

ST MARY'S  
CHURCH,  
DALMAHOY



In Touch

December 2021 - January 2022

Registered Charity No. SC014203

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**Cover Photograph: Google Images**

## Pastoral Letter from Christine

Dear Friends,

We begin the Christian Year by celebrating the Holy Season known as Advent. It is a time when we prepare ourselves for the coming of our Messiah. Advent means "Coming." We celebrate these days of Advent in expectation and preparation for Christ's arrival.



Through the centuries, Christians have observed a time of waiting and expectation before celebrating the birth of the Savior at Christmas. The Advent season is a time for reflection and preparation, but its mood is joyful. Advent has been enriched by Christian tradition to reflect its distinctive Christian meaning. It proclaims the revelation of God's love as expressed in Christ's birth in a humble stable, His sacrificial death on the cross, and His victorious resurrection! It points to the hope of Christ's coming again as the King of kings and Lord of Lords. Advent makes innkeepers out of all of us, asking each of us to make room for the arrival of Christ The King. Let us, today, prepare Him room in our hearts, our lives, and our homes!

### A prayer for Advent

Our Father, we long for the simple beauty of Christmas – for all the old familiar melodies, words, and symbols that remind us of that great miracle when He who had made all things came one night as a babe, to lie in the crook of a woman's arm. But in that longing, let us even more yearn for your renewed presence among us even as we celebrate and expect the Coming of your Son.

Before such mystery we kneel, as we follow the shepherds and Wise Men to bring You the gift of our love – a love we confess has not always been as warm or sincere or real as it should have been. Now, as we enter into this Advent Season, we pray that love would find its Beloved, and from You receive the grace to make it pure again, warm and real.

We bring You our gratitude for every token of Your love, for all the ways You have heaped blessings upon us during the years that have gone. And we do pray, Lord Jesus, that as we begin this four-week

journey of expectation and hope, we may do it in a manner well pleasing to You. May all we do and say, every tribute of our hearts, bring honor to Your name, that we, Your people, may remember Your birth and feel Your presence among us even yet.

May the loving kindness of this Advent Season and the true Spirit of Christmas not only creep into our hearts this season, but there abide, so that not even the return to earthly cares and responsibilities, not all the festivities of our own devising may cause it to creep away weeping. May the joy and spirit of Christmas remain with us now and forever. In the name of Jesus, who came to save His people from their sins, even in that lovely name we pray. Amen. [Adapted from a prayer for Christmas by Peter Marshall]

As we end the calendar year of 2021 and move into 2022, let us continue to plan for a bright future at St. Mary's and in our communities.

Blessings on your hearth and home this season and may you be blessed in 2022 as well.

Christine





## From the Registers (December – January 2021)

**No Baptism**

**No Weddings**

**No Funerals**

### Douglas Hall Classes & Events

Monday's	10am-12pm	Craft Group
Thursday's	18:00 - 21:00pm	Yoga
Friday's	09:15 - 10:15am	Yoga
2 <sup>nd</sup> & 4 <sup>th</sup> Sundays	14:00-19:00pm	Mar Thoma Congregation

## 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

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

[www.stmarysdalmahoy.org](http://www.stmarysdalmahoy.org)

# A Calendar For Advent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice Grace. No need to do them all or every day. Let the Holy Spirit speak to your heart!						
<b>Nov.28</b> <b>Advent 1</b> Welcome a new person at church, bring a friend.	<b>Nov.29</b> Take a friend to tea- leave your phone in your bag	<b>Nov.30</b> Play a game from childhood or come, hear how "The stars tell the Story at the rectory. 1pm	<b>Dec.1</b> Write a gratitude note to a family member or friend.	<b>Dec.2</b> Say hi to people behind the counters. Wish them a good day	<b>Dec.3</b> Take a break from the internet and go for a walk.	<b>Dec.4</b> List what you are thankful for.
<b>Dec.5</b> <b>Advent 2</b> What journey are you on? Pray for peace & guidance.	<b>Dec.6</b> Visit a Christmas market to enjoy the lights	<b>Dec. 7</b> Listen to and share some favourite music.	<b>Dec.8</b> Make yourself some comfort food.	<b>Dec. 9</b> Take time to read a book.	<b>Dec.10</b> Notice the really small things around you.	<b>Dec.11</b> Come to the Carol service at 3:30pm
<b>Dec. 12</b> <b>Advent 3</b> Read Mary's Song Lk. 1:46-55 Come to the Carol Service at 2pm bring a friend!	<b>Dec.13</b> Smile at people you see.	<b>Dec.14</b> <b>"O" Antiphons: (Wisdom)</b> <b>Isa. 11:2-3</b> Who is the voice of wisdom in your life?	<b>Dec.15</b> <b>Lord (Isa. 33:22)</b> Ask God how God wants to be the lord in your life.	<b>Dec.16</b> <b>Root of Jesse (Isa. 11:10)</b> Write memories of God's faithfulness in your life.	<b>Dec.17</b> <b>Key of David (Rev.3:7)</b> What door of life do you need God to open & bring grace?	<b>Dec.18</b> <b>Morning star (Isa 9:2)</b> Pray for God's light to shine in a situation that is breaking your heart.
<b>Dec.19</b> <b>Advent 4</b> <b>King of Nations (Isa 9:6)</b> Listen to Handel's "For unto us a child is born" What does Christ's birth mean?	<b>20</b> <b>Emmanuel (Isa 7:14)</b> How is God with you?	<b>21</b> Come to the Blue Christmas Service at 3pm bring a friend who is struggling.	<b>22</b> <b>Feast of the Nativity</b> Make a joy list.	<b>23</b> Breathe & listen. How is God preparing you for Christ's birth?	<b>24</b> <b>Christmas eve</b> "Adopt" someone who needs a family. Receive love. Come & worship at the 10:30pm service	<b>25</b> <b>John 1:1-14</b> <b>The 12 Days of Christmas Begin!</b> The Wise Men journey closer each day...
<b>26</b> Isaiah 58:10	<b>27</b> Isaiah 60:19	<b>28</b> <b>The Holy Innocents</b> Pray for children around the world. Matt 19:14	<b>29</b> <b>St. Stephen's Day First Martyr</b> Psalm 139:11-12	<b>Dec.30</b> John 8:12	<b>Dec.31</b> 1Peter 2:9	<b>Jan1</b> Romans 8 Come & worship Sing with joy the familiar hymns.
<b>Jan.2</b> Luke 4:1-21 The Wise Men have arrived at the stable.	<b>January 6<sup>th</sup> to February 1<sup>st</sup></b> <b>Epiphany and Epiphanytide</b> Chalk your lintels and the lintels of your friends, houses with the Epiphany blessing 20+C+M+B+22 CBM represents the names of the three Wise Men (Caspar, Melchior and Balthazar) and also the Latin phrase, Christus Mansionem Benedicat- Christ Bless this House!					

