

# ST MARY'S CHURCH, DALMAHOY



## In Touch

June – July 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



## Ministry Team

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](mailto: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 Arrangement in St Mary's Church**



## Pastoral Letter from Christine



Culture eats strategy for breakfast. In other words. What and how we plan to do things differently has to often overcome the strictures of the culture within the country or in our case the congregation.

I believe our CET (Community Engagement Team) is succeeding in striking a good balance. I admit to being careful when changing things though those who interviewed me almost 5

years ago were all for radical change...

What I find is working is a slow and steady pace with some giant leaps. And you guessed it - it's almost time for one of those giant leaps again. Especially as we now have more confidence in the pandemic being at manageable levels for us here.

This means in the very near future we are going to urge all of you to take part in advertising and distributing 2 sperate leaflets, one is designed to invite people to worship with us and the other is designed to invite those who have been married in St. Mary's or attended but have since moved away – to become "Friends of St. Mary's". We hope these initiatives will help us grow in numbers and allow us to create more meaningful and creative worship experiences in the first case. And in the second to provide an opportunity for people to give back to St. Mary's, to preserve our heritage and help us maintain the physical structure of our historic church building and grounds.

We are planning lots of activities in the coming months so please do get involved! These range from BBQs to St. Scruff's dog show and much more. The details of which will be in our next In Touch magazine, on our website, on Face Book and in our pew sheets.

None of the planned activities could be thought of or planned without your input, and active participation- don't forget to bring friends and family! Every Blessing

Christine+



## From the Registers (June – July 2022)

### No Baptism

### Weddings

17 June	Laura Cameron & Craig Sullivan
24 June	Leanne Cummings & Robert Timm
7 July	Lousie McDonagh & Colin Stewart
8 July	Nichola Bell & Elliot Young
9 July	Alexandra Goodwin & Mark McRoberts
24 July	Lee Perrino & Loudon Wheeler
29 July	Sarah Herd & Alasdair Bain

### Funerals

26 <sup>th</sup> May	Marjorie Smart
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### Douglas Hall Regular 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	19:00 – 21:00 pm	Ratho Scout Group (occasional)
2 <sup>nd</sup> & 4 <sup>th</sup> Sundays	14:30-18:00pm	Mar Thoma Congregation



More information and **up-to-date** details  
can be found on our website  
[www.stmarysdalmahoy.org.uk](http://www.stmarysdalmahoy.org.uk)



## Closing the circle!

During May the Oatridge NC Countryside Management students returned to St Mary's to finish off a project which began last October.



NC and HNC students were tasked to clear a lot of overgrown areas in the grounds of St Mary's Church, Dalmahoy.

The students did a great final tidy up and installed these two lovely benches they made in their workshops.

Our parishioners and visitors will certainly enjoy these beautifully crafted benches in the lovely surroundings of this historic old church.



Well done to all involved.

If you're interested find more on their NC Countryside course here:

<https://buff.ly/3LGOJAq>



## The Day I Have Never Forgotten!

I looked at a 70 year old photo album recently and recalled the day I shall never forget. In 1953 my friend Joan and I were St. John's Ambulance Nursing cadets and to our surprise we were chosen to represent the Oxford division at the Coronation.

On the evening of June 1<sup>st</sup> we were taken by bus to an office in central London where we slept on the floor in our uniforms, (no pillows, blankets or washing facilities!!)

The next morning we were marched along streets thronged with excited people who had been up all night. I remember seeing the newspaper headlines. "A wonderful present for the Queen ! Hilary and Tensing conquer Everest !" We didn't know where we were being taken, and there were hundreds of servicemen with us, and we were cheered as we marched, as though we were celebrities. At 7.30



a.m. we reached the Victoria Memorial which is right outside Buckingham Palace. We were to have a very special viewpoint for the parade. We took our places, the only girls as far as we could see among thousands of servicemen! As the morning progressed just anything that came out of the palace was cheered, even the dustmen. It began to absolutely pour with rain and we were soaked through our thick woollen uniforms, but nothing could dampen our spirits.

I clearly remember the moment when the atmosphere became palpable as all the guards just a pace apart, all down the Mall in front of us, took off their rain capes and there was a flash of the bright red of their uniforms, heralding the emerging carriages from the palace.

