

ST MARY'S
CHURCH,
DALMAHOY



In Touch

June - July 2020

Registered Charity No. SC014203

Who's Who

Bishop

The Rt Revd Dr John A Armes
 Diocesan Office
 21a Grosvenor Crescent
 Edinburgh EH12 5EL
 Tel: 0131 538 7033



Ministry Team

Revd Christine Downey	Rector
Tel: 0131 335 0185	
Email: rector@stmarysdalmahoy.org.uk	
Ella Henderson	Outreach
Claire Starr	Pastoral Care
Mandy Smart	Spiritual Nurture / Education & Growth
Rosie Mann	Worship

Liturgical Assistants

Revd Janet Dyer	Steve Haigh	Claire Starr
Rona Finlayson	Denis King	

Administrator

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

Wedding Co-ordinator

Carole MacBride	07909 582760
weddinginfo@stmarysdalmahoy.org.uk	

Rector's Warden

Rona Finlayson	07955 922000
rectorswarden@stmarysdalmahoy.org.uk	

People's Warden

Carole MacBride	07909 582760
peopleswarden@stmarysdalmahoy.org.uk	

Pastoral Visitor

Sally Seymour
pastoral@stmarysdalmahoy.org.uk

Organist

Alan Phillips	07950 276995
organist@stmarysdalmahoy.org.uk	

Patron

The Earl of Morton
lordmorton@stmarysdalmahoy.org.uk

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Cover Photograph: Rainbow from Clip - art

Pastoral Letter from Christine



What an eventful Winter!

We have accomplished much since last I wrote and none of it was particularly easy. Thank you to all who have been setting up a call “tree” and providing support through prayer, email, and phone, I am so very grateful to you all.

But this new season will bring with it many more challenges as we face the easing of restrictions and the very

slow return to a new normal. Our welcome must be sincere and our arms ready to make a safe haven for those people who need us. If our welcome is to be virtual still, then so be it but I know you with me all hope for a face to face welcome in the near future!

Our financial situation will be undergoing some challenge perhaps, but we are stronger than any difficulty. The wardens and vestry continue to hold the future of St. Mary’s and your wishes at the forefront of any decisions made. The scriptures tell us again and again to not be afraid, that God will guide us if we but listen. Once we are back in our lovely building, we will need to begin the process of building a parish that takes stewardship seriously as a spiritual discipline.

I hope that in the near future perhaps in October, many of you will invite someone “Back to Church”. This will not be a onetime event to then be forgotten. It can be the beginning of a way of being a way of doing what we clearly have been taught by Jesus to do. Which is, to follow him, to bring people to him so his saving grace may be felt in their lives. Remember success isn’t the person you invite saying yes, (though that is really fantastic). Success is you intentionally inviting someone to come with you to church, sitting with them, and inviting them back next week and the next and the next. Do not be afraid! God is with you, God’s spirit will guide you to the one person who needs to come to St. Mary’s and you will find the right words and you will find their hearts open to the possibility of the kind of freedom that can only come through knowing Jesus Christ. Don’t forget to invite others to tune in to our videos on the Face Book page or our live stream on Sunday morning!

Bless you all, Ben and I look forward to seeing you soon,

Christine+

From the Registers (June – July 2020)

No Baptism

Weddings

22nd July Gemma Carver & James Carroll

Most wedding have been rescheduled, mostly for 2021, but a few for later in the year.

Funerals

Lesley Kathleen Forbes

Myrtle Burnett

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

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

Word of Thanks

My thanks to everyone for their prayers and kind wishes while I was in hospital. I came home from Wishaw University Hospital on Friday 8th May after spending 8 days hooked up to an antibiotic drip.

I had terrible chest pains early in the morning of 1st May and called 111. They immediately sent an ambulance

at 6:00 am. The two lovely paramedics were so caring and concerned. They took two ECGs and confirmed that I had not had a heart attack but said my blood chemistry appeared to be all wrong, **so they took me to hospital 'for more blood tests'.** Those led to me being admitted. At first the doctors thought I had pancreatitis, but after a couple of scans they discovered that I had a very inflamed gallbladder with gallstones, hence the antibiotic drips.

The doctors said that they would normally have operated but due to Covid-19 they did not want to do that due to the risk of infection. If the gallbladder problem flares up again, after Covid-19, they will operate.