In our worship we prepare for the birth of a baby in a dusty stable in Bethlehem, and remind ourselves that this child will become the Saviour of the World who will return again in power and glory to draw all of his children together with songs of everlasting praise. The promise of the baby is also the promise of eternal life to all who believe.

## Prayer for Advent

God of hope, and promise, be with us throughout this Advent season and draw us ever closer as we journey together toward the stable and the birth of your Son, our Saviour. Amen

## The Advent Wreath



Of all the symbols of the Advent season, the most familiar is the Advent wreath. Each week a new candle is lit as a way of marking the weeks leading to Christmas.

The origins of the Advent wreath are in the folk practices of pre-Christian northern Europe, where, during the cold darkness of winter, people made

wreaths of evergreen and lit fires as signs of hope of life in spite of the dark and cold of winter. Christians kept these traditions alive and by the 16th century, Christians in Germany used evergreens and fire as symbols to celebrate Advent and renewed hope in the birth and person of Christ.

There is rich symbolic meaning in the Advent wreath. The wreath in the shape of a circle reminds us of the eternity, mystery and endless grace of God. The green colour of the boughs that compose the wreath points to the hope in new and everlasting life. The candles symbolize the light of God coming into the world through the birth of the Christ who is the light that shines in the darkness.

Often each of the four Sundays of Advent is assigned a theme in the following order: hope, peace, joy and love.

The four outer candles (often purple or blue) represent the period of waiting during the four Sundays of Advent, which themselves have come to symbolize the four centuries of waiting between the prophet Malachi and the birth of Christ. The last candle to be lit, the central Christ Candle (often white), symbolizes the purity, peace and centrality of Christ.



## My Dad: Derek Henderson

My Dad was born in 1932. It seems a very long time ago, before the Second World War and the wonders of multi-platform digital technology. Three kings had sat on the throne by the time he was five and Ramsay Macdonald and Stanley Baldwin had taken it in turns to be Prime Minister. He was born in Gloucester but his childhood involved residing in Dublin and Northampton where he learned his love of cricket. Eventually, he arrived in Edinburgh at the age of 14.



After, so many moves, it is hardly surprising that he never really left. His father was an farming advisor and his older brother worked on farms but my father was passionate about history and about the politics of the 18<sup>th</sup> century and he studied these at Edinburgh University. He played cricket and refereed rugby matches. His proudest moment was being asked to officiate at the Murrayfield Sevens. He taught history and rose through the ranks to become a deputy head at Liberton, spending thankless weeks over the summer devising timetables. Those ignorant people who think teaching is all about the long summer holidays! In term time, he attended countless meetings that seemed to stretch late into Monday nights. I think my father loved teaching because he wanted to help young people find their way in the world. I know that he would always strive to be fair to all. Right until the very end, he would be keen to talk to me about my school and experiences and all the frustrations and joys teaching brings.

In those summers, we would go to Alth na Slat. The white cottage sitting on its own in Glen Garry beside the burn that flowed down to the mountains. There was no fence at the back of the garden to surround us and we felt it was a place of unlimited adventure and excitement.



Dad would love the challenge of chopping the wood for the fire and

then in the evening patiently explaining how to light it. As the midges began to bite, we would jump into the car and drive through the glen down the narrow winding road beside the loch and the submerged village, drinking in the breath-taking landscapes as we scanned the hills for a sight of red deer. Sometimes they would come right up to



the house and stand looking down at us. At other times, we would not see any for days. The sight of a deer has always been special for me and the memories of those holidays and my father's stories of Scottish history and legends are bright and colourful.