After all the "Royals" had passed and the cheering had been ear-splitting, there was a slight pause in anticipation, and suddenly there was an absolutely huge roar from the crowds as the golden carriage



came through the gates with the uncrowned Queen Elizabeth and her husband, the Duke, beside her.

My memory was of a most beautiful vibrant young woman, she took our breath away, and we, who were so close to her, saw her visibly startled by the sheer volume of noise as the carriage rounded the Victoria Memorial. I have often wondered what her thoughts were as she made her way to be crowned.



After that we ate our soaked sandwiches and we were all given the order of service for the Abbey. I don't remember any toilet breaks!!!

I treasure to this day the experience of participating as one with the crowds in the service, saying the responses and singing "All people that on earth do dwell" and the profound silences as we all listened to the service relayed to us along the route. Many of the servicemen around us had been through the second world war and were moved to tears, for we all hoped above all, that this new Elizabethan age would be a time of change for the better, with no conflict. It was an inspiring day.

Reading the service now, the similarity to an ordination is striking. The Holy Spirit was invoked, as Elizabeth in a white linen robe, was anointed by the Archbishop of Canterbury, and hands laid upon her with the words:

**"Heavenly Father, bless and sanctify thy chosen servant Elizabeth who by our office and ministry is now anointed with this oil and consecrated Queen: Strengthen her, O Lord, with the Holy Ghost the Comforter; Confirm and establish her with Thy free and princely Spirit, the Spirit of wisdom and government, the Spirit of counsel and godly strength, the Spirit of knowledge and true godliness and fill her O Lord, with the Spirit of thy holy fear, now and for ever; through Jesus Christ our Lord. Amen."**

After some hours the coronation procession returned to the palace and we had been lucky enough to see it twice. We were so hoarse



with cheering and the service men had lost their hats from throwing them in the air! Before the Queen came out on the balcony of the Palace, we managed to race across St. James 's Park to the underground and return to Oxford in time to see the fireworks on my parents 4 inch telly that my father had made for the occasion. We were very tired, very wet, but above all inspired as I have never ceased to be, at the dedication of that young beautiful Queen to her calling for all these years.

From Janet.



## In Touch: An Alternative



It has recently been brought to my attention (thanks Geoff) that we seem to have a rival out there.

I hope that you all remain loyal and we do not catch you in the pews reading this version?

Though if you have any dish recommendations I'm all ears.

Pippa.



## Carole's Latest Adventures.

### Our Recent 5 Night Trip To The Outer Hebrides

This was the plane which we travelled aboard to fly from Glasgow to Barra on the morning of Sunday 8th May. There were 13 passengers and 2 flight crew and very limited baggage.

I know now what a sardine must feel like when packed into a tin.

Barra is the only airport in the world where the planes land on and take off from the beach.

This is the baggage reclaim area. It bears a similarity to the one which we experienced on our first trip to Koh Samui in Thailand many years ago, of course there was sunshine there, not much of that in evidence from this photo.



This is the exterior of a renovated traditional Black House. This one had been set up as a museum to allow visitors to get an idea of what life would have been like when this was the most common housing on crofts in the Outer Hebrides. Livestock occupied one half of the building and the family lived in the other half. Definitely no space for additional clutter in houses of this type! The bare necessities only.



Prior to our trip we had no knowledge of the Hebridean Way cycling route. This particular sign was at the northernmost point at the Butt of Lewis.

We met several cyclists in the various places which we were booked into for overnight stays. None were particularly young, some had travelled from the USA to undertake this particular challenge and had waited for up to two years to see their plans come to fruition.

With a total distance of 185 miles, the route covers 10 islands, 6 causeways and 2 ferries.

We covered all those miles but in our hire car. We did inadvertently miss out one of the smaller islands, Grimsay.



In order we travelled to Vatersay from Barra and back again, as would the cyclists, ferry to Eriskay, up through South Uist, onward through Benbecula to North Uist. Apparently Grimsay should have been visited between Benbecula and North Uist, then Berneray and a second ferry to Harris and northwards up through Lewis to the most northern point where there is a lighthouse at the Butt of Lewis and to the most northern harbour at Port Of Ness.

The weather could have been better. There was quite a lot of rain, wind and mist but being enclosed in a nice cosy car was far more enjoyable than what the poor cyclists had to endure.

In addition to the distance of the challenge, there also seemed to be a lot of very steep inclines for the cyclists to negotiate, making it seem even longer.

