ST MARY'S CHURCH, DALMAHOY







April – May 2022

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



Revd Christine Downey Rector

Tel: 0131 335 0185

Email: rector@stmarysdalmahoy.org.uk

Ella Henderson Outreach

Mandy Smart Spiritual Nurture / Education & Growth

Worship

Liturgical Assistants

Revd Janet Dyer Steve Haigh
Denis King Carole MacBride

Administrator Pippa Crichton 0131 333 1683

admin@stmarysdalmahoy.org.uk

Wedding Co-ordinator Carole MacBride 07909 582760

weddinginfo@stmarysdalmahoy.org.uk

Rector's Warden Wilma Brown 07503 979 375

People's Warden Margaret King 01506 442 549

peopleswarden@stmarysdalmahoy.org.uk

Pastoral Visitor

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: Pippa Crichton St Mary's Snowdrops

Pastoral Letter from Christine



Dear brothers and sisters in Christ,

From a distance, it looked like a disaster, Jesus had been arrested. One of His own disciples had betrayed Him. Fear filled their lives with uncertainty. Jesus was beaten, crucified, and died.

All the hopes, dreams, and promisesgone. And then, on the third day – Jesus rose from the dead and the celebration began!

Just imagine it! In every recording of the Gospel, the end message is the same – sin is forgiven, there is victory over death, He is risen – He is risen indeed! Jesus is Lord!

With this glorious revelation, Jesus issues the command to go and tell the whole world the Good News!

An economy in shambles, wars and rumours of wars, a country struggling with its sense of right and wrong, young people alienated and sinking under the weight of poverty and sickness- from a distance – it looks like a disaster…but then – we respond…

- We provide food and donations to St. Salvador's food cupboard
- We support the efforts of many charities locally and internationally
- We make hats for Seafarers
- We provide safe space for our community at large
- We teach the faith
- We build a better world

This Easter, be empowered by the Christ within you and not the world around you.

You are people of great and quiet courage, farmers, retired seniors, widows, teachers, students, professionals, childcare workers, and retail workers; and you have within you the same greatness the Apostles did over 2000 years ago.

Take a deep breath – straighten your back – put your face to the wind and resolve to serve the Lord as never before!

You have been my teachers and my companions on the Way. I thank you all.





From the Registers (April – May 2022)

Baptism

19 March Clark William Peter Crown

20 March Harry Ross Anderson

Weddings

13 April Robyne Moody & Donald Zindoga

7 May Angela Myles & Kevin Brown

28 May Samantha Catton & Peter Page

No Funerals

Douglas Hall Classes & Events

Monday's 10:00am-12:00pm Craft Group

Wednesday's 18:00-19:00am Yoga Thursday's 19:00 20:00pm Yoga

Friday's 1900 – 21:00 pm Ratho Scout Group (occasional)

2nd & 4th 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



Introducing The Welcoming, this is the charity that will be supported in the Bishop's Lent Appeal this year.

The Welcoming supports refugees, asylum seekers and migrants to feel at home in Edinburgh. We support New Scots to learn English, secure employment and access local services, offering opportunities for friendship, health and wellbeing, and sustainable living. We also connect locals and New Scots through social and cultural exchanges, and a thriving volunteering programme.

Our vision is of a diverse and inclusive Scotland, where everyone feels welcome and can achieve their potential. We have a twenty-year legacy of supporting new arrivals in Scotland. Our free English classes, friendship groups, one-to-one befriending service, and employability support are vital for many New Scots who face the challenge of building lives in a new country.

We are asking for your donation so that we can continue providing our support to New Scots in Edinburgh. You can help make your Edinburgh a more welcoming place for refugees and migrants.

www.thewelcoming.org



Dalmations

The first Dalmations meeting of 2022 was held on Wednesday February 23rd. Although some regulars were unable to attend there were 16 attendees. This was quite encouraging as at least 4



were guests who had been brought along by members of St Mary's. We hope that they found it an enjoyable meeting and will join us again.

The speaker at the meeting was John Helliwell who spoke on the Mary's Meals charity. John started by giving a quick reminder on how Mary's Meals began by working, initially, in Malawi. Their target was to 'Provide chronically hungry children with one meal every school day'. The aim of this was to encourage children to get their education, by attending school, and by providing some of their food requirements. This continues to be the main purpose of Mary's Meals. The charity now works in 20 countries across Africa, Asia, Latin America, Eastern Europe and the Caribbean feeding over 2 million children each school day.