His Saturdays were spent travelling round Scotland watching rugby and filling in detailed reports about the performances of

the referees. My father would never be able to watch a rugby match without noticing the flaws of the match officials and explaining them to us. We often wondered why so many incompetents were chosen for Scotland's matches. In fact, my dad loved all sport. He loved correlating statistics and devising long lists of sporting achievements. He wanted to know how many players came from particular clubs or who scored the most points/ tries/ goals/ runs etc.



If he wasn't writing his sporting lists, my dad would be listing the birds he could see outside the window. In fact the two most successful presents I gave him in recent years were a history of Scottish Rugby and a five year bird watcher diary, replacing one he had completed. Pages of handwritten lists would sit on the floor beside his chair until one of us would 'accidentally' throw them away and he would happily start all over again. Technology and my dad did not mix. I don't think he ever sent an e-mail. The kindle I gave him survived a few weeks. The iPad perhaps a little longer. I think he had a mobile phone once. I don't know if he ever used it.

However nothing beats a good book. The shelves in our house reflect the breadth of his reading and knowledge. He would often borrow one of my books, returning it with a critical comment. When I returned

home, I could identify his reading by the creased spines. This habit did not always please my mother. He loved adventure stories, crime novels and thrillers but would happily pick up just about anything and once he had started, he would not put it down. At times he would focus me with a quizzical look and ask me 'Do you really enjoy this type of thing?'. I don't think he shared my enthusiasm for Japanese writing or for Terry Pratchett but that's not to say he didn't try.

Please don't think for a minute that he was not adventurous- when I was teaching in Egypt, he came to visit, riding camels and horses as



we explored the Pyramids. We enjoyed a memorable Christmas Dinner in the Hotel Flamenco with a view over the River Nile. Two years later, they came to Greece and visited Volos by way of a taxi trip to Delphi. He was fascinated by the culture and the stories he heard as we explored Mount Pelion and the island of

Skopelos. In 2011, we went to Seville and whilst I recovered from food poisoning, he strolled through the orange groves hand in hand with my mother.

During the 18 years I lived in Cambridgeshire, they would often come to support my school productions, to meet friends and to explore the local environment searching for nightingales and other rare species..

I was so proud that my parents would make such an effort to come and visit my homes and would find it so easy to build famous relationships with my friends. Visits to Blinkbonny have always meant returning to warmth and happiness, happy meals and security . Returning south was never easy.

One of the hardest things to witness about his recent illness was his loss of appetite. My Dad really loved his food. He would often eat as much as the rest of us put together and our succession of black and golden labradors would learn to sit patiently by his chair in the knowledge that a piece of





toast or scrap of meat would certainly come their way. Many of my warmest memories are of shared meals- teas at Dalmahoy or in the centre of Edinburgh to celebrate the end of another term; the many Christmas Dinners together and the family parties that he so enjoyed, most recently when we celebrated their golden wedding anniversary surrounded by so many beloved friends and neighbours.

Over the last years as his health declined, we were still able to enjoy many precious times- visits to Melrose. I have a lovely photo of him sitting on my sofa with Bramble as they do the crossword together. Our last trip to the theatre-him standing to join a tremendous ovation- a few weeks after his stroke. His last birthday in hospital, surrounded by cards and cakes and all our love. Our last conversation, the day before he died, his humour as sharp as ever as we talked about Bex and Bramble.



I am so grateful to those people who have shown us so much love over the last years, those friends who made sure he was included in conversations and never isolated even when he could not hear a word; the neighbours who picked him up after falls and always looked out for him; the members of the church who visited him and cared for him and my mother throughout those difficult times.

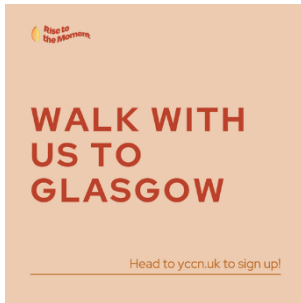
My memory of my father is a happy one, it is one of someone who would always want to help whenever he could, who would rarely say no to anyone and would give his time generously to support any deserving cause but who would ask for nothing more than to sit in a comfortable chair with a good book, with a dog at his feet (and another one on the sofa) and with my mother sitting across from him.



## Young Christian Climate Network (YCCN)

The young Christian Climate Network are an action-focused community of young Christians in the UK aged between 18-30 who chose to follow Jesus in the pursuit of Climate change.

### Relay to COP26



This year 15 members of the YCCN walked over a 1,000 miles from the G7 Summit in Cornwall up to the COP26 climate talks in Glasgow.

After 6 months of planning the relay launched on 13<sup>th</sup> June and five months later they arrived in Glasgow.

As well as attending COP26 the aim of their Relay was also to engage churches on their journey in issues of climate justice, and to particularly raise awareness of climate finance ahead of COP26.

On their epic journey they reached out to various places to see if they could provide them with overnight accommodation. St Mary's was one of them.

We were lucky enough to have them stay in the hall for the evening on 24<sup>th</sup> October. Dinner was also provided for the young walkers.

They were a very inspiring and passionate group of young people and were a pleasure to have stay at St Mary's.





