

ST MARY'S CHURCH, DALMAHOY



In Touch

October - November 2021

Registered Charity No. SC014203

Who's Who

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[GOD CREATING DUCKS]

**Waterproof that chicken
and give it a kazoo.**

Cover Photograph: Christine Downey

Pastoral Letter from Christine

Dear Friends in Christ



God gave birth to the New Creation and inaugurated the fulfilment of all things in the resurrection of Jesus Christ. Since the first days of the church, Christians allowed this living hope to shape their perspectives, priorities and practices and have realized renewed vision, vitality and viability in their communal life. As a result, they have experienced personal transformation, and

exercised a compelling and influential presence in the world around them.

Which brings us to this pivotal time in the life of St. Mary's.

This approaching new church year (Year C) we will be lead away from fear and we will discover what we need to do to regain our Vision and Vitality. In this "Year of Celebration and Renewal" St. Mary's will begin to seriously engage with our new reality, without fear or having our survival instincts blind us to what can be in our future.

My aspiration for the upcoming survey is that it will help us to begin to equip ourselves to live vibrantly today in the light of God's promised tomorrow.

Through this initiative, we are building on what we know, to create opportunities to begin our revitalization and renewal.

With the information from this and then our wider survey to local communities, we can look beyond the far-too-common objective of simply trying to maintain or attract enough members and money to preserve a building, pay for an Incumbent and "keep the church open."

Instead, we can redirect our gaze in such a way that God's presence and purposes, promises and activity become central to our conversation, goal setting, decision-making, and actions.

Acting on this latter focus can animate the life of joy and service, proclamation and growth to which our congregation aspires.

A common concern of churches is that of congregational viability. We wonder, "Where can we find the people and resources we need to flourish, even just carry on as a congregation?" There is an epidemic of anxiety.

As a result, a "survival instinct" kicks in. In short order, maintaining our buildings and bank accounts becomes the "mission" of congregations – an unhealthy factor that perpetuates and accelerates decline.

But what vibrant and faithful congregations have discovered is that focusing on Vision and Vitality usually best determines Viability within the church.

Now is the time, now is our chance to determine our future for the next 170 years. We at St. Mary's are at a tipping point and we may need to make changes-what those will be we don't know. I urge you, to set aside a few minutes to complete the forthcoming survey and spend some time in prayer, to allow this living hope to shape us into what we need to be in the 21st century.



This is our new beginning.

*“This life therefore is not righteousness,
but growth in righteousness, not health,
but healing, not being but becoming,
not rest but exercise.*

*We are not yet what we shall be, but we are
growing toward it,
the process is not yet finished,
but it is going on, this is not the end,
but it is the road.*

*All does not yet gleam in glory, but all is being
purified.”*

-Martin Luther



From the Registers October - November (2021)

Baptism

16th October

Brooke

Date TBC November

Clark William Peter Crown

Weddings

1st October Riina Horn & Chris Horn (Blessing)

9th October Gillian Katie Murphy & Christopher Yardley Fletcher

Funerals

6th November Derek Henderson Internment & Memorial

Douglas Hall Classes & Events

Monday's	10am-12pm	Craft Group
Thursday's	18:00 21:00pm	Yoga
Friday's	11:00-14:00pm	Dance Class
2 nd & 4 th Sundays	14:00-19:00pm	Mar Thoma Congregation