John showed us some slides, which were taken when he visited Malawi in 2012. When there, he was able to view first-hand the work that Mary's Meals was carrying out. He was also able to speak to children, who were benefiting from this work and could let him know how it was making their life a bit easier. He talked the meeting through the stories of a few of these children. They were very informative in giving an insight into their lives.

Previously St Mary's congregation has sponsored the Mary's Meals kitchen at Dole Primary School and continues to give ongoing cash donations to the charity. They also were very involved with providing and collecting backpacks, which were sent out to Africa. John told the meeting that, due to the pandemic, this method of support had to be temporarily suspended (see postscript at the end of this article).



John was thanked for giving his comprehensive overview of Mary's Meals current situation. The proceeds from the lunch and some jigsaws which Margaret Chill had brought to sell in aid of the charity were donated to it.

Speakers for the final two meetings of the session have now been organised, These will be:

March 30th Igor Kozlov will return to give the next instalment of the book he has been writing on his journey from Childhood in Russia. This had been scheduled for 2020 but the pandemic caused it to be cancelled. We look forward to Igor's return.



April 27th Adrian Dyer has volunteered to come and give a talk entitled 'With my camera in my garden'. As the title implies this will be a pictorial walk through of the garden that Adrian and Janet have created in Balerno. We thank Adrian for agreeing to do this for us.

Dalmations then takes a recess over the late spring/summer months

before a planned restart in August. I am working on getting a full programme for the 2022/23 session agreed within the next few months. I have already had a few offers and suggestions for speakers/entertainers, for which I am very grateful. I will be following these up. Any other offers or suggestions for people who may be willing to come and talk or otherwise entertain us will be welcomed. Please let me know.





As always, remember Dalmations meetings are open to everyone. There are no age barriers and attendees do not have to be members of St Mary's. So, if interested, feel free to come along and join us. You will be welcomed. If you need transport, please get in touch and something will be arranged.

Postscript on Mary's Meals Backpacks:

While writing this article John Helliwell sent me the following update

Since we met Mary's Meals has announced the end of the backpack project. The last container goes on 22nd April. Costs have risen and over 6,000 more children can be fed each year with the savings made on transport costs alone. It is going to be a busy time for the next few weeks packing up bags for that final collection, but it will be good to have an empty garage at last.

Denis.



Provincial Youth Week



At last! After two years of looking forward to an in-person Youth Week, teenagers in the Scottish Episcopal Church are planning to be back at Glenalmond College this summer. "Yeek" (short for Provincial Youth Week) is the new name for "Glen", but that special week in the summer will still involve the things that delegates know and love – plus a few extra surprises!

The Youth Week is for young people (delegates) of High School age. If someone in your church is interested, show them this film in which young people talk about what the Youth Week means to them.

IT'S COMING! THE PROVINCIAL YOUTH WEEK 2022

This year, the Youth Week will explore the Church's seasonal calendar to look at how God can speak to us in all seasons, whether we are living in ordinary or extraordinary times. We will live through the whole liturgical year in the space of a week, enjoying a unique opportunity to celebrate Christmas and Easter together - including Christmas dinner in August!

Booking is now open. You can find out everything you need to know on the new Yeek website. There is an Early Bird Discount which will end on Easter Monday, so don't delay! Please encourage young people in your church to sign up.



Eucharist Readings:

Year A Eucharist	(Year A2 for Morning Prayer)	First Reading
3 April	Fifth Sunday in lent	Isaiah 43:16-21
10 April	Palm Sunday	Isaiah 50:4-9a
17 April	Easter Day	Isaiah 65:17-25
24 April	Second Sunday in Easter	Acts 5:27-32
1 May	Third Sunday of Easter	Acts 9:1-6, (7-20)
8 May	Fourth Sunday of Easter	Acts 9:36-43
15 May	Fifth Sunday of Easter	Acts 11:1-18
22 May	Sixth Sunday of Easter	Acts 16:9-15
29 May	Seventh Sunday of Easter	Acts 16:16-34
5 June	The Day of Pentecost	Ezekiel 37:1-14
12 June	Trinity Sunday: Pentecost 1	Proverbs 8:1-4, 22-31
19 June	Pentecost 2	1 Kings 19:1-4, (5-7), 8-15a
26 June	Pentecost 3	2 Kings 2:1-2, 6-14