## Eucharist Readings:

<b>Year A Eucharist</b>	<b>(Year A2 for Morning Prayer)</b>	<b>First Reading</b>
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
26 December	First Sunday after Christmas	Isaiah 61:10-62:3
2 January 2022	Second Sunday after Christmas	Jeremiah 31:7-14
9 January	First Sunday after the Epiphany	Isaiah 43:1-7
16 January	Second Sunday after the Epiphany	Isaiah 62:1-5
23 January	Third Sunday after the Epiphany	Nehemiah 8:1-3, 5-6, 8-10
30 January	Fourth Sunday after the Epiphany	Jeremiah 1:4-10
6 February	Fifth Sunday after the Epiphany	Isaiah 6:1-8, (9-13)
13 February	Sixth Sunday after the Epiphany	Jeremiah 17:5-10
20 February	Seventh Sunday after the Epiphany	Genesis 45:3-11, 15
27 February	Last Sunday after the Epiphany	Exodus 34:29-35

## December – February 2021 – 2021

Second Reading	Gospel
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)
Galatians 3:23-25; 4:4-7	John 1:1-18
Ephesians 1:3-6, 15-19a	Matthew 2:13-15, 19-23 or Luke 2:41-52
Acts 8:14-17	Luke 3:15-17, 21-22
1 Corinthians 12:1-11	John 2:1-11
1 Corinthians 12:12-31a	Luke 4:14-21
1 Corinthians 13:1-13	Luke 4:21-30
1 Corinthians 15:1-11	Luke 5:1-11
1 Corinthians 15:12-20	Luke 6:17-26
1 Corinthians 15:35-38, 42-50	Luke 6:27-38
2 Corinthians 3:12-4:2	Luke 9:28-36 (37-43a)



## It had to happen!



As our hymn book contains 846 hymns, the diabolical number was bound to find its way to our hymn-board eventually. The hymn in question is *'I cannot tell why he, whom angels worship'*, sung to the well-known Derry Air. Not a mention of the 'prince of this world' (John 12.31), but a strong affirmation of the kingship of Christ!

However, hymn 666 in CH4, *'Let all mortal flesh keep silence'*, does mention the 'other place' at the end of verse 4: *'conquers all the powers of darkness, drives the gloom of hell away'*. Another victory for Christ, our King!

## Organ Music for Advent and Christmas 2021/22

### Sunday 28 November – Advent 1

Wachet auf, ruft uns die Stimme (Op.68 no.5) – Flor Peeters (1903-86)

Rhosymedre (No.2 of 'Three Preludes Founded On Welsh Hymn Tunes') – Ralph Vaughan Williams (1872-1958)

Bryn Calfaria (No.1 of 'Three Preludes') – Vaughan Williams

### Sunday 5 December – Advent 2

Ev'ry valley shall be exalted (from 'Messiah') – George Frideric Handel (1685-1759)

Prepare thyself Zion (from 'Christmas Oratorio') - Johann Sebastian Bach (1685-1750)

Nun komm', der Heiden Heiland (BWV 661) – Bach

### Sunday 12 December – Advent 3 (Gaudete)

Prelude (from 'Rejoice in the Lord alway') – Henry Purcell (1659-1695)

Rejoice in the Lord always (Mulliner Book no.76) – Anon. (ca.1545-1570)

Exultemus (from 'Seven Sketches on Verses from the Psalms') – Percy Whitlock (1903-1946)

### **Carol Service 15.30**

Wachet auf, ruft uns die Stimme (BWV 645) – Bach

In dulci jubilo (BWV 729) – Bach

### **Sunday 19 December – Advent 4 (O Radix Jesse)**

Fantasia on 'Veni Emmanuel' – Alec Rowley (1892-1958)

Meine Seele erhebt den Herren (BWV 648) – Bach

Toccata on 'Veni Emmanuel' – Andrew Carter (b.1939)

### **Friday 24 December – Christmas Eve (Midnight Mass)**

This endrys night – Healey Willan (1880-1968)

Schlafe, mein Liebster (from the Christmas Oratorio) – Bach

Postlude on 'Adeste Fideles' – Eric Thiman (1900-1975)

### **Sunday 26 December – Christmas 1**

The Holy Boy – John Ireland (1879-1962)

Carol (from 'Six Pieces in Various Styles') – Thiman

Fantasy on Old Christmas Carols – Hugh Blair (1864-1932)

### **Sunday 2 January – Christmas 2**

The people that walked in darkness (from 'Messiah') – Handel

Es ist ein Ros' entsprungen – Johannes Brahms (1833-1897)

Fiat Lux – Théodore Dubois (1837-1924)

### **Sunday 9 January – Epiphany (transferred)**

O thou that tellest good tidings to Zion (from 'Messiah') – Handel

Wie schön leuchtet der Morgenstern – Niels Gade (1817-1890)

Fugue in E flat (BWV 552) – Bach

### **Sunday 16 January – Epiphany 2 (Wedding at Cana)**

Malt's come downe (from the Fitzwilliam Virginal Book) – William Byrd (d.1623)

Watkins Ale (from the Fitzwilliam Virginal Book) – Anon.