I came home with a bag of medication, and I must have complete rest for at least three weeks, so I am spending most of the time in bed, with John running up and down the stairs with meals and medications – bless him!

It's a difficult time with lockdown for all of us, but especially not being able to have visitors whether in hospital or care homes. However, thanks to modern technology I had my mobile phone with me so had contact from so many of you – thank you very much again for all your lovely messages and prayers.

Love from Myrtle xx



Help through the Pandemic

Covid-19, crisis fatigue – and you

Psychotherapist and priest Peter Wells shares his insight on living long-term with a pandemic

However resilient I consider myself to be, there is always the possibility, often subtly felt and cumulative, that this ‘thing’ just gets too much to handle. It’s too much to think about, too much to live with, just too much. And this is not just for a couple of months, this is a marathon, and I’ve not been in training for such a marathon. This virus attacks health, my health, however old I might be, whoever I am.

As a human being I require, to a greater or lesser extent, social interaction, and now, because I am spending more time with those I usually live with, I might have too much or, because I am more on my own, too little!!

Why does crisis fatigue occur?

- * I am not in control and I feel confused, baffled and vulnerable a lot of the time
- * The cumulative effect of endless news updates on TV and radio, and a bombardment of comments on social media, texts, emails and phone calls
- * A lot of uncertainty as to exactly what is going on, what is required by me, what can I do, how do I help others
- * There is no space left to think of anything else, or manage anything else, or be interested in anything else
- * How can I not feel under siege, how can I not feel fatigue!

What to look out for

- * I can become distracted or disinterested in other aspects of life

- * Because I don't know what to do or how to respond, I get fearful and express it in anger or go silent. I sulk, I don't want to talk to anyone
- * I might not notice that I'm less interested in eating because I am anxious, or I am over-eating because I'm trying to soothe myself
- * My sleep pattern becomes disturbed
- * If I'm at home so much, either alone or with others, I get bored, I don't know how to express my frustration - except towards others or the cat!
- * I find myself ruminating about what might or might not happen to me, to others, to the world

What can I do?

ACCEPT that this crisis is going to last some time and prepare myself.

A: acknowledge that I am not in control and I need to find ways of coping

C: compromise on what I would like to do and work out what I can do

C: know that there will be **consequences** that are out of my control

E: show **empathy** to others because this shows that I and they are not alone

P: be **passionate** about caring for myself and those around me

T: trust in myself that I am doing all I can

Create a routine

- Prioritise what needs to be done each day
- Plan out my day to give it a structure
- Pace myself so that I don't do everything at once
- Permission to know I can only do so much, and seeking help and support is not weakness

Take a break

We all need time off from the news and worries.

- * Give myself 'news' breaks - I can catch up with the news later

- * Create distractions that I enjoy, such as books, games, tv, radio, films, online games
- * Make sure that I video-link with others so that I can see faces, not just words in a text or voices on the phone
- * Include some meditation, mindfulness, prayer
- * Create an exercise programme that I enjoy, even if simply walking up and downstairs and some stretches or online yoga sessions
- * Set meal and sleep times

And remember ...

- I, and those I am in contact with, are going to have days of sadness and frustration
- I need to be honest about how I feel and not hide or deny it
- I know others will be feeling the same
- I need to be kind to myself, and those around me.

If reading this has led you to want to seek additional support or please here is a useful guide from the charity *mind*
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse42115>

Some advice from *The Mental Health Foundation*
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Please feel free to call Rev. Christine at any time...

Thanks to Peter Wells article as part of its Virtual Clergy Wellbeing Programme. You can find out more about Peter here:

www.psychotherapy.org.uk/therapist/peter-wells/

WORSHIP

&

PRAYER

Scottish Episcopal Church Daily Prayer

<https://www.scotland.anglican.org/spirituality/prayer/daily-offices/>

Scottish Episcopal Church Provincial Sunday Worship

<https://www.scotland.anglican.org/broadcast-sunday-worship/>

Evening Prayer from Taizé
http://www.taize.fr/en_article27540.html

‘Pray as you Go’ – Ignatian (RC) Prayers (also available as an app)
<https://pray-as-you-go.org/home/>

BBC Daily Service
<https://www.bbc.co.uk/programmes/b006wzfs/episodes/player>

Celtic Daily Prayer
<https://www.northumbriacommunity.org/offices/>

Church of England ‘Daily Hope’ phoneline for those unable to join online worship
<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/daily-hope-phone-line>

National Churches Trust’s church tourism website, is bringing stories and photographs so you can explore the UK’s sacred heritage without leaving home
<https://www.explorechurches.org/>



Your stories from Lockdown

“ Have you been doing anything new during the pandemic Janet ”?