More information and **up-to-date** details
can be found on our website

www.stmarysdalmahoy.org.uk

Dalmahoy Junction

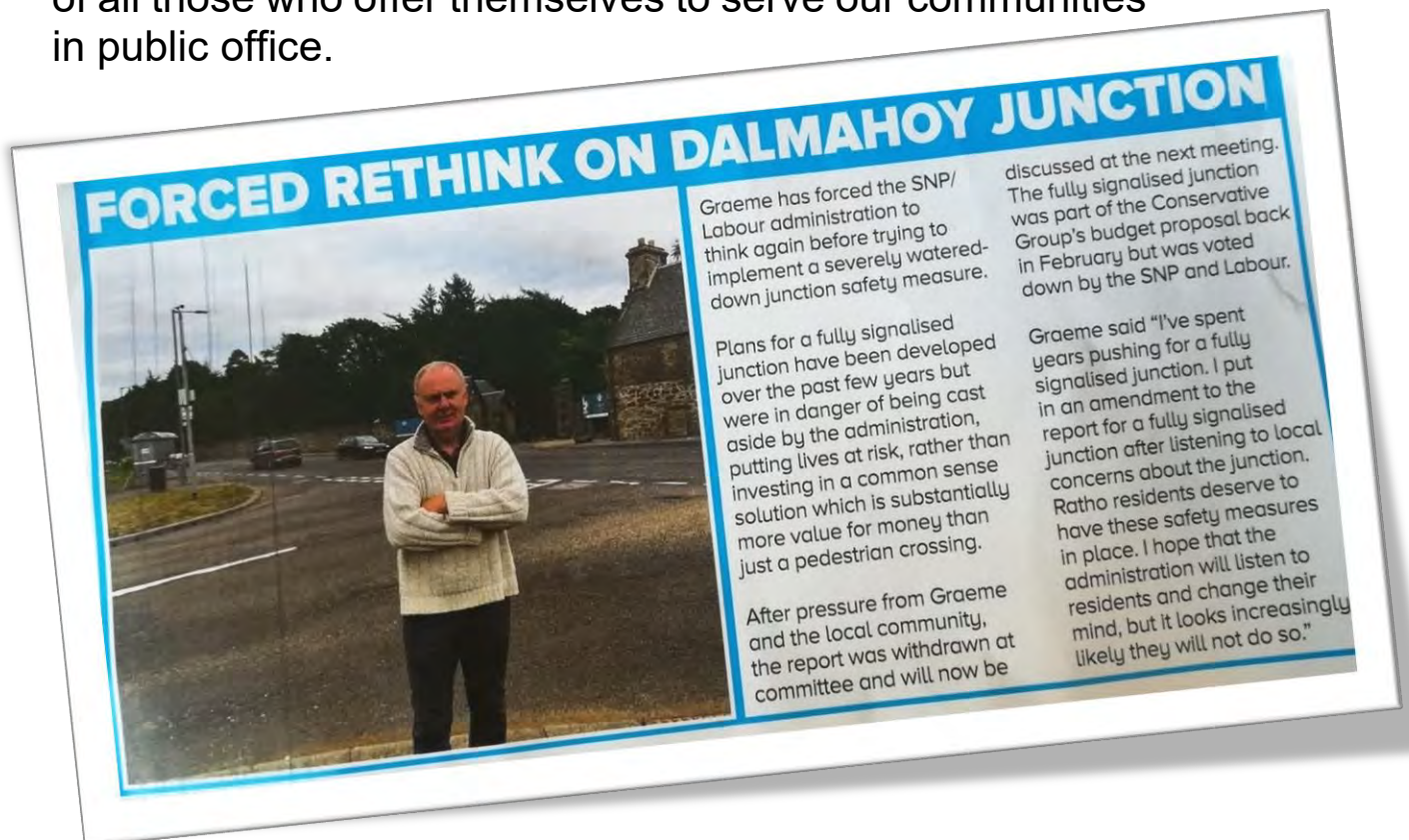
Members of Edinburgh City Council come to Dalmahoy

A meeting, attended by some 20 residents, was organised for September 15, and facilitated by Ben Bright. It took many behind the scenes conversations and networking including a deputation presented by Ben at the June meeting of Council to make it happen.

A variety of opinions both from experts and the wider community were acknowledged by Councillors Neil Gardener, convenor Lesley Macinnes and Graeme Bruce. Councillor Susan Webber MSP has also been working hard for our community to highlight concerns.

