

ST MARY'S
CHURCH,
DALMAHOY



May the spirit of
Christmas fill your home
with Peace, Love and
Joy.

Merry Christmas and
Happy New Year

From

St. Mary's Dalmahoy



In Touch

December 2022 - January 2023

Registered Charity No. SC014203

Who's Who

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In this issue	Page
Who's Who	2 & 24
Pastoral Letter from Christine	4
From the Registers (December 2022 – January 2023)	6
Advent Calendar	7
Season of Preparation	8
“Life” by Donna Ashworth	10
Eucharist Readings: December 2022 – February 2023	11
Organist's Corner	12
Organ Music for December 2022 – January 2023	9
A message from John Burnett	15
St. Mary's Dalmahoy, Walking Group (1980's -2022)	16
Blunders	18
Diary of Events: December 2022 – January 2023	19
Recipe: Stacey Aswad's Candied Maple Pecans	20
Where to find St. Mary's	21
Humour	22
Children's Page	23
Useful Numbers	25



Cover Photograph: Google

Pastoral Letter from Christine

“The gloom of the world is but a shadow. Behind it, yet within our reach, is joy. There is radiance and glory in the darkness, could we but see; and to see, we have only to look...I beseech you to look. Life is so generous a giver, but we, judging it’s gifts by their covering, cast them away as ugly, or heavy or hard. Remove the covering and you will find beneath it a living splendour, woven of love, by wisdom, with power. Welcome it, grasp it and you touch the Angel’s hand that brings it to you. Everything we call a trial, a sorrow, or a duty; believe me that angel’s hand is there; the gift is there, and the wonder of an overshadowing Presence...Life is full of meaning and of purpose, so full of beauty – beneath it coverings- that you will find that earth but cloaks your heaven. Courage, then to claim it; that is all! But courage you have; and the knowledge that we are pilgrims together, wending through unknown country home.” (From a letter to The Contessina Allagia dela Alobrandeschi by Fra Giovanni -1513 A.D.)



Dear St. Mary’s,
This has been quite a year, and it is not quite over yet! The church year has ended with our AGM and a new member of vestry and a sad goodbye to our treasurer Gavin.

As I write this, the weather has turned colder, and we are just beginning the journey to Christmas through Advent; a time to draw closer to each other and wait in joyful anticipation.

“The light shines in the darkness, and the darkness has not overcome it.”

Jesus came so that the darkness would be defeated, and all of creation may be restored to wholeness in His Light. One day, Christ will return, and all the struggles of this life will be a mere memory. Until that day, we will still struggle from time to time in darkness, but in Christ, we have hope!

January is a month where we often just want to catch our breath but please join the Advent Conspiracy to Worship Fully, Spend Less, Give More, and Love All so that when 2023 comes you’re not quite so tired.

Church online via live streaming continues so please do tune in to Facebook if you can’t make it to a service. In January we hope to begin special links for youth and children to be sent out weekly and bags of activities for visiting young people (ages toddler-6 7-10 and then youth oriented).

In January we also look forward to the Week for Christian unity, the resumption of our various activities– the knitting Bees etc. and we would like to plan more regular events for us to just get together and enjoy each other’s company.

December 10th 10-1pm we will be making wreaths and swags for the Carol Service on Dec.17th so please come and have a cup of tea and join in the chatter.

Looking ahead to February- Lent begins on Ash Wednesday 22nd Feb. and we hope to have a Rich Man Poor Man lunch or dinner.

There is much to be done in the year ahead but even more to celebrate so let us once again look toward new horizons with hope and joy for 2023.

May the Light of Christ guide you and yours this Christmas season!

Christine, Ben and Tonka



From the Registers

(December 2022 – January 2023)

Baptism

14.01.2023 Islay Wotherspoon
 Munro Wotherspoon

No Weddings

No Funerals


Douglas Hall Classes & Events

Monday's	10:00am-12:00pm	Craft Group
Tuesday's	18:30-21:30pm	Dog training classes
Wednesday's		
Thursday's	19:00 20:00pm	Yoga
Friday's		
Saturday last of the month	10:00-10:30 am	Bookbug
2 nd & 4 th Sundays	14:00-18:30pm	Mar Thoma Congregation