Serenade – Derek Bourgeois (1941-2017)

### **Sunday 23 January – Epiphany 3**

The Spirit of the Lord (from 'The Apostles') – Edward Elgar (1857-1934)

Ave verum corpus – Elgar  
 Sonata in G (First movement) – Elgar

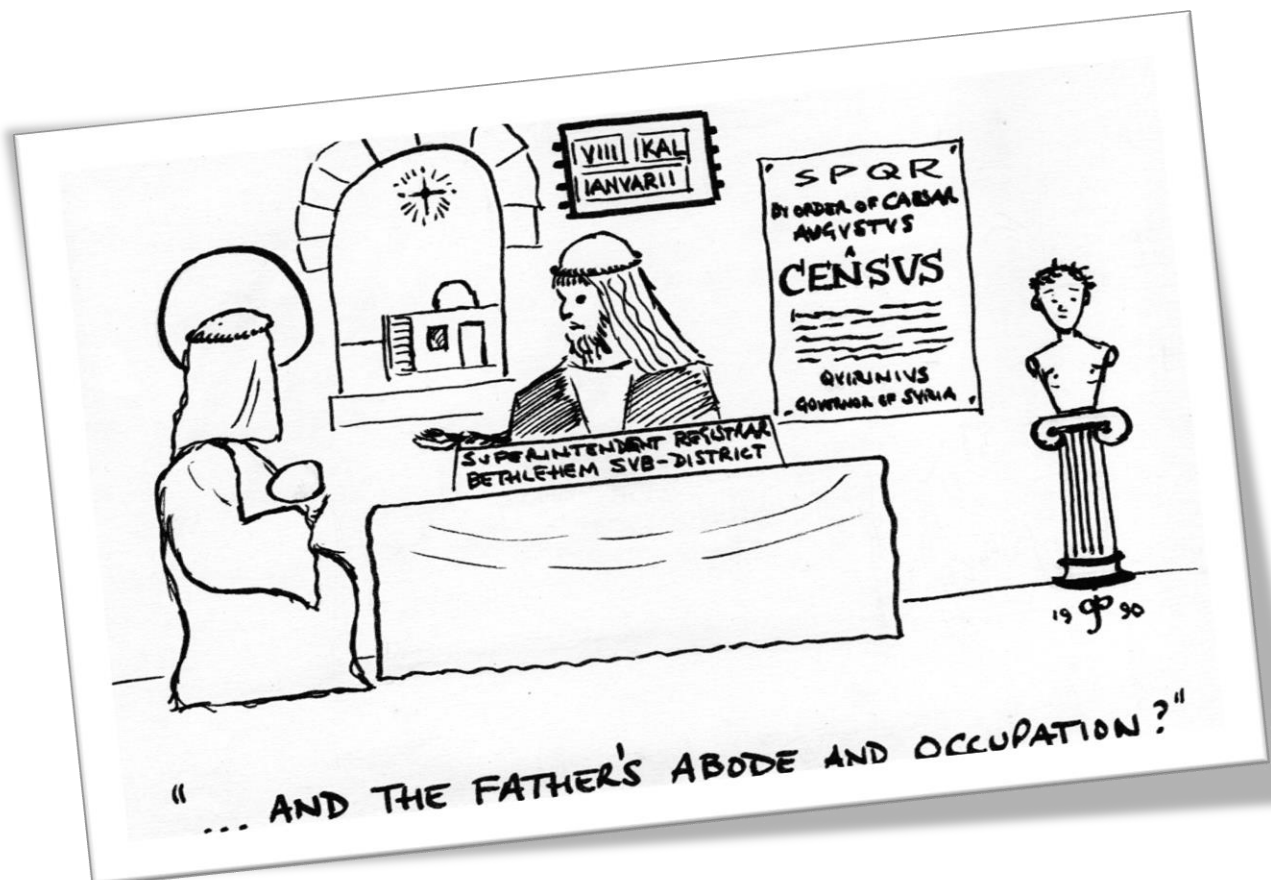
### **Sunday 30 January – Epiphany 4**

Salix (from 'Plymouth Suite') – Whitlock  
 Lantana (from 'Plymouth Suite') – Whitlock  
 Allegro risoluto (from 'Plymouth Suite') – Whitlock

### **Sunday 6 February – The Presentation of the Lord (transferred)**

How lovely are thy dwellings (from 'A German Requiem') – Johannes Brahms (1833-1897)  
 Mit Fried' und Freud' ich fahr' dahin (BWV 616) – Bach  
 Lift up your heads (from 'Messiah') – Handel

And finally, in true 'Blue Peter' style, here's a cartoon I prepared earlier (1990, to be precise): Mary registers Jesus's birth.





## Mission to Seafarers Scotland St Mary's Dalmahoy



Caring for seafarers  
around the world

Listening to our Gospel reading today (Mark 10 v35-45). I sometimes wonder about the disciples Jesus chose and how he initially responded to the request from James and John (no criticism of course). They listen to him preaching day after day and still didn't get it. They are not alone. They wanted Honour and Glory but the price of following in Jesus steps is not about reward or recognition, not about looking for a higher status. They were asking the wrong question. It is not what Jesus can do for us, it is in what we can do for our Dear Lord in service and hospitality for those without status. Jesus asks us to put the needs of others ahead of our own without complaint. He came to serve not to be served.

I believe in some small way MtSS responds to the needs of seafarers by being there for them. Meeting their needs in any way we can. The goal of MtSS is to care for the spiritual, physical and emotional needs of all seafarers and their families, showing our love, care and practical support.

Many of you are aware of the charity and I welcome the chance to give you a bit more information about the seafarers and what the charity offers.

Revd. Tim Tunley is the Chaplain.

There is a 24\7 text service, it may be that someone needs a top up for their phone or just someone to talk to, it may be a crisis on board or family problems back home.