For many years both independent studies by council, and long-time residents own experiences, have indicated a fully signalised junction with alignment of the Dalmahoy road and the estate road with proper slip roads and signals are the only practical solution for the safety of both vehicles and pedestrians. It was a spirited, though respectful conversation, with many ideas and issues being raised and acknowledged.

Many thanks to all the residents who participated, to Ben for organising the meeting, Ratho Community Council, and for the work of all those who offer themselves to serve our communities in public office.



Dalmations



As you will be aware along with just about everything else the Dalmations 2019/2020 session had to be prematurely concluded before our March meeting due to the Covid-19 pandemic. The 2020/2021 session never got started as the virus was still causing significant issues and consequent restrictions were in place.

Although the situation is still far from perfect, the lifting of most restrictions means that we now think that restarting Dalmations is a viable prospect.

With this in mind, and being aware that things will have to be run differently to comply with the guidelines that are in place, an informal meeting will take place after the morning service on Wednesday September 29th (notification of this meeting was sent out by email earlier in September). At this meeting we will discuss areas such as how to set up the Douglas Hall for both the service and the subsequent activities, what we should do about the programme for the meetings, what do we do about food afterwards. The hope is that we can come to decisions which will allow Dalmations to provide the same sort of inclusive feel as it did pre-pandemic.

Dalmations programme is usually quite varied and interesting. It is also a great chance to speak with people over lunch and coffee in a more relaxed environment than the hustle and bustle of a Sunday. Dalmations is open to everyone who wishes to come along. You don't have to be retired or even a member of our congregation to join in. All are welcome. So please think about coming along and maybe bringing a friend.

The September meeting should give an idea of how, initially, Dalmations will function. The outcome will be communicated to the congregation. Over many years Dalmations has been an important part of St Mary's life and we hope that it can continue to be so into the future.

Denis King



EPISCOPALIANS – “This is (Not) like us....is it?”

Adapted from an essay by Garrison Keillor

We make fun of Episcopalians for their blandness, their excessive calm, their fear of giving offense, their lack of speed and also for their secret fondness for macaroni and cheese. But nobody sings like them. If you were to ask an audience in Des Moines, a relatively Episcopalianless place, to sing along on the chorus of "Michael Row the Boat Ashore," they will look daggers at you as if you had asked them to strip to their underwear. But if you do this among Episcopalians, they'd smile and row that boat ashore and up on the beach!... And down the road!



Many Episcopalians are bred from childhood to sing in four-part harmony, a talent that comes from sitting on the lap of someone singing alto or tenor or bass and hearing the harmonic intervals by putting your little head against that person's rib cage. It's natural for Episcopalians to sing in harmony. We are too modest to be soloists, too worldly to sing in unison. When you're singing in the key of C and you slide into the A7th and D7th chords, all two hundred of you, it's an emotionally fulfilling moment. By our joining in harmony, we somehow promise that we will not forsake each other.

I do believe this, people: Episcopalians, who love to sing in four-part harmony are the sort of people you could call up when you're in deep distress. If you are dying, they will comfort you. If you are lonely, they'll talk to you. And if you are hungry, they'll give you tuna salad!

EPISCOPAL BELIEFS

- Episcopalians believe in prayer, but would practically die if asked to pray out loud. Episcopalians like to sing, except when

confronted with a new hymn or a hymn with more than four stanzas.

- Episcopalians believe their rectors will visit them in the hospital, even if they don't notify them that they are there.
- Episcopalians usually follow the official liturgy and will feel it is their way of suffering for their sins.
- Episcopalians believe in miracles and even expect miracles, especially during their stewardship visitation programs or when passing the plate.
- Episcopalians feel that applauding for their children's choirs will not make the kids too proud and conceited.
- Episcopalians think that the Bible forbids them from crossing the aisle while passing the peace.
- Episcopalians drink coffee as if it were the Third Sacrament.
- Episcopalians feel guilty for not staying to clean up after their own wedding reception in the Fellowship Hall.
- Episcopalians are willing to pay up to one dollar for a meal at church.
- Episcopalians still serve Jell-O in the proper liturgical colour of the season and Episcopalians believe that it is OK to poke fun at themselves and never take themselves too seriously.