We have been in isolation for ten weeks in our house.

At first it was quite good to have to step back, as I have a summer deadline for a large painting for the RBGE. However, as I am hearing from the experiences of others it was quite difficult to settle into any kind of routine, as the news was, and still is, deeply disturbing and horrifying and dear friends were dying. And, I desperately miss my families.



So I began to take a short walk each morning or evening to try and breathe and to mourn and pray. The day I realised something was happening to me was when I realised I was pacing the same path along the river just along from our house every day with very little variation. Half a mile one way and half a mile back the same way. Boring ? Not at all.

There is a hundred yard stretch of the river which has become particularly interesting, which is never the same. I slow down here, and always stop and listen and watch, it is truly amazing what one can hear, see, and feel. God's glory is truly revealed in this tiny part of creation.

Over the days and weeks, my senses have been opened like a child to the greening and flowering of the spring landscape, the decibel level of the birds urgent song, the tumbling rushing of the water always on the move, the Dippers jumping in and out of the torrent, swimming underwater like penguins. I have seen and heard the rough voice of herons, and oyster catchers coming up from the sea to nest on the roof of Balerno High School; Black birds, Robins and Grey wagtails, Pied wagtails, Thrushes, Black caps, three Roe Deer, in the field unafraid, and there on a rock in the middle of the rushing river a large male Goosander, in his full



spring kit to attract the female. Wow! He had a long toothed beak like something out of pre-history a green head like shot silk and a great crest.

The next day I watched a black Mink, magnificent, and staring boldly straight back at me for a full ten minutes. I returned home exultant. However, the very next evening last week and returning to my favourite stretch of river, Joy ! For there in the middle of the river on a large flat rock, was the female Goosander, wings shielding nine chicks, chuckling away to them. Just along from her was a very large crow jumping from rock to rock fishing in the water. He nearly fell in!



Mrs Goosander just blinked and took no notice of him. Just so many signs and wonders to be seen along a very short walk. I was always a reluctant bird watcher, birds move too fast whereas the flora that I study stay put ! My walk has become something of an obsessive daily pilgrimage. I just can't wait to pace the same short stretch of the river again.

It has become part of my life, a new path of prayer and a uplifting of the spirit, a God given gift in this difficult and strange time in which we find ourselves.

"There is a river whose streams make glad the city of God, the holy habitation of our God."



“Tell us about Lockdown Carole”

I have taken time to sit in my garden and just doze in the sunshine with my eyes shut. That is something that I have rarely done in the almost 30 years that I have lived in our current house.



I have discovered lots of woodland paths very close to where we live that I had no idea about before.

Actually taking time to just go for a walk for no reason other than something to do.

Enjoying not being busy.

Knitting lots of hats for the Mission to Seafarers.

Keeping a tidier kitchen than usual.

Catching up with some gardening jobs that rarely get done.

I have also finished my first Korean Drama “Prison Playbook” and it won’t be the last!