The Seafarer Centre at Grangemouth Docks is open 24\7, it offers seafarers a home from home and somewhere they can enjoy free tea and coffee, watch TV, and play darts, pool or table tennis or just an opportunity to socialise with other seafarers. There is free Wi-Fi to enable them to contact family and friends, a library and a room set aside for prayer.

MtSS has many volunteers, some of whom are here at St Mary's

knitting hats for seafarers. Jean Tracy- Bower very kindly gave me 2 large bags of hats which I passed to Tim, he asked me to personally thank you all for your support. I see there are many hats here today some were knitted by Blackie and Rosie, which is very special.



Volunteers help man the centre in case help is needed. On average there are about 80 to 90 seafarers using the centre throughout the week. Once restrictions ease there are opportunities for our Ministry of

“presence” and “hospitality” done by visiting seafarers on their ship to offer friendship, a listening ear and letting them know we care. We provide transportation, we take them to the centre or the supermarket. We do shopping and deliver to their ships when they arrive in Port.

We also advocate for seafarers keeping a watchful eye on conditions on board and helping them know their rights.

All this is only possible with a team of people which includes the Chaplain, volunteers, knitters and the board of Trustees.

Seafarers mainly come from Philippines, Ukraine, Myanmar and Ghana. Contracts are usually 9 months with 3 months off, the seafarer is not paid for his time off. It is not always the case they will automatically get another contract so money is always a concern. The seafarer will not only be keeping his or her immediate family but also their extended family. They will normally be the only breadwinner in a large extended family.

One sad story that was relayed to me was the Ghanaian seafarer who wanted to work at Christmas, His contract had ended but he wanted to stay and work. He explained when he was at home at Christmas and the extended family met together, they were constantly telling him to get back to work and provide for the family. He couldn't take the pressure of being home. I have no criticism for his family, although sorrow for the situation. If they were trying to feed children and family then that was their priority and he had the ability to earn. I have since heard that if seafarers get the chance to

extend their contract many jump at the chance as money and the lack of it is always a concern.

Covid and lockdown was a difficult time for us all but it was particularly bad for seafarers. Once their contract ended they were unable to return home. They were unable to leave the ship and there were many who were left on board for 18 months never having set foot on land. There was the added problem of those wanting to fulfil contracts and earn but unable to start their contract.

90% of what we consume in Scotland is delivered by seafarers but they seem to be at the end of the queue for the vaccine even although they should be recognised as key workers.

Thankfully they are now receiving their vaccines and Rev'd Tim and other volunteers have been transporting them from Grangemouth centre to get their vaccinations.

The job of a seafarer is a hard, challenging and dangerous job carried out in extreme weather conditions. There is the concern around mental health, being stuck at sea and far away from family, in not always the best of conditions.



There are concerns over severe exhaustion when reaching the end of a contract having carried out the same often mundane job day in and day out for months at a time, this is when accidents can occur.

Their welfare can depend on their Captain, like any other workplace you can have a captain who wants the best for his seafarers but this is not always the case.

There is fear over Piracy and abandonment. Piracy is a constant concern and a very realistic fear. Abandonment can happen when a ship owner perhaps sells the ship or in effect abandons all responsibilities for the ship and crew. The seafarer is not paid nor has he been given the means to get home.

MtSS set up a "Happiness Survey", it reveals a grim picture of seafarer welfare. The results after Covid were down 5.99 out of 10 there were reports of crewing agents lying to crew, withholding pay,

underpaying and even threatening seafarers despite longer hours and rising workloads.

Quotes include

“The word to use is “broken”. “We have broken sleep, broken systems and people feeling broken too”.

“Communication with home is absolutely key to everything.”



There is an issue around “Sea blindness” this is a term used for a lack of awareness from the public where work that happens over the horizon is not recognised despite the fact that 90% of what we consume in Britain is reliant on seafarers.

The priority for a Seafarer is contact with home. This can sometimes prove difficult when something is wrong at home, if children or a spouse is ill a Seafarer can feel helpless and worried. They cannot just pop home from work if a child is ill. Their children are born and they don’t see them for months and are unable to see them grow and flourish. People will say oh but it’s a different culture. Culture makes no difference to our love of family, the world over loves their children, grandchildren, parents and grandchildren just the same, culture makes no difference to love.

Very sad to say there are instances of suicide. To discover that one of your fellow crew has disappeared overboard must be horrendous and unimaginable. It is difficult for us to hear but when this happens, the crew still have to work and take on extra duties with no one to share their private thoughts with.

Thankfully MtSS was there for them and offered care and support.

Revd Tim story about the young female seafarer who said to Tim I desperately need something for my soul. THIS IS IT HE THOUGHT!!!! He sat her down and spoke with her. What I desperately need is chocolate, she said. Now I am sure we can all relate a little to this, as some days only chocolate will do. However as that was her need, Tim, although a bit deflated, was very happy to oblige, anything that will make life a bit easier for a seafarer.



Please consider a one off donation or consider MtSS when deciding on donating to a charitable cause.

### Prayer for Seafarers

Lord God, we depend on you for life itself and for seafarers to meet so many of our daily needs. Watch over all who go down to the sea in ships on business, for leisure or to rescue those in peril or difficulty. Keep them from danger, befriend them in loneliness and bring them safely home to those they love, through Jesus Christ our Lord. Amen.