Kombucha tea

Kombucha tea originated around 220 BC in Manchuria, China. As the story goes Korean doctor Kombu brought the tea to the Japanese emperor as a healing drink and hence the name!

Kombucha tea came to Europe in the early 20th century mostly found in Russia and Germany.



It became more popular in the 1960's after the publication of studies in Switzerland which compared its healing properties to those of yogurt.

Today it is a popular drink all over the world. Studies have shown that Kombucha tea contains similar benefits to plain tea and fermented foods. Benefits include probiotic properties that encourage good gut bacteria diversity that aid digestion and improve your health.



A symbiotic culture of bacteria and yeast, known as a SCOBY, which is shaped like a pancake and looks like and is often referred to as a mushroom, is used to aid in the fermentation process of Kombucha.

Kombucha is produced by adding a SCOBY into sweetened black or green tea and then letting it ferment for 1 – 4 weeks.

The fermented drink is fizzy, slightly sweet and sour, very refreshing and pleasant especially on warm days after a good walk!

The Antibacterial properties of the fermentation process makes its production safe for home brewing.

If you are interested in making your own Kombucha tea, you will need a mushroom or SCOBY!

I can share my mushroom with you!

You will need one or two large jars.

You brew tea with one black and one green tea bag per litre of boiling water, (I add one fruit tea and one Rooboist tea bags as well).

You then add 50 to 70 grams of sugar (I don't like it very sweet so I add 50-55 grams) in a separate jug or a pot, **leave it to cool** and add to your SCOBY.

Every time you make Kombucha tea you need approximately 10% of a starter fermented tea, for example 100ml for one litre tea. It is better to take this from the top of the fermented drink.

It is advisable to rinse your SCOBY with cooled boiled water about once a month.

The Fermentation process needs oxygen, so it is best to keep the jar in a well ventilated place (not in a cupboard) and cover with muslin or paper towel.

You need to leave a gap of about ten centimetres from the top of the jar.

I usually leave the fermentation process for ten days, then I strain it and fill the bottles and leave for another two days at room temperature.

The tea is then ready for the fridge.

As soon as it is cold you can enjoy it.

Irina.

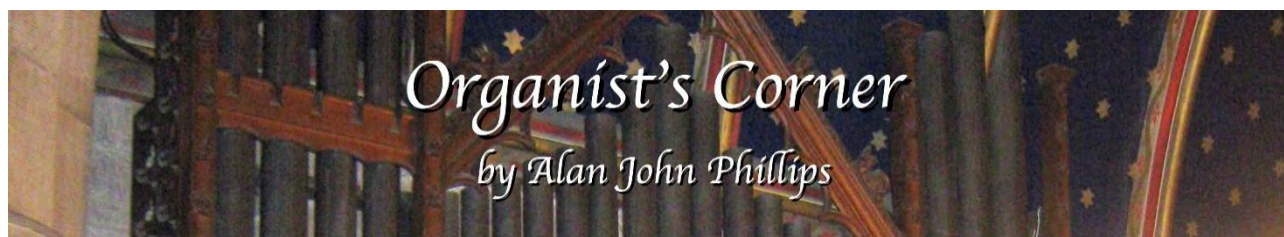


Eucharist Readings:

Year A Eucharist	(Year A2 for Morning Prayer)	First Reading
3 October	Nineteenth Sunday of Pentecost	Job 1:1,2:1-10
10 October	Twentieth Sunday of Pentecost	Job 23:1-9, 16-17
17 October	Twenty-first Sunday of Pentecost	Job 38:1-7, (34-41)
24 October	Twenty-second Sunday of Pentecost	Job 42:1-6, 10-17
31 October	Twenty-third Sunday of Pentecost	Ruth 1:1-18
7 November	Twenty-fourth Sunday of Pentecost	Ruth 3:1-5, 4:13-17
14 November	Twenty-fifth Sunday of Pentecost	1 Samuel 1:4-20
21 November	The last Sunday after Pentecost	2 Samuel 23:1-7
28 November	First Sunday of Advent	Jeremiah 33:14-16
5 December	Second Sunday of Advent	Baruch 5:1-9
12 December	Third Sunday of Advent	Zephaniah 3:14-20
19 December	Fourth Sunday of Advent	Micah 5:2-5a

October – November 2021

Second Reading	Gospel
Hebrews 1:1-4, 2:5-12	Mark 10:2-16
Hebrews 4:12-16	Mark 10:17-31
Hebrews 5:1-10	Mark 10:35-45
Hebrews 7:23-28	Mark 10:46-52
Hebrews 9:11-14	Mark 12:28-34
Hebrews 9:24-28	Mark 12:38-44
Hebrews 10:11-14 (15-18) 19-25	Mark 13:1-8
Revelation 1:4b-8	John 18:33-37
1 Thessalonians 3:9-13	Luke 21:25-36
Philippians 1:3-11	Luke 3:1-6
Philippians 4:4-7	Luke 3:7-18
Hebrews 10:5-10	Luke 1:39-45 (46-55)



Organ Music for October and November 2021

Sunday 3 October – St. Francis Eve

Prelude: Air and variations (from Sonata in C, Op.2 no.4) – Giovanni Battista Martini O.F.M. Conv. (1706-1784)

Communion: Gavotte 'Les moutons' (from Sonata in F, Op.2 no.12) – Martini

Postlude: San Francesco – Franz Liszt (1811-1886)



Both composers were Franciscans – Martini was a conventual friar, and Liszt a member of the Third Order of St. Francis.

Martini was born in Bologna. He entered the novitiate of the Conventual Franciscans at their friary in Lago, at the close of which he professed his religious vows and was clothed in the habit of the Order on 11 September 1722.

In 1725, though only nineteen years old, he received the appointment of chapel-master at the Basilica of San Francesco in Bologna, where his compositions attracted attention. At the invitation of amateurs and professional friends he opened a school of composition at which several celebrated musicians were trained. Martini was an avid collector of musical literature, and possessed an extensive musical library. Burney estimated it at 17,000 volumes; after Martini's death a portion of it passed to the Imperial library at Vienna, the rest remaining in Bologna.

The 1860s were a period of great sadness in Liszt's private life. On 13 December 1859, he lost his 20-year-old son Daniel, and, on 11 September 1862, his 26-year-old daughter Blandine also died. In letters to friends, Liszt announced that he would retreat to a solitary life. He found it at the church of the Madonna del Rosario, just outside Rome, where, on 20 June 1863, he took up quarters in a small,

spartan apartment for the next five years. He had on 23 June 1857, already joined the Third Order of Saint Francis. On 25 April 1865, he received the tonsure at the hands of Cardinal Hohenlohe. On 31 July 1865, he received the four minor orders of porter, lector, exorcist, and acolyte. After this ordination, he was often called Abbé Liszt. On 14 August 1879, he was made an honorary canon of Albano.

Sunday 10 October – Pentecost 20

Prelude: Fugue in B minor on a theme of Corelli (BWV 579) – Johann Sebastian Bach (1685-1750)

Communion: Sonata no.4 (Op.3, second movement) – Archangelo Corelli (1653-1713)

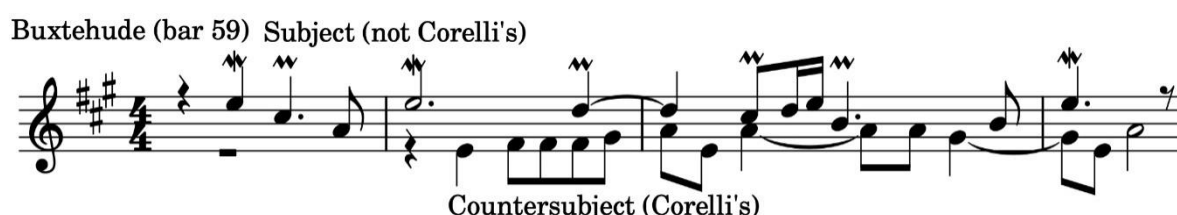
Postlude: Praeludium in A major (BuxWV 151) – Dieterich Buxtehude (1637-1707)

All three pieces share the same thematic material.