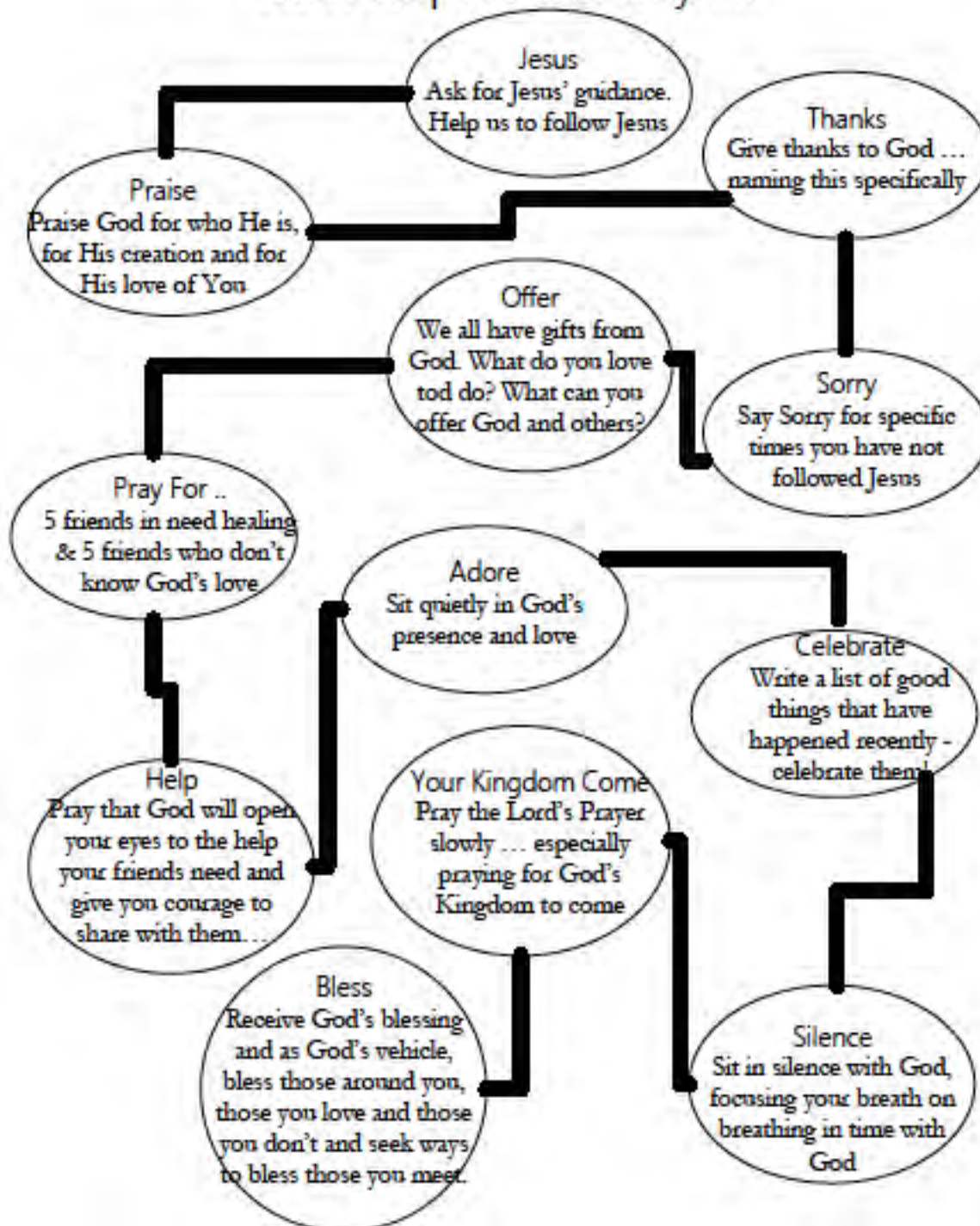
Looking forward to Christine’s comforting videos.



“Sometimes it’s good to change your walking routine. Try walking around the block instead of wandering around the kitchen.”

How to Pray for 60 minutes

A Prayer Adventure ... Follow the path with your finger and spend 5 minutes at each stop on the way



How do I pray for an hour?

Just Try
Praying



Come on an
Adventure
with God

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18-18

But it's hard?

I fall asleep!

I don't know what to do!
I get bored and fidgety

Pouring out your inner thoughts to God

Standing before God in truth and hope, in love and honesty, in fear and courage

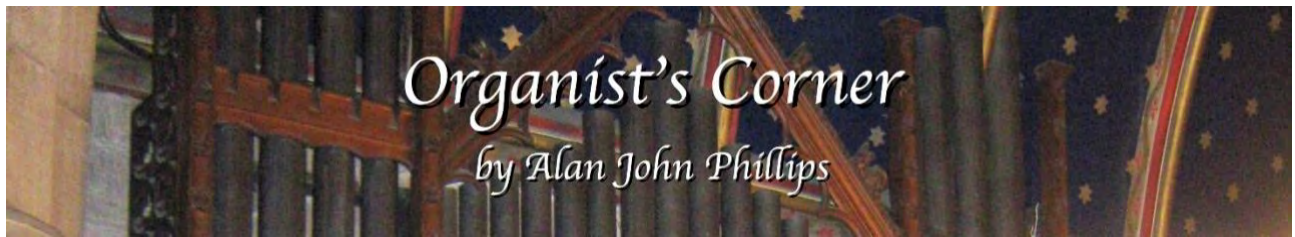
God made you as you are ... God loves you as you are ... God made your sleepiness and your fidgets, your busy lives and your gifts ...