The Mission to Seafarers Scotland, 109 Avalon Gardens, Linlithgow EH49 7PL Website: [www.mtss.scot](http://www.mtss.scot) Email: [info@mtss.scot](mailto:info@mtss.scot)

Patron: Her Majesty The Queen

President: Her Royal Highness The Princess Royal



**The Mission to Seafarers**  
Caring for seafarers around the world

Peace, hope, joy, love.

These are not just words on cards you get every December. They're things we need but often can't find.

Join us as we share how you can find them.

You are invited this Christmas Eve to encounter Immanuel, "God with us." Our service begins at 10:30pm. Join us for an evening of carols and refreshments to celebrate the season with your friends and neighbours.

I hope to see you there.



## Diary of Events: December - January 2021

Date	Times	Venue	Event
Sunday 4 <sup>th</sup> December	10:00am	Church	Advent Quiet Day
Saturday 11 <sup>th</sup> December	15:30pm	Church	Christmas Family Lessons & Carols Service
Wednesday 15 <sup>th</sup> December	11:45 am	Hall	Dalmations Christmas Lunch
Friday 16 <sup>th</sup> & Saturday 18 <sup>th</sup> December	19:00 – 21:00pm	Church	Captivate Christmas Carol An A Capella production of a Christmas Carol Tickets £10. More information to follow.
Tuesday 21 <sup>st</sup> December	15:00pm	Church	Blue Christmas
Friday 24 <sup>th</sup> December	22:30pm	Church	Christmas Eve Service
Saturday 25 <sup>th</sup> December	10:30am	Church	Family Christmas Service

Please check News & Events on our webpage

(<https://stmarysdalmahoy.org.uk>)

Go to News & Events and scroll to the bottom of the page and you'll see the calendar.

## Captivate Theatre Company at St Mary's



Captivate Theatre Company are an Edinburgh based theatre company that have performed many well-known musicals such as, Sunshine on Leith, Oliver, The Phantom of the Opera and many more. They are regulars at the Edinburgh Fringe and Festival.

This year we are incredibly lucky to announce that they have chosen St Mary's Church as their venue to do their A Capella Christmas production of A Christmas Carol on Friday 17<sup>th</sup> & Saturday 18<sup>th</sup> December.



## Professor John Starr awarded Marjory Warren Lifetime Achievement Award

The award was established in 2015 to celebrate the lifetime achievement of someone who has made an outstanding impact on the healthcare of older people throughout their career. One award is made each year, with a special medal being created for the prize winner.



This year the Board of Trustees of the BGS is delighted to honour the achievements of the late Professor John Starr, who died in 2018 at the age of 58. The award will be announced at the BGS Autumn Meeting 2021, with members of John's family present online.

Professor John Starr was an unconventional and unique figure, an inspiration to many. He not only had an extraordinary track record of distinction in research outputs, and research leadership, but he was also well-known for his dedication to mentoring clinicians and academics. Widely-read and intellectually restless, he brought these gifts to both his research and clinical life, enriching the lives of colleagues and those he mentored. Who else would start a ward round with a review of a poem; or use only Renaissance paintings as the slides for an academic talk; or illustrate a complex MRI technique with an analogy using a mattress and a wine glass?

If you are interested in reading the full article on the BGS (British Geriatrics Society) please follow the link:

<https://www.bgs.org.uk/policy-and-media/professor-john-starr-posthumously-awarded-marjory-warren-lifetime-achievement-award>

## Thank you, St Mary's!

I wish to give you thanks, twice:

Firstly, for all the lovely flowers and cards for my 80<sup>th</sup> birthday (12<sup>th</sup> November).

Secondly, for more welcome flowers, get well cards, text messages and prayers regarding my kidney cancer, which was diagnosed by biopsy back in March this year. After several visits to hospital for regular MRI checks to monitor the tumour, (after a long wait due to Covid) I went into Gartnavel Hospital, Glasgow on Tuesday, 16<sup>th</sup> November to have the tumour removed from my left kidney. The surgeon told me that the operation was "textbook with no complications". I came home on Thursday, 18<sup>th</sup> November. Whilst I am very tired, I am feeling so much better. I must rest and not exert myself in any way for the next 3 to 4 weeks. Needless to say, John is looking after me very well. Only time will tell, but I just pray now that the operation was successful.

Again, many thanks to you all and I hope to see you soon back at St Mary's.

*Myrtle Blaber*





## Birthday Celebrations



On October 25<sup>th</sup> Olive Metcalfe celebrated her 90<sup>th</sup> birthday. We were so happy to be able to celebrate with her Sunday the 24<sup>th</sup> and share the wonderful cake!

Over the years Olive has done so much for St. Mary's and for so many others,  
thank you, Olive, and

**HAPPY BIRTHDAY!**





## In the Bleak Midwinter

On a firece winter evening the Saturday before Christmas some of us set out braving a snowstorm and the hazardous road conditions to find Bethlehem, at a Lochiehead farm in the wilds of Fife.

The condition of the M90 before a snow plough had come, was appalling. With three little girls in the back of the car, it crossed my mind several times that I was quite crazy! But we made it, along with others who would not have missed it for the world.

The wails of three tired girls of “I can’t see anything” as we stood in a wet snowstorm in the open, at the back of the crowd, were transformed, to squeaks of amazement as we saw first hand, Mary and Joseph wearily coming down the hill in the distance in the driving snow. Mary, on a donkey led by a very wet Joseph, coming right up to us, so close that we could touch the wet donkey’s head.