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

www.stmarysdalmahoy.org.uk

ADVENT 2 Dec.4 Mark 1:1-8 <i>Prepare the Way of the Lord</i>	Revelation 1:1-8 <i>A Message That Brings a Blessing</i>	Matthew 22: 34-46 <i>Commandment One & Two</i>	Psalm 24 <i>The King of Glory come</i>	Psalm 121 <i>A God That Neither Slumbers Nor Sleeps</i>	Psalm 139 <i>Searched, Known and Loved</i>	Dec.10 Creating Christmas 10-1pm Ps. 42 Sustaining Hope in Darkness
ADVENT 3 December 11 John 1:6-8,19-28 <i>John Points to the True Messiah</i>	Psalm 1 <i>Delighting our God</i>	Mat. 24: 36-44 <i>An Unknown Day and Hour</i>	Psalm 34: 1-10 <i>Look to Him And Be Radiant</i>	Mat. 25: 1-13 <i>Learning From the Bridesmaids</i>	Mat. 25: 14-30 <i>Talents Are To Be Used</i>	Carol Service 3pm Mat. 25: 31-46 <i>Serving Christ in One Another</i>
ADVENT 4 December 18 Psalm 80:1-7, 17-19	Psalm 146:5-10	Psalm 66 <i>Come and Hear What God Has Done for Us</i>	Wed. Dec 21 st Blue Christmas 3pm Psalm 72:1-7, 18-19	Luke 1:1-25, 57-80 <i>Miraculous Conception</i>	Luke 1:26-38 <i>Mary Offers Her Service</i>	Dec. 24 th Christmas Eve service 10:30pm Luke 2:1-20 <i>A King is Born!</i>
CHRISTMAS DAY 10:30am John 1:1-14 <i>In the Beginning</i>						

**Advent Calendar.
Merry Christmas to All!**

Season of Preparation.

The shops are full of gifts that we might give or receive. Streets are decorated and choirs begin the rounds of community centres and retirement homes with their seasonal offerings of carols.

God of love, prepare our hearts not only for the celebration to come, but also for sharing that Good News with friends, family and work colleagues should opportunity arise. Grant us courage and a real willingness to talk about the love that came down to earth and walked among us. Amen



Preparations Are In Place.

Excitement mounts, and for those who are journeying arrangements are finalized, gifts wrapped and labelled. 2000 years ago, a pregnant girl called Mary visited her cousin Elizabeth. When they greeted each other, the baby in Elizabeth's womb kicked out, and she saw this as a sign from God that Mary was greatly blessed, because she believed that all God had promised would be fulfilled in her life.

Lord God, when we consider your servant Mary, what we see is a humility and obedience that is so often lacking in our own lives. As we hear your Word again, and consider the one through whose body you entered this world, remind us of the meaning of humility and grant us a confidence of faith that knows your promises to us are always fulfilled. Amen

Season of Promise.



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.

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

Season of Expectation.

In homes everywhere, Christmas cards have arrived and are displayed on mantelpiece and windowsill. Trees are adorned with tinsel and children wonder what gifts will lie beneath them this year. Two thousand years ago a people waited expectantly as they listened to a prophet called John talk of one who was to come, the Promised One of God, and they began to prepare themselves for that moment.



Father, your servant John the Baptist came with a challenging message; calling for repentance and lives to be transformed. Those who heard were filled with expectation, waiting for Messiah. This Advent season, may we be filled with expectation, as we celebrate the greatest gift of all; your Son, Jesus Christ. Amen



“Life” by Donna Ashworth.

Say It

Never be afraid
to let someone know
if they brightened the room they just walked into.



Or if something they said
Inspired you to change.

Never be embarrassed
to share a compliment with a stranger
and don't ever fall into the trap of believing
that the people you love know that.



Say it

Always say it.

Your words may land a little awkwardly at first
but in the dark of the night
those seeds will plant themselves
into someone's mental garden
and start to germinate
gather strength and bloom.



