Sung Eucharist	10:30 am
Wednesday	Said Eucharist	11:00 am

Church Open Times

Monday, Wednesday & Friday – 10:00 am to 12 noon for quiet reflection and prayer.

Saturdays – 10:00 am to 3:00 pm from beginning of May to the end of September except during Wedding ceremonies.

**Deadline for articles for the February – March issue
is 3:00 pm on Sunday 19th January**

If possible, please submit articles using the following formats:

Paper size: A4; Portrait; 2 cm margins.

Photographs: JPG format (Separately & Hi-Res if poss.)

Main Headings: Arial Font, 22 point, Purple.

Subheadings: Arial Font, 16 point, Bold.

Body Text: Arial Font, 16 point, Normal.

This is so that the text is readable when reduced to an A5 booklet

**Please submit articles to:
intouch@stmarysdalmahoy.org.uk**

Services – 2020

All our services for the time being will be online.
We pray you are well through this challenging time,
I encourage you to call message or email us anytime.