Eucharist Readings:

Year A Eucharist	(Year A2 for Morning Prayer)	First Reading
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
28 June	Fourth Sunday after Pentecost	Genesis 22:1 - 14
5 July	Fifth Sunday after Pentecost	Genesis 24:34-38, 42-49, 58-67
12 July	Sixth Sunday after Pentecost	Genesis 25:19-34
19 July	Seventh Sunday after Pentecost	Genesis 28:10-19a
26 July	Eight Sunday after Pentecost	Genesis 29:15-28
2 August	Ninth Sunday after Pentecost	Genesis 32:22-31
9 August	Tenth Sunday after Pentecost	Genesis 37:1-4, 12-28
16 August	Eleventh Sunday after Pentecost	Genesis 45:1-15
23 August	Twelfth Sunday after Pentecost	Exodus 1:8-2:10

February 2020 – April 2020

Second Reading	Gospel
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
Romans 6:12-23	Matthew 10:40-42
Romans 7:15-25a	Matthew 11:16-19, 25-30
Romans 8:1-11	Matthew 13:1-9, 18-23
Romans 8:12-25	Matthew 13:24–30, 36-43
Romans 8:26-39	Matthew 13:31-33, 44-52
Romans 9:1-5	Matthew 14:13-21
Romans 10:5-15	Matthew 14:22-33
Romans 11:1-2a	Matthew 15:(10-20), 21-28
Romans 12:1-8	Matthew 16:13-20



Normal service will be resumed as soon as possible

By the waters of Babylon we sat down and wept when we remembered thee, O Sion (Ps.137 v.1)

Of all the Psalms, this one perhaps expresses most our current feelings of sadness in being exiled from our cherished building during this coronavirus pandemic. Not in living memory have Christians failed to celebrate the Holy Week and Easter liturgies, the foundation stone of our faith. We have looked in bemusement at lone archbishops leading makeshift services from their kitchens, and watched with envy the Roman Catholic Priestly Fraternity of St. Peter continuing to broadcast full Tridentine Latin masses with smells, bells, Gregorian chant and organs on *LiveMass.net*, albeit to eerily empty churches behind strictly locked doors for fear of the virus (John 20.19?)

There are, however, some historical precedents for church closure.

The English King John upset the Church after his refusal to endorse Stephen Langton as Archbishop of Canterbury. As Langton was the papal candidate, Pope Innocent III excommunicated John in November 1209 and ordered the closure of all English churches. In 1212 the Pope declared that John had no longer any legal right to call himself king. The king backed down, Langton was appointed archbishop and John accepted the Pope's authority over England and Ireland.

Here in Scotland, after the establishment of a Presbyterian state church in 1689 and its 'abolition' of the episcopacy, the Episcopalians lost all their historic church buildings to the new church, and were placed under draconian penal laws enacted by the government at Westminster. The 1719 Act limited congregations to no more than nine persons, the 1746 Act reducing this number to four. After the

death of Bonnie Prince Charlie in 1788, the Scottish Episcopalian Relief Act of 1792 eased conditions slightly (this Act was not finally repealed until 1977).

For they that led us away captive required of us then a song, and melody in our heaviness: 'Sing us one of the songs of Sion'. How shall we sing the Lord's song in a strange land? (Ps.137 vv.3/4)

How, indeed, shall we sing, if, as is claimed by some, singing causes the dangerous spread of viral particles from our mouths? German churches, newly reopened, have banned singing, enforced the wearing of masks and social distancing in the pews. Choirs (and orchestras) have begun to perform together separately online from their own homes on Zoom, and the RSCM is organising similar online services. A 'strange land' indeed.

If I forget thee, O Jerusalem, let my right hand forget her cunning (Ps.137 v.5)

The closure of church buildings has also prevented organists from gaining access to their instruments for practice. Shall our feet forget their cunning on the pedalboard, too?

Let us pray that *nearer and nearer draws the time, the time that shall surely be*, when we can truly sing:

I was glad when they said unto me: We will go into the house of the Lord. Our feet shall stand in thy gates, O Jerusalem (Ps.122 vv.1/2)

Lights...music...Skype!

Moving piano teaching online.

It had to happen, didn't it? The coronavirus pandemic has forced us music teachers to move our teaching practices online, as 'non-essential' travel and meetings have been disallowed for the duration.