Corelli's Op.3, twelve church sonatas (trio sonatas for 2 violins and continuo), were published in Rome in 1689. Bach, in his fugue, dating from around 1710, uses both Corelli's subject and countersubject.



Buxtehude, on the other hand, only uses the countersubject in the central fugal section of his praeludium.



Sunday 17 October – Pentecost 21

Prelude: Introduction and Fugue in E flat - James Nares (1715-1783)

Communion: Voluntary no.3 (First movement) - John Bennett (ca.1735-1784)

Postlude: Voluntary in A minor – John James (ca.1708-1746)

In today's Gospel, James and John ask Jesus for preferential treatment. Here are three English eighteenth-century organists who bore their names – one James, one John, and one John James!



Nares began his career as Deputy Organist of St. George's Chapel in Windsor Castle, and was later appointed Organist of York Minster in 1735. He married soon after that. By the influence of his patron and friend, John Fountayne, the Dean of York, he succeeded Maurice Greene as first organist of the Chapel Royal in 1755, and then his teacher, Bernard Gates, as Master of the Children at the Chapel Royal in 1757.

A pupil of Johann Christoph Pepusch, Bennett became organist of St. Dionis Backchurch, Fenchurch Street on 3 April 1752 at around 17 years of age, in succession to Charles Burney. He died at the early age of about 49 in September 1784, after having served his whole life as organist at St. Dionis.

John James was organist of St. Olave, Southwark 1729/30-36, possibly moving on to St. George-in-the-East afterwards. He was noted for his skills in extemporisation. His volume of '*Ten Voluntaries*' was published by C. & S. Thompson (1767).

Sunday 24 October – Pentecost 22



John Taylor, eye surgeon to both Bach and Handel

Prelude: Total eclipse (from 'Samson') – George Frideric Handel (1685-1759)

Communion: Tiento del primero tono – Antonio de Cabezón (1510-1566)

Postlude: Carillon – Louis Vierne (1870-1937)

Blind Bartimaeus receives his sight in today's Gospel, so here is music by three blind composers.

Both Cabezón and Vierende were born blind, although Vierende recovered some small degree of sight after an operation at the age of six.

By the time he started work on his oratorio, *'Jephtha'*, Handel was rapidly going blind, and eventually he had to write on the score: *'Reached here on 13 February 1751, unable to go on owing to weakening of the sight of my left eye.'* He risked an operation in 1752 by the flamboyant quack English eye surgeon John Taylor (1703–1772) (see portrait above), who had already operated on Bach's eyes. (A post-operative infection is likely to have killed Bach.) Handel, however, lived on in 'total eclipse' for another six years. The premiere of *'Samson'* was given at Covent Garden in London on 18 February 1743, when Handel could still see.

Sunday 31 October – All Saints

Prelude: I know that my Redeemer liveth (from 'Messiah') – George Frideric Handel (1685-1759)

Communion: Since by man came death (from 'Messiah') – Handel

Postlude: Worthy is the Lamb (from 'Messiah') – Handel

The raising of Lazarus in the Gospel justifies the choice of the first two pieces, but the postlude is a glorious setting of Revelation 5.11-14:

And I beheld, and I heard the voice of many angels round about the throne and the beasts and the elders: and the number of them was ten thousand times ten thousand, and thousands of thousands; Saying with a loud voice, Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing. And every creature which is in heaven, and on the earth, and under the earth, and such as are in the sea, and all that are in them, heard I saying, Blessing, and honour, and glory, and power, be unto him that sitteth upon the throne, and unto the Lamb for ever and ever. And the four beasts said, Amen.