Landing on the beach in Barra and visiting the Outer Hebrides have now been scored off of my bucket list where they have been listed since 2019.

Definitely a trip worth taking



## Eucharist Readings:

<b>Year A Eucharist</b>	<b>(Year A2 for Morning Prayer)</b>	<b>First Reading</b>
5 June	The Day of Pentecost	Ezekiel 37:1-14
12 June	Trinity Sunday: Pentecost 1	Proverbs 8:1-4, 22-31
19 June	Second Sunday after Pentecost	1 Kings 19:1-4, (5-7), 8-15a
26 June	Third Sunday after Pentecost	2 Kings 2:1-2, 6-14
3 July	Fourth Sunday after Pentecost	2 Kings 5:1-14
10 July	Fifth Sunday after Pentecost	Amos 7:7-17
17 July	Sixth Sunday after Pentecost	Amos 8:1-12
24 July	Seventh Sunday after Pentecost	Hosea 1:2-10
31 July	Eighth Sunday after Pentecost	Hosea 11:1-11
7 August	Ninth Sunday after Pentecost	Isaiah 1:1, 10-21
14 August	Tenth Sunday after Pentecost	Isaiah 5:1-7
21 August	Eleventh Sunday after Pentecost	Jeremiah 1:4-10
28 August	Twelfth Sunday after Pentecost	Jeremiah 2:4-13



## June – August 2022

Second Reading	Gospel
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
Galatians 6:(1-6) 7-16	Luke 10:1-11, 16-20
Colossians 1:1-14	Luke 10:25-37
Colossians 1:15-28	Luke 10:38-42
Colossians 2:6-15, (16-19)	Luke 11:1-13
Colossians 3:1-11	Luke 12:13-21
Hebrews 11:1-3, 8-16	Luke 12:32-40
Hebrews 11:29-12:2	Luke 12:49-56
Hebrews 12:18-29	Luke 13:10-17
Hebrews 13:1-8, 15-16	Luke 14:1, 7-14



## Organist's Corner

by Alan John Phillips

'We're back!'



**At last choir practice resumes at  
St. Mary's!**

**Join us every Sunday morning  
from 09.15 to 09.45**

**New tenors and basses  
especially welcome.**

**Plenty of room in the nest!**

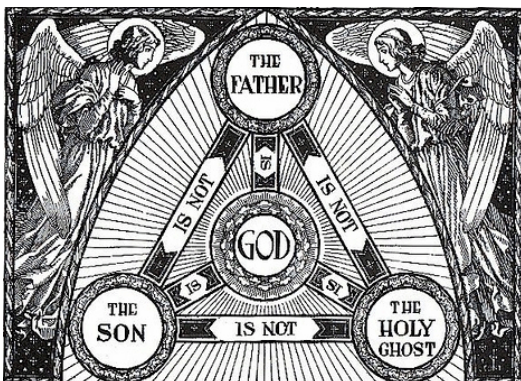
## Organ Music for June and July

### **Sunday 5 June – Pentecost – Platinum Jubilee Weekend**

Komm, heiliger Geist, Herre Gott (BWV 651) – Johann Sebastian Bach (1685-1750)

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

Zadok the Priest (Coronation Anthem) - George Frideric Handel (1685-1759)



### **Sunday 12 June – Pentecost 1 (Most Holy Trinity)**

Kyrie, Gott Vater in Ewigkeit (BWV 669) – J.S. Bach

Christe, aller Welt Trost (BWV 670) – J.S. Bach

Kyrie, Gott heiliger Geist (BWV 671) – J.S. Bach

### **Sunday 19 June – Pentecost 2 (Sunday within Octave of Corpus Christi)**



Le banquet céleste – Olivier Messiaen (1908-1992)

Schmücke dich, O liebe Seele (Op.122 no.5) – Johannes Brahms (1833-1897)

Récit du Chant de l'Hymne précédent (Pange lingua) – Nicolas de Grigny (1671-1703)

### **Sunday 26 June – Pentecost 3 (Canada Day)**

Barcarolle – Healey Willan (1880-1968)

Chorale Prelude on a melody by Orlando Gibbons – Healey Willan

Postlude in D – Healey Willan

*Music by the famous organist of St. Mary Magdalene, Toronto, 1921-68.*

### **Sunday 3 July – Pentecost 4**

Monologue (op.162 no.1) – Josef Rheinberger (1839-1901)