'Working from home' has become the temporary norm in most walks of life, and, although most of us have always taught in our own or in our pupils' homes, personal visits are no longer possible during lockdown. And as all church buildings are currently closed, it is not possible to access organs for teaching purposes until conditions are relaxed.

However, piano teaching is perfectly possible online, as both teacher and pupil have a piano at home. It is only necessary to have a computer with webcam and microphone at each end and an internet connection between the two to make it work.



I'm using my iPhone clamped to a tripod standing right next to the bass end of our Bechstein upright. It's just a question of finding the right position and elevation for the iPhone to get both me and the piano keyboard comfortably in shot. As I have a standard photographic tripod, I can also pan down to get a better view of the keys. I've chosen Skype as the communication medium, as there seems to be no call limit – a good point when you're giving a whole hour's lesson. The only problem seems to be an appreciable time delay with the sound (I've checked this on Skype with Tina upstairs!)

It's early days yet, and it remains to be seen whether it works well enough.

Of course, it's not the same as teaching face-to-face, but it does have one enormous advantage. The pupil no longer has to live within easy travelling distance of the teacher's house. In fact, teacher and pupil can live on completely opposite sides of the globe, reminding us of John Wesley's famous saying: *'The world is my parish!'*

I've now updated my renamed '*Online Piano Tuition*' page. We'll all have some good laughs as the technology plays with our patience, but it'll (hopefully) turn out to be alright on the night!

Who was St. Corona?

St. Corona (or Stephanie, Greek for 'crown') was a 16 year old girl who, around 170 AD, attempted to help St. Victor, a Christian Roman soldier, when he was being tortured for his faith. She, wishing to help him, publicly confessed her Christian faith, and was also arrested.

She was martyred in a most gruesome way. They tied her limbs to two palm trees that had been bent to the ground, which they then released, instantly tearing her body in half.

The relics of St. Victor and St. Corona were preserved in the basilica dedicated to them in Anzu, northern Italy. In 997, Otto III, Holy Roman Emperor, took Corona's relics to Aachen in western Germany, where they are now enshrined. St. Corona, historically patron of gambling, treasure hunting (and also lumberjacks, apparently!), has now become adopted as patron saint of this present pandemic.



St. Corona is commemorated in the Roman Martyrology along with St. Victor on 14 May. We ask both of them to pray for us that this pandemic will end soon.

St Corona by the Master of the Palazzo Venezia Madonna (active 1340 – ca. 1360), now in the National Gallery of Denmark.



Mental Health Awareness Month: Top tips for keeping well during lockdown

The coronavirus lockdown has massively changed the way we are all living our lives at present. We are all spending much more time at home, if not all our time.

We are all missing our friends and family and that social interaction.

Mental Health is something not everyone thinks about or are even aware of. However Mental Health just like physical health, needs to be looked after now more than ever in the current circumstances.

May is also Mental Health Awareness month. I had a look online and found these simple tips on ITV News Central by Holly, a psychotherapist working in Birmingham.

These simple tips she suggests are not hard to do but can make a big difference. You may well find a lot of them you are already doing.

Tip 1: Stick to a routine

- Go to bed at a regular time
- Eat your meals at set times each day
- Have a morning routine

Tip 2: Get some exercise

- Doesn't have to be intense
- Socially distant walks, Pilates or yoga are a good way to get your heart beating

•

Tip 4: Create a to-do list

- Just having a to-do list is important for your own wellbeing. It doesn't have to be extensive.
- Just seeing completed tasks on a list makes you feel better.
- It can be include anything from sorting out your clothes, washing dishes or even gardening.

Tip 5: Be kind to yourself

- Don't be hard on yourself - this is a tough time for all of us.
- Treat yourself: have a bath, do your nails, your hair, give yourself a massage

Most importantly please remember you are not alone. We are all in this together and Christine is only a phone call or an email away. I am also in the office so please feel free to get in touch.

Pippa.