Now that would be a performance well worth hearing!

Sunday 7 November – Pentecost 24

Prelude: Fugue no.5 in A minor ('Six Fugues or Voluntaries for the Organ') – Handel

Communion: Prelude and Fugue in G minor ('Well-Tempered Clavier' Bk.1 no.16) – Bach

Postlude: Voluntary in E minor (Op.6 no.9) – John Stanley (1712-1786)

As on 10 October, all three pieces share similar thematic material, in this case the subject of the respective fugues.

Bach WTC Bk.1 no.16



Handel Fugue 5



Stanley Op.6 no.9



The respective dates of composition or publication are: Bach 1722, Handel 1735 (later reworked as a chorus in 'Israel in Egypt', 1739),

Stanley 1752.

Sunday 14 November – Remembrance Sunday

Prelude: Psalm-Prelude (Set 2 no.1) – Herbert Howells (1892-1983)

Communion: Aus tiefer Noth schrei' ich zu dir (BWV 687) – Bach

Postlude: Aus tiefer Noth schrei' ich zu dir (BWV 686) – Bach

Three pieces based on Psalm 130 'Out of the depths I have cried to thee, O Lord' ('De profundis clamavi ad te, Domine').

The two Bach chorale preludes are from the third part of his 'Clavierübung' ('Keyboard Practice'), which he published in 1739. The chorale is Luther's 1524 metrical version of the psalm.

Howells's psalm preludes are romantic interpretations of the chosen psalm verses. He completed this piece on 29 September 1938,

Michaelmas, and is a personal cry from the deep of a father whose son, Michael, died aged 9 on 5 September 1935. Other works by Howells commemorating his son's death: the hymn tune '*Michael*' ('*All my hope in God is founded*') and the '*Hymnus Paradisi*', composed between 1936 and 1938, but lay hidden in a drawer until Howells was persuaded to allow its first public performance at the 1950 Three Choirs Festival.

Sunday 21 November – Christ the King

Prelude: Overture to the Occasional Oratorio – Handel

Communion: O taste and see – Ralph Vaughan Williams (1872-1958)

Postlude: Zadok the priest – Handel

Coronation music today: the prelude and postlude from that of George II in 1727, and the communion from that of Elizabeth II in 1953.

Both Handel pieces were later recycled as the first and last numbers in the '*Occasional Oratorio*', composed hurriedly in January and February 1746. The original title of the overture in the coronation was '*Grand Instrumental Procession*' and accompanied the entrance of the choir and clergy.





Mission to Seafarers Scotland Wins a 2021/22 Corporate Livewire Scotland Prestige Award!

These Awards recognise small and medium-sized businesses that have proven to be the best in their market over the past 12 months.

Despite the many restrictions that have affected the work of our volunteers and the crews of ships visiting our Scottish ports for over a year, this Prestige Award celebrates all the things we do and have done as a charity in support of Seafarers.

Within the Mission to Seafarers Scotland our goal is the same it was when it all began in the 1830's and that is to care for the Spiritual, physical, and emotional needs of all Seafarers and their families – all the more necessary in this time of global pandemic.



Diary of Events: October - November 2021

Date	Times	Venue	Event
Sunday 17 th October	10:30 Service	Church	Mission to Seafarers There will be a special retiral collection.
Tuesday 2 nd November	7pm	Church	All Souls Requiem
November 8 th -11 th	Christine away at Clergy Conference.		
Sunday 14 th November	10:30 Service	Church	Remembrance Sunday
Sunday 21 st November	12:00	Hall	AGM
<p>Wednesday Services will now be held in the hall.</p> <p>Please check News & Events on our webpage (https://stmarysdalmahoy.org.uk)</p> <p>Go to News & Events and scroll to the bottom of the page and you'll see the calendar.</p>			



Craft Group

Come and Join Us

We are a small group who have been meeting for several years on a Monday morning in the church hall.