April – June 2022

Second Reading	Gospel
Philippians 3:4b-14	John 12:1-8
Philippians 2:5-11	Luke 22:14-23:56
1 Corinthians 15:19-26	John 20:1-18
Revelation 1:4-8	John 20:19-31
Revelation 5:11-14	John 21:1-19
Revelation 7:9-17	John 10:22-30
Revelation 21:1-6	John 13:31-35
Revelation 21:10, 22-22:5	John 14:23-29
Revelation 22:12-14,16-17,20- 21	John 17:20-26
Romans 8:22-27	John 15:26-27, 16:4b-15
Romans 5:1-5	John 16:12-15
Galatians 3:23-29	Luke 8:26-39
Galatians 5:1,13-25	Luke 9:51-62



'Here's one I prepared earlier'

I continue with my 2020 programme, then aborted due to lockdown.

Organ Music for April and May

Sunday 10 April - Palm Sunday

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

Prelude in B minor (BWV 544) - Bach

Saturday 16 April – Easter Vigil

Hallelujah Chorus (from 'Messiah') – George Frideric Handel (1685-1759)

Sunday 17 April – Easter Day

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

Sonata in G (Op.28, 1st movement) – Edward Elgar (1857-1934) Brought up in Croydon, Samuel Coleridge-Taylor studied composition at the Royal College of Music under Stanford. After completing his degree, Taylor became a professional musician, being appointed a professor at the Crystal Palace School of Music and conductor of the orchestra at the Croydon Conservatoire. He was later encouraged by Elgar, who recommended him to the Three Choirs Festival. Coleridge-Taylor was just 37 when he died of

The genesis of the Sonata was a request to Elgar to write an organ voluntary for a convention of American organists meeting in Worcester in 1895. Instead, Elgar decided on something somewhat bigger: a four movement sonata of nearly half an hour's length. The score was finally handed over to the cathedral organist, Hugh Blair, at lunch on 3 July, leaving the unfortunate man just five days to

pneumonia.

prepare it for the first performance on 8 July 1895. Rosa Burley, headmistress of The Mount School in Malvern where Elgar taught violin, described it as follows: 'His [Blair's] performance of the Sonata showed that he had either not learned it or else had celebrated the event unwisely, for he made a terrible mess of poor Elgar's work. I was present at this débacle and commiserated with the Genius. But with a splendid flash of loyalty he refused to blame the murderer who, he said, had not had time thoroughly to study the victim'.

Sunday 24 April – Easter 2

Sonata no.1 in C minor (2nd mov.) – James Lyon (1872-1949) Andantino ('Vesper Voluntaries') – Elgar Sonata no.1 in C minor (1st mov.) – Lyon

James Lyon was a self-taught musician born in Manchester, who spent his professional life in music education. Attracted to the organ, he wrote for it three sonatas, two suites and a number of individual movements. Percy Whitlock used to include the first Sonata in C



minor in his recitals. Elgarian in style, the first movement is a very close pastiche of the first movement of Elgar's organ sonata in G, which I played last week. See if you can spot the many similarities! Here are the openings of both:

Sunday 1 May - Easter 3

By the sleepy lagoon – Eric Coates (1886-1957) Air (from 'Water Music') – Handel

Tu es petra – Henri Mulet (1878-1967)

Eric Coates's son, Austin, wrote about the inspiration for his father's 1930 piece: 'It was inspired in a very curious way and not by what you might expect. It was inspired by the view on a warm, still summer evening looking across the "lagoon" from the east beach at Selsey towards Bognor Regis. It's a pebble beach leading steeply down, and the sea at that time is an incredibly deep blue of the Pacific. It was that impression, looking across at Bognor, which looked pink—almost like an enchanted city with the blue of the Downs behind it—that gave him the idea for the Sleepy Lagoon. He didn't write it there; he scribbled it down, as he used to, at extreme speed, and then simply took it back with him to London where he wrote and orchestrated it.' The piece later became famous as the signature tune for the BBC Radio programme 'Desert Island Discs' (with added seagulls!)