Diary of Events: December 2019 – January 2020

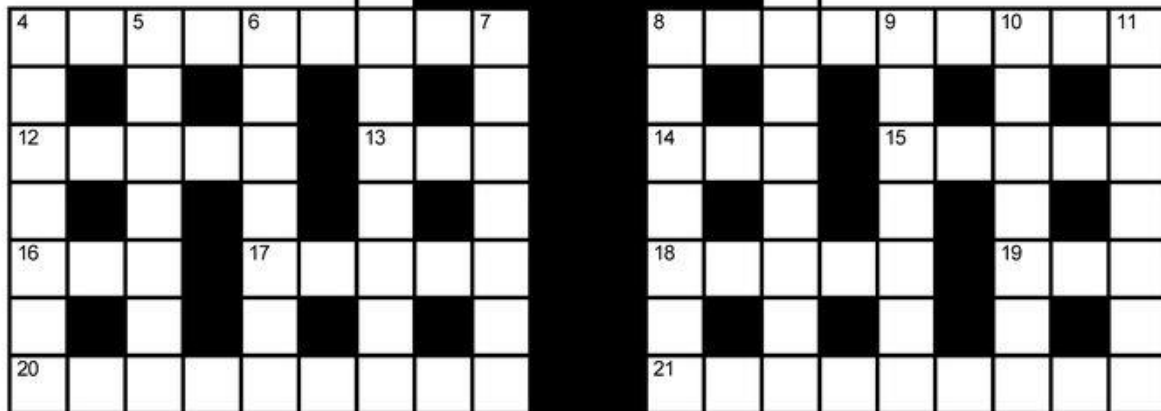
Date	Times	Venue	Event
<p>DUE TO CURRENT GUIDELINES ISSUED BY THE BISHOP ALL SERVICES / GROUPS / SOCIAL EVENTS HAVE BEEN CANCELLED.</p> <p>WE WILL KEEP YOU ALL UPDATED WITH ANY CHANGES.</p>			



Bible Crossword X

Across

- 1 Donkey (3)
2 Jesus' Father (3)
4 One of the twelve (9)



Down

- 1 One of God's messengers (5,2,3,4)
3 1940s archaeological find (4,3,7)

- 8 Didn't believe in resurrection (9)
12 One of David's warriors (5)
13 First word of the Lord's Prayer (3)
14 New Testament name for Noah (3)
15 Wish harm upon (5)
16 Hole in the ground (3)
17 Adversary (5)
18 Saviour (5)
19 First woman (3)
20 Mother of John the Baptist (9)
21 Family of priests (9)
22 Third son of Jacob (4)
23 Hates (8)
26 Assurances (8)
30 Endured pain (8)
31 Return from the dead (4)
32 Intercessor (8)
35 Decorating (8)
39 Old Testament book of the Bible (4)
40 The prince of Rosh, Mesech and Tubal (3)
42 A wise insect (3)
44 Dwelling place of kings (6)
45 Make bigger (8)

- 4 Tread down (7)
5 Father of Jonah (7)
6 Very salty water bordering Israel (4,3)
7 Defensive structures (11)
8 Refuges (11)
9 Dirty (7)
10 Devout (7)
11 Pieces of money (7)
24 Used to listen (3)
25 Used to see (3)
26 Positions (5)
27 Made available (7)
28 Snake (7)
29 Destroyed along with Gomorrah (5)
33 Finish (3)
34 Possess (3)
35 King of the Amalekites (4)
36 Last letter of the Greek alphabet (5)
37 Almost sacrificed by Abraham (5)
38 Present (4)
41 Unfasten (4)
43 Fish traps (4)

<http://biblepuzzles.org.uk>

Humour

What time of day was Adam created?

Just a little before Eve..

Who was the fastest runner in the race?

Adam. He was first in the human race.

Why are atoms Catholic?

Because they have mass.

Why didn't they play cards on the Ark?

Because Noah was always standing on the deck.

Why didn't Noah ever go fishing?

He only had two worms.

Did Eve ever have a date with Adam?

Nope — just an apple.

Why did the unemployed man get excited while reading his Bible?

He thought he saw a job.

Does God love everyone?

Yes, but He prefers “fruits of the spirit” to “religious nuts!”

If Mary had Jesus, and Jesus was a little lamb...

Does that mean Mary had a little lamb?

What's so funny about forbidden fruits?

They create many jams.



Children's Page – Kindness



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

Pippa Crichton

intouch@stmarysdalmahoy.org.uk**Website Administration**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 August - September issue
is 3:00 pm on Sunday 19th July

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

Our next issue will have a detailed list and once known that list will be shared via email.



Tonka Standing Guard against COVID-19

It is fair to say Tonka misses all the extra crumbs and all the socializing! (mostly the crumbs to be completely honest...)