2 Arioso (No.2 of '12 Characteristic Pieces' op.156) – Rheinberger

Sonata no. 8 (I. Introduction and Fugue) – Rheinberger

### **Sunday 10 July – Pentecost 5**

Sonata no. 8 (II. Intermezzo) – Rheinberger

Riposo (No.10 of '12 Characteristic Pieces' op.156) – Rheinberger

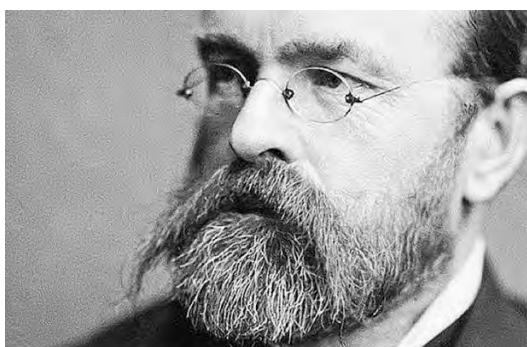
Sonata no. 8 (III. Scherzoso) – Rheinberger

### **Sunday 17 July – Pentecost 6**

In Memoriam (No.7 of '12 Characteristic Pieces' op.156) – Rheinberger

Monologue (op.162 no.3) – Rheinberger

Sonata no. 8 (IV. Passacaglia) – Rheinberger



*Rheinberger, born in Liechtenstein, intended to write a set of twenty-four organ sonatas, one in each of the keys. He completed twenty. The four movements of the Eighth Sonata were written at different dates: 'Intermezzo' in 1875, 'Fugue' and 'Passacaglia' in 1882, and 'Scherzo' in 1887. As the*

*complete sonata takes twenty-five minutes to play, I've spread it over three Sundays, filling in the rest of the programme with some of*



*Rheinberger's shorter pieces. The Passacaglia consists of twenty-four variations, before closing with the Introduction with which the whole Sonata begins.*

## **Sunday 24 July – Pentecost 7 (also the feast day of S. Christina the Astonishing!)**

Variations on 'Vater unser in Himmelreich' – Jan Pieterszoon Sweelinck (1562-1621)

Vater unser in Himmelreich (BWV 737) – J.S. Bach

Sonata no.6 (Fugue) – Felix Mendelssohn (1809-1847)

*Hymns only became a predominant genre of church music as a result of the Protestant Reformation. Every possible sung text of the liturgy was enthusiastically turned into metre, including the entire Psalter and other parts of the Bible, and the Lord's Prayer was no exception. 'Vater unser in Himmelreich' is Martin Luther's metrical paraphrase of this prayer. It appeared in print with an anonymous melody in 'Geistliche Lieder' edited and published by Valentin Schumann (Leipzig, 1539). The whole of Mendelssohn's sixth sonata is based on the chorale, and the fugal subject of this movement is directly derived from the opening of the chorale:*



## **Sunday 31 July – Pentecost 8**

Ciacona in E minor (BuxWV 160) – Dieterich Buxtehude

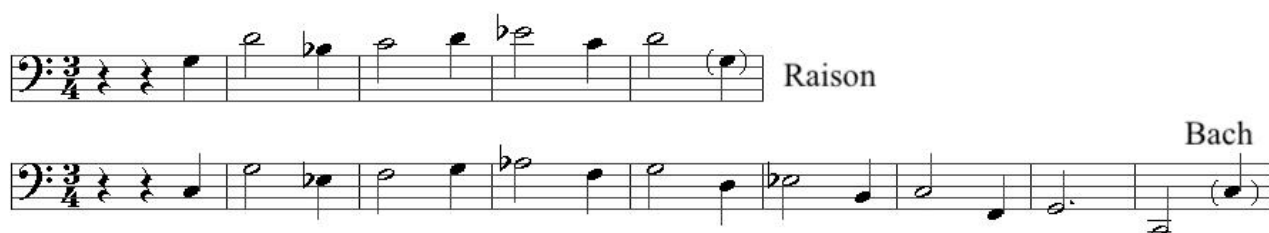
Christe: Trio en Passacaille (Messe du Deuziesme Ton) – André Raison (ca.1650-1749)