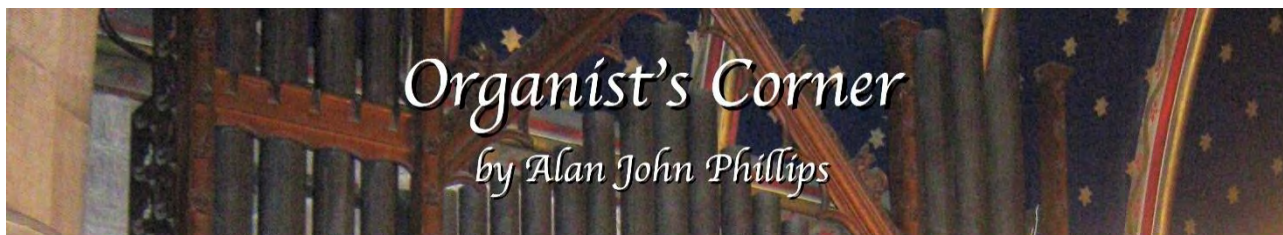
Sow seeds
Wherever you go.

There is nothing better you can do with your words
than plant a precious seed.



Eucharist Readings: December '22– February '23

December	
4th: Second Sunday of Advent 1 st : Issiah 7:10-16 2 nd : Romans 15:4-13 Gospel: Matthew 3:1-12	11th: Third Sunday of Advent 1 st : Isaiah 35:1-10 2 nd : James 5:7 – 10 Gospel: Matthew 11:2-11
18th: Fourth Sunday of Advent 1 st : Isaiah 7:10-16 2 nd : Romans 1:1-7 Gospel: Matthew 1:18-25	25th: Christmas Day 1 st : Isaiah 9:2-7 2 nd : Titus 2:11-14 Gospel: Luke 2:1-14(15-2-)
January	
1st The Holy Name 1 st : Isaiah 63:7-9 2 nd : Hebrews 2:10-18 Gospel: Matthew 2:13-23	8th: First Sunday after Epiphany. 1 st : Isaiah 42:1-9 2 nd : Acts 10:34-43 Gospel: Matthew 3:13-17
15th: Second Sun after Epiphany 1 st : Isaiah 49:1-7 2 nd : 1 Corinthians 1:1-9 Gospel: John 1:29-42	22nd: Third Sun after Epiphany 1 st : Isaiah 9:1-4 2 nd : 1 Corinthians 1:10-18 Gospel: Matthew 4:12-23
29th: Fourth Sun after Epiphany 1 st : Micah 6:1-8 2 nd : 1 Corinthians 1:18-31 Gospel: Matthew 5:1-12	
February	
5th: Firth Sunday after Epiphany 1 st : Isiah 58:1-9a, (9b-12) 2 nd : 1 Corinthians 2:1-12, (13-16) Gospel: Matthew 5:13-20	12th: Sixth Sun after Epiphany 1 st : Deuteronomy 30:15-20 2 nd : 1 Corinthians 3:1-9 Gospel: Matthew 5:12-37
19th: Sunday before Lent 1 st : Exodus 24:12-18 2 nd : 2 Peter 1:16-21 Gospel: Matthew 17:1-9	26th: First Sunday of Lent 1 st : Genesis 2, 15-17, 3:1-7 2 nd : Romans 5:12-19 Gospel: Matthew 4:1-11



Happy New (Liturgical) Year!

The wheel has turned full circle, and we are once more at the beginning of a new liturgical year. This time it's Year A again in the Revised Common Lectionary.

Advent brings with it the usual pattern of staying awake on the first Sunday (*Wachet auf*), rejoicing (*Gaudete*) on the third Sunday (and wearing rose pink!), and the familiar 'O come, O come Emmanuel' on the last nine days before Christmas (a period of preparation known as a 'novena'). These 'Great O' antiphons are sung before and after the Magnificat at Evensong during this period.



Midnight Mass this year brings with it the world premiere of a new piece by my wife, Tina, 'The light shineth in darkness', a quotation from the familiar first chapter of St. John's Gospel set for Christmas Day.

A number of different themes come together on the **Sunday between Christmas and Epiphany**: the circumcision / naming of Jesus, the murder of the Holy Innocents, and, of course, New Year's Day.



Celestial lights feature at **Epiphany** with three preludes on 'How brightly shines the Morning Star' by composers from Belgium, Denmark and Germany.

On **Epiphany 2** I play three pieces from my wedding repertoire. As yet, no-one has asked for the Mouret piece, but it's similar in character to the well-known

Prelude to the Te Deum by Charpentier (think Eurovision!)