See below for biographical details of Henri Mulet

Sunday 8 May - Easter 4



Sheep may safely graze (BWV 208) – Bach Pastorale (BWV 590, 1st movement) – Bach Meditation on 'Brother James's Air' – Harold Darke (1888-1976)

Three pastoral pieces for Good Shepherd Sunday! Harold Darke was organist of St. Michael Cornhill, in the City of London, from 1916 to 1966 – exactly 50 years of service.

Sunday 15 May – Easter 5

Schmücke dich, O liebe Seele (BWV 654) – Bach Jesu, joy of man's desiring (BWV 147) – Bach Sinfonia (from Cantata 29) – Bach, arr. Alexandre Guilmant (1837-1911)



Bach's cantata No.29, 'Wir danken dir, Gott', for the church service written was newly-elected inaugurating the Leipzig Town Council, and was first performed on Sunday 27 August 1731 in St. Nicholas's Church. The Sinfonia is а brilliant instrumental adaptation of the prelude from Bach's unaccompanied Violin Partita no.3 (BWV 1006), and using trumpets and organ in addition to a standard baroque orchestra. The romantic arrangement for solo organ was a favourite piece of Carlo Curley's, and also of his flamboyant teacher Virgil Fox (pictured), who used to play it very fast and very loud in his 1970's 'Heavy Organ' concerts, aimed at rock audiences!

Sunday 22 May - Easter 6

Concerto in F (BWV 978) – Antonio Vivaldi (1678-1741), arr. Bach One of Bach's keyboard arrangements of other composers' orchestral works, this is a Vivaldi concerto in three movements (fast-slow-fast) arranged by Bach in the 1708-17 period. The last movement is a foreshadowing of Bach's great organ Toccata in F (BWV 540) ca.1717, and must have been fresh in his mind during its composition!

Sunday 29 May - Ascension Sunday

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

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

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

Messiaen was appointed organist at the Église de la Sainte-Trinité, Paris, in 1931, a post he held for an incredible 61 years until his death. *'L'Ascension'* is one of his earlier works, dating from 1933 when he was 25 years old. The work consists of four movements, all with quotations from the Gospels. I play the first and last of the set.

Peter Philips was both an eminent keyboard virtuoso and Catholic priest in the early seventeenth century. Exiled for his faith in 1582, he stayed briefly in Flanders before moving to Rome, where he became organist of the Venerable English College. There he met Thomas, Lord Paget, who engaged him as musician. The two travelled extensively, ending up in Antwerp in 1590, where Philips settled. He took holy orders sometime between 1597 and 1610, when he was appointed to a canonry. 'Ascendit Deus' is an exuberant motet for the feast of the Ascension, first published 1612 in 'Cantiones sacrae quinis vocibus'.

Sunday 5 June - Pentecost

Komm, heiliger Geist, Herre Gott (BWV 651) – Bach Nun bitten wir den heiligen Geist (BuxWV 209) – Dieterich Buxtehude (ca.1637-1707)

Carillon-Sortie - Mulet

Mulet originally intended to be a cellist, but later served as an organist at Saint-Pierre-de-Montrouge and also taught at the École Niedermeyer and the Schola Cantorum, where he worked with his friend Vincent d'Indy. From 1922 to 1937 he was organist at St. Phillippe du Roule.



Mulet's most notable works are for organ: the 'Esquisses byzantines' ('Byzantine Sketches' 1914-1919), including 'Tu es petra', which I played five weeks ago, and the 'Carillon-Sortie' (1911/12), which I play today. The Carillon has been called 'one of the great showpieces of French Romantic organ music'.

In 1937, following a financial crisis, Mulet destroyed his manuscripts and many of his possessions and left Paris for Draguignan in south-eastern France. There he continued

working as a church organist until 1958, often in poverty (his wife, Isabelle-Emilie-Marie (née Rochereau) opened a toyshop in the hope of increasing their income). Subsequent ill-health led Mulet and his wife to retire to a convent, where he died in 1967.