Passacaglia in C minor (BWV 582) – J.S. Bach

*The Passacaglia (also known as Chaconne or Ground Bass) was originally a Spanish dance-form, based on the constant repetition of a figure in the bass. Thus, the passacaglia is a set of variations, the bass figure being the theme. Bach's famous organ passacaglia has an eight-bar theme, and there are twenty variations before Bach launches into a great fugue with the passacaglia theme as subject. It has been suggested that Raison's passacaglia, which I play during*



*the Communion, may have provided Bach with the first half of his theme. As you can see, they are identical, but in different keys:*



*The influence of Buxtehude's organ passacaglias, including the one in E minor I play before the service, can also be felt.*

*I hope the after-service coffee will keep warm, as this great work takes thirteen minutes to play!*

## A Yearly Reminder



Blackie gave me poppy seeds many years ago which I planted in my own garden, so every year at this time, I can remember her.

There are also some on the south side of the church which she planted during the years when she was part of the gardening team in her early 90s.

Carole.



## Diary of Events: June – July 2022

Date	Times	Venue	Event
2 & 9 June	10:30-12:00	Hall	Knitting Bee (Wool Provided)
5 June	10:30	Church	Wear <b>RED</b> for Pentecost.
26 June	TBC	Rectory	Canada Day BBQ
16 July	2pm	Church Ground	St Scruffs Dog Show

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.



Photo by Alan Coupe, Bamburgh Castle, Northumberland.



## Knitting Bees at the Douglas Hall

ST MARY'S DALMAHOY

URGENTLY NEEDS YOUR HELP!

TO TURN



INTO



Help St Mary's Church Dalmahoy with our ongoing support of the Seafarers Mission, with warm woolly hats.

(Essential when working at sea in winter conditions).

Sadly, we have lost several of our "Knitters" and we need to convert the mountain of wool we hold into these much needed hats! If you can "purl and plain" we'll be delighted if you join us!

## Knitting Bees at the Douglas Hall

Thurs 2<sup>nd</sup> June and Thurs 9<sup>th</sup> June

Anytime between 10:30 – 12:00

Patterns knitting needles and wool will be supplied as will an endless supply of tea, coffee, refreshments and lively chat.

If the weather allows, we will use the church grounds and go alfresco.

If transport is a problem for you or you have any further questions please contact the office at St Mary's Tel: 0131 333 1683 or email: [admin@stmarysdalmahoy.org.uk](mailto:admin@stmarysdalmahoy.org.uk)





There has already been an amazing response to the challenge of supplying the Seafarers Mission with woolly hats, as shown in the pictures. Thank you to all of you that have given up your time and picked up your knitting needles.

3 more weeks to go so I am sure this will be just the tip of the Ice Berg and we can't wait to see what the resulting efforts will be.



Happy Knitting everyone.



## Recipe

### Summer-in-winter Chicken

#### Ingredients

- 1 tbsp olive oil
- 4 boneless skinless chicken breasts
- 200g pack cherry tomatoes
- 3 tbsp pesto
- 3 tbsp crème fraîche (half fat is fine)
- fresh basil, if you have it



#### Method

##### • STEP 1

Heat the oil in a frying pan, preferably non-stick. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken and cook on the other side. Continue cooking for 12-15 mins until the chicken is cooked through. Season all over with a little salt and pepper.

##### • STEP 2

Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce. Scatter with a few basil leaves if you have them, then serve with rice and salad or mash and broccoli.

Why not add a dollop of Pesto for an extra layer of nutty flavours.

[Summer-in-winter chicken recipe \(bbcgoodfood.com\)](http://bbcgoodfood.com)



## 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

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always wear stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be 'Recalled' by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone £20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons; some are sharp, some are pretty and some are dull. Some have weird names, and all are different colours, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour





## Children's Page –





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

### Vestry 2021/2022

Secretary	Pippa Crichton	0131 333 1683 secretary@stmarysdalmahoy.org.uk
Treasurer	Gavin Craig	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
Lay Representative	Ann Donoghue	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 & 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
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 &  
Pippa Crichton

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

**Website Administration**

Vacant

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

**Organist Emeritus**

John Blaber

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

**Service Times**

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

**Church Open Times**

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

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

**Deadline for articles for the August – September issue  
is **3:00 pm** on Sunday 17<sup>th</sup> July 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)