We meet between 10 am and 12 noon. We started doing sugar paste flowers but it has evolved into doing various crafts as well.



Over the past two years our group has become smaller and we are looking for new members. There is no teaching involved by the group but we are there to support each other and offer advice and help where we can.

We pay £1 a week which goes towards the church funds.

We are a very social group and would invite anyone who may be interested to come along.

If you require more information please contact

Elaine Ainslie on Tel 01506 855 396 or 07979 820 820



An Update on Volunteering

So far, four secondary school aged pupils have volunteered their time within the grounds at St Mary's.

Three are participating in Duke of Edinburgh Award Schemes. The work undertaken so far has mainly involved cutting back overgrown areas of shrubbery and weeds and gathering the waste into the trailer which has been made available by the estate.

You may not have noticed any major differences but I can assure you that the 10 hours that have been given so far have been much appreciated by me.



Where to Find St. Mary's:

FaceBook:

Search:

St. Mary's Dalmahoy



Follow Below Link:

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

YouTube:

Search:

St. Marys Dalmahoy



Follow Below Link:

<https://www.youtube.com/channel/UCUsCU8vdPLYXXpk0yl4GQjw>

An Easy & Fast way to make Donations to St Mary's: Use the QR code below:

You need to have a QR barcode reader app Installed on your smartphone to use the QR code.



Humour

Why don't ghosts have money problems?
They don't have to worry about the cost of living.



What is unique about mummies?
They like staying under wraps.

What's a skeleton's favourite board game?
Tibial Pursuit.

What happened to the cannibal who showed up late to Halloween dinner?
They gave him the cold shoulder.

Why didn't the skeleton go to the party?
He had no body to go with.

Why was the vampire in a bad mood?
Too much B negative.

What are newly married spiders called?
Newly Webbed.

What is it like being friends with a vampire?
It's a pain in the neck.

Do Zombies eat popcorn with their fingers?
No, they eat the fingers separately.

Why don't mummies take vacations?
They're afraid they'll relax and unwind.



Children's Page –



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	Wilma Brown	01506 440 292 warden@stmarysdalmahoy.org.uk
People's Warden	Carole MacBride	07909 582760
Lay Representative	Ann Donoghue	layrep@stmarysdalmahoy.org.uk
Alt. Lay Representative	Margaret Chill	01506 880244
	Ella Henderson	0131 449 2262
	Margaret King	01506 442549

Altar Guild

Co-ordinator	Denis King	01506 873061
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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

Vacant

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
Jane Russell	0131 441 2346

Prayer Chain

Ann Donoghue	John O'Connor
Revd Janet Dyer	Mandy Smart

Should you wish to add someone, or a situation, to our prayers, please email or telephone (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	Ann Donoghue	

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

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Organist Emeritus

John Blaber

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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 December – January issue
is **3:00 pm** on Sunday 21st November**

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**

Useful Numbers:

We all have those times when we just need someone to talk to and confide in. Please find below a list of numbers you may find useful.

Why not keep this page just in case.

The Silver Line: Tel: 0800 4 70 80 90 Information – friendship – advice for older people. www.thesilverline.org.uk

Anxiety UK: Tel: 03444 775 774 www.anxietyuk.org.uk

Arthritis Helpline: Tel: 0800 5200 520 www.versusarthritis.org

Mind: Tel: 0300 123 3393 www.mind.org.uk Mental Health.

Age UK: Tel: 0800 678 1602 www.ageuk.org.uk

Samaritans: Tel: 116 123 www.samaritans.org

Childline: Tel: 0800 1111 Calls are free and Confidential

National Domestic Abuse: Tel: 0808 2000 247

Cruse Bereavement Care: Tel: 0808 080 1677 www.cruse.org.uk