Diary of Events: April – May 2022

Date	Times	Venue	Event
10 April	10:00am	Church	Morning Prayer: Palm Sunday
10 April	10:30am	Church	Palm Sunday: Sung Eucharist with Blessing & Procession of Palms
11 April	12:00pm	On-line	Mid-day prayer live
13 April	11:00am	Church	Said Eucharist
14 April	7:00pm	Church	Maundy Thursday: Tenebrae Service with foot washing
15 April	10:00am 2:00pm 3:00pm	Church	Re-making the Easter Garden Stations of the Cross Solemn liturgy of the passion & Death of the Lord.
16 April	6:00- 7:00pm 8:00pm	Church	Hour Silence & Contemplation Easter Vigil & Renewal of Baptism Vows
17 April	6:00am 10:00am 10:30am	Church	Dawn Service Morning Prayer Easter Day Service

Please check News & Events on our webpage

(https://stmanysdalmanov.org.uk)

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

Secondary Glazing Funding Approved

Funding has been approved for the installation of secondary glazing on all the windows at St Mary's Church, Dalmahoy, EH27 8EB

The congregation and many visitors to St. Mary's Dalmahoy on the western outskirts of Edinburgh are set to benefit from the installation of secondary glazing on all of the stained glass windows within the church building thanks to a grant of up to £33,248.63 from the FCC Communities Foundation.

The money will be used to purchase and install bespoke secondary glazing to all of the stained glass windows in the church building, many of which date from the Victorian Era.

Carole MacBride, Property Convenor at St. Mary's Dalmahoy believes that the installation of secondary glazing will substantially reduce the carbon footprint of the church building which dates from 1850 by drastically reducing the loss of heat through the single glazed and rather draughty windows.

This in turn will reduce the energy required to provide a level of comfort in the church for the regular members of the congregation and for the many wedding guests who visit the church to see their relatives and friends marry.

It will also allow the building to be made more available to others who might wish to hire it for concerts or other performances, knowing that a comfortable level of warmth can be achieved at a reasonable cost.

Carole says: "This project will provide a real boost to the users of St. Mary's Dalmahoy. It's fantastic that FCC Communities Foundation has awarded us this money, without it this project

would not have been able to come to fruition and we are really looking forward to being able to appreciate the benefits following installation which will hopefully be possible during the late summer and early autumn of 2022.

FCC Communities Foundation is a not-for-profit business that awards grants for community projects through the Scottish Landfill Communities Fund.



FCC Communities Spokesperson (Penny Horne) says

"We're delighted to be supporting the Dalmahoy Church - Secondary Glazing Project and pleased our funding will make such a difference to so many groups of people within Kirknewton and the surrounding neighbourhoods. FCC Communities Foundation is always

happy to consider grant applications for projects that benefit local communities and we're looking forward to this one having a positive impact very soon." With Best Wishes Penny Horne FCC.

Carole MacBride hopes that the installation will be completed before the winter of 2022.

A recently installed Far Infrared heating system in December 2021 should prove even more effective and efficient once the heat loss through the windows is eliminated.

The product and the installation method employed is a unique system which has been used successfully in several Historic Environment Scotland properties and which is provided by Perth

based Glaze and Save Ltd. It is aesthetically pleasing in settings where appearance is an important consideration and where architecture of historical interest must not be compromised.

Recipe: Easy Gooey Brownies

Know the secret to gooey brownies? Don't overcook them, and dot through caramel or chocolates filled with liquid caramel or ganache to help add moisture



Ingredients

- 150g butter
- 75g light soft brown sugar
- 150g plain chocolate, broken into pieces
- 1 tbsp golden syrup
- 3 eggs
- 125g golden caster sugar
- 1 tsp vanilla extract
- 150g plain flour
- ½ tsp baking powder
- 3 tbsp cocoa powder, plus more to dust
- · 4-6 tbsp dulce de leche, caramel or chocolate hazelnut spread

Method

STEP 1

Heat the oven to 180C/160C fan/gas 4. Line a 20cm square cake tin with baking parchment. Melt together the butter, brown sugar, chocolate and golden syrup gently on a low heat until it is smooth. Remove the pan from the heat.