“Is it real, is it real?” was the urgent question.

Then later as we lent over the fence to see shepherds sitting round a fire with sheep in the field and an angel appearing on top of a building strangely lit in the falling snow. “Is it real?”

Then the amazed look upon their faces as the smoke in the stable cleared, and we saw a real little baby hands appearing from the manger, as the gift of a newly born lamb bleating away, was presented by the kneeling shepherds; “Is it real, Grandma is it REAL?”

Perhaps the most precious moment for me was when the little babe now on Mary’s lap, crowed and held out little hands, as all babies do when they are delighted, as the three very tall kings in their soaking wet robes knelt down in the straw. It was better than any painting.



All the discomfort, no tea, the journey and sitting in wet clothes was forgotten in these moments of Godly wonder.

Afterwards we had an opportunity talk to the group who come from around that area in Fife. They are deeply committed to bringing the true message of the coming of Christ to a world which has largely forgotten. And I pondered on our own journeys, the cold times and snows, how often it is difficult for us to make the humble journey to Bethlehem in our lives. The simplicity of what we saw and experienced that night, more than filled our hearts.



For me it will never be forgotten. "Is it real?"  
Yes my darlings, it is, and always will be!

Janet



## 10 TOP REASONS TO BE AN EPISCOPALIAN

From the comedian Robin Williams, who was an Episcopalian, on an HBO special:

10. No snake handling.
9. You can believe in dinosaurs.
8. Male and female God created them; male and female we ordain them.
7. You don't have to check your brains at the door.
6. Pew aerobics.
5. Church year is color-coded.
4. Free wine on Sunday.
3. All of the pageantry - none of the guilt.
2. You don't have to know how to swim to get baptized.

and the **NUMBER ONE** reason to be an Episcopalian:

1. No matter what you believe, there's bound to be at least one other Episcopalian who agrees with you.

### YOU KNOW YOU ARE A EPISCOPALIAN WHEN:

It's 100 degrees, with 90% humidity, and you still have coffee after the service.

You hear something really funny during the sermon and smile as loudly as you can.

Donuts are a line item in the church budget, just like coffee.

When you watch a Star Wars movie and they say, "May the Force be with you," and you respond, "And also with you."

And lastly, it takes ten minutes to say good-bye.

### EPISCOPAL JOKES

An old Episcopal grandmother finally decided to read the Bible. She purchased a large-print edition and read it cover-to-cover. When she finished, she pulled the rector aside at coffee hour and confided, "I really enjoyed reading the Bible, but I was surprised how much it quotes the Book of Common Prayer!"

Episcopalians drink coffee as if it were the third sacrament.  
An Episcopalian is nothing more than a Catholic who failed Latin.

You might be an Episcopalian if while looking for a can opener in the church kitchen, all you can find are four corkscrews.

Do you know why Episcopalians are lousy chess players? Because they don't know the difference between a Bishop and a Queen!

Where two or three Episcopalians are gathered, there's a fifth.

A woman dies and goes to heaven, and St. Peter takes her on a tour. They pass a pit where people were gnashing their teeth and wailing, and the woman asks, "Who's down there?" St. Peter says, "Oh, those are the Catholics who ate meat on Fridays."

They walk a little farther and there's another pit with more groaning and wailing, and she says, "Okay, who's down there?" St. Peter answers, "Those are the Baptists who went to dances."

A little farther along, there's another pit filled with people gnashing their teeth and crying and ripping their garments. The woman asks, "And those people?" St. Peter replies, "Those are the Episcopalians who ate their salads with their fish forks."

Q: How many Episcopalians does it take to change a lightbulb? (in ascending order)

A: Two. One to mix the martinis, and one to call the electrician.

A: Ten. One to change the bulb, and nine to say how much they liked the old one better.

A: Twelve. One to do the work and eleven to serve on the committee.

A: Change the lightbulb?! My grandmother gave that lightbulb!





## 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.



*Scan. Pay. Go.*

## Children's Page –



## Who's Who (continued from Page 2)

### Vestry 2019/2020

Secretary	Pippa Crichton	0131 333 1683 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	Margaret King	01506 442 549
Lay Representative	Ann Donoghue	layrep@stmarysdalmahoy.org.uk
Alt. Lay Representative	Steve Haigh	
	John O'Connor	01506 442 549

### 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

Carol MacBride	07909 582 760
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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
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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Pippa Crichton

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**Organist Emeritus**

John Blaber

[emeritus@stmarysdalmahoy.org.uk](mailto:emeritus@stmarysdalmahoy.org.uk)

**Service Times**

Sunday	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 2022 issue  
is **3:00 pm** on Sunday 16<sup>th</sup> January 2022**

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](mailto: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](http://www.thesilverline.org.uk)

**Anxiety UK:** Tel: 03444 775 774 [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Arthritis Helpline:** Tel: 0800 5200 520 [www.versusarthritis.org](http://www.versusarthritis.org)

**Mind:** Tel: 0300 123 3393 [www.mind.org.uk](http://www.mind.org.uk) Mental Health.

**Age UK:** Tel: 0800 678 1602 [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Samaritans:** Tel: 116 123 [www.samaritans.org](http://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](http://www.cruse.org.uk)