STEP 2

Whisk together the eggs and caster sugar in a large bowl until light and fluffy – this will take a few minutes and is worth doing properly. Add the vanilla extract, then sift over the flour, baking powder and cocoa powder and add the chocolate mixture. Fold everything together quickly and scoop half of the mixture into the tin. Dot over scoops of caramel or chocolate hazelnut spread and then scoop the rest of the brownie mixture over the top. Add more scoops of caramel or chocolate spread, if you like, and bake for 30 mins. The

top of the mixture should now be set and slightly cracked looking, but the mixture underneath will still have a slight wobble.

• STEP 3

Remove from the oven and allow to cool completely before cutting into squares. Dust the tops with cocoa or icing sugar, if you like, or if serving as a dessert drizzle with more caramel. Will keep for 3 days in an airtight container.

(https://www.bbcgoodfood.com)



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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

1. When does a joke become a 'dad' joke?

When it becomes apparent.

2. Why did the bullet end up losing his job?

He got fired.

3. What kind of shorts do clouds wear?

Thunder pants

4. I entered ten puns in a contest to see which would win.

No pun in ten did.

5. How do you measure a snake?

In inches—they don't have feet.

6. What does a house wear?

Address!

7. Why are toilets always so good at poker?

They always get a flush

8. Why is Peter Pan always flying?

Because he Neverlands. (I love this joke because it never grows old.)

9. You heard the rumour going around about butter?

Never mind, I shouldn't spread it.



God will provide

A young woman bought her fiancé home to meet her parents. After dinner, her mother told her father to find out about the young man.

The father invited the fiancé to his study for a talk.

"So, what are your plans?" the father asked the young man.

"I am a biblical scholar" he replied.

"A Biblical scholar, hmmmmm" the father said. "Admirable, but what will you do to provide a nice house for my daughter to live in?"

"I will study" the young man replied, "and God will provide for us".

- "And how will you buy her a beautiful engagement ring, such as she deserves?" asked the father.
- "I will concentrate on my studies" the young man replied. "God will provide for us".
- "And children?" asked the father. "How will you support children?"
- "Don't worry sir, God will provide," replied the fiancé.

The conversation proceeded like this, and each time the father questioned the young idealist insisted that God would provide.

Later, the mother asked, "How did it go, Honey?"

The father answered, "He has no job, no plans and he thinks I'm God!"



Funny Christian Stories-Christian Humor-Funny Bible Stories (gatewaytojesus.com)

Children's Page -



Who's Who (continued from Page 2)

Vestry 2021/2022

Pippa Crichton 0131 333 1683 Secretary secretary@stmarysdalmahoy.org.uk Gavin Craig Treasurer 01506 891538 treasurer@stmarysdalmahoy.org.uk Rector's Warden Wilma Brown 07503 979 375 warden@stmarysdalmahoy.org.uk People's Warden Margaret King 01506 442 549 Ann Donoghue Lay Representative 01506 351 574 layrep@stmarysdalmahoy.org.uk Alt. Lay Representative Steve Haigh 01506 410 825 Member at Large John O'Connor 01506 442 549

Altar Guild

Co-ordinator Denis King 01506 873061 Irina Grigolava Carole MacBride

Child Protection & Caroline Gunn 0131 443 4059

Vulnerable Adults protection@stmarysdalmahoy.org.uk

Co-ordinator

Gift Aid Secretary Geoff Angell 0131 315 2639

Fabric Co-ordinator Carol MacBride 07909 582 760

Head Server Denis King 01506 873061

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

Visitors

Lois May Donaldson	0131 449 4279
Janice Goodfellow	01506 495082
Irina Grigolava	07796 305789
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	07503 979 375
Third Sunday	Irina Grigolava	07796 305789
Fourth Sunday	Jane Russell	0131 441 2346
Fifth Sunday	Ann Donoghue	01506 351 574

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

Christine Downey & intouch@stmarysdalmahoy.org.uk

Pippa Crichton

Website Administration

Vacant webmaster@stmarysdalmahoy.org.uk

Organist Emeritus

John Blaber emeritus@stmarysdalmahoy.org.uk

Service Times

Sunday Morning Prayer (Said) 10:00 am

Sung Eucharist 10:30 am

Wednesday Said Eucharist 11:00 am

Church Open Times

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

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

Deadline for articles for the June – July 2022 issue

is 3:00 pm on Sunday 15th May 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



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