The readings for **Epiphany 3** centre on the prophecy of Isaiah: *'The people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.'* As with many prophecies over the Advent / Christmas season, this text has been set by Handel in 'Messiah'. The postlude is a brilliant toccata by Theodore Dubois: 'Fiat Lux'.

My programme for Advent and Christmastide concludes on **Epiphany 4** with three pieces



by the blind virtuoso organist and composer Alfred Hollins, who spent most of his working life in Edinburgh. His *Benediction Nuptiale*

was 'Specially composed for the marriage of The Rev. Hugh Black D.D. with Miss Edith Kerr' in 1898. Black was the minister of St. George's West, Shandwick Place, who had appointed Hollins as organist the previous

year. The piece is based on a three note theme which in the German spelling is H-E-B, the initials of Hugh and Edith Black.



Once we are past Candlemas on Thursday 2 February, we immediately enter Septuagesimatide on Sunday 5 February, when our attention turns away from Christmas and we prepare for the coming of Lent.

Organ Programme for Advent and Christmas

Sunday 27 November – Advent 1

Wachet auf, ruft uns die Stimme (BWV 645) – Johann Sebastian Bach (1685-1750)

Chorale Prelude on 'Dundee' – Hubert Parry (1848-1918)

Wachet auf, ruft uns die Stimme (Op.65 no.33) - Sigfrid Karg-Elert (1877-1933)

Sunday 4 December – Advent 2

Freu dich sehr, O meine Seele (BWV Anh.52) – J.S. Bach

Es ist ein Ros' entsprungen (op.122 no.8) - Johannes Brahms (1833-1897)

Freu dich sehr, O meine Seele (Op.65 no.5) - Karg-Elert

Sunday 11 December – Advent 3 (Gaudete)

Prelude on 'The holly and the ivy' (no.3 of 'Four Preludes on Well-known Carols') – Herbert Sumsion (1899-1995)

Rejoice in the Lord always (Mulliner Book 76) – John Redford (1485-1545)

Rejoice in the Lord always – Henry Purcell (1659-1695)

Saturday 17 December - Carol Service 15.00

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

In dulci jubilo (BWV 729) - J.S. Bach

Sunday 18 December – Advent 4 (O Radix Jesse)

Nun komm der Heiden Heiland (BWV 659) – J.S. Bach

Veni Emmanuel – Paris Bibliothèque Nationale MS Lat. 10581 (ca.1490-1510)

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

Saturday 24 December – Christmas Eve (Midnight Mass)

O holy night – Adolphe Adam (1803-1856) (arr. Arthur Boyse)

Prelude on This Endris Nyght - Healey Willan (1880-1968)

The light shineth in darkness – Tina Langeberg Phillips (World Premiere)

Sunday 1 January – Christmas 1

St. Peter (No.1 of 'Three Chorale Preludes') – Harold E. Darke (1888-1976)

Interlude on the Coventry Carol – W.S. Lloyd Webber (1914-1982)

Fanfare on 'Antioch' – Gerre Hancock (1934-2012)

Sunday 8 January – Epiphany (transferred)

Wie schön leuchtet der Morgenstern (op.68 no.7) - Flor Peeters (1903-1986)

Wie schön leuchtet der Morgenstern – Niels Gade (1817-1890)
 Wie schön leuchtet der Morgenstern (BWV 739) – J.S. Bach

Sunday 15 January – Epiphany 2

Canon in D – Johann Pachelbel (1653-1706) (arr. AJP)
 Air (from Orchestral Suite no.3: 'Air on the G string') - J.S. Bach
 Fanfare en rondeau – Jean-Joseph Mouret (1682-1738)

Sunday 22 January – Epiphany 3

The people that walked in darkness (from 'Messiah') – George Frideric Handel (1685-1759)
 Chorale Prelude on 'Dundee' – Hubert Parry (1848-1918)
 Fiat Lux - Théodore Dubois (1837-1924)

Sunday 29 January – Epiphany 4

Benediction Nuptiale – Alfred Hollins (1865-1942)
 Prayer – Hollins
 Wedding March – Hollins



A message from John Burnett

With sorrow, I have to announce
 the death of Andrew Burnett,
 younger son of Myrtle and
 Southern and brother of John,
 who died suddenly at the end of
 July 2022.



St.Mary's Dalmahoy, Walking Group (1980's - 2022).

Many of you will find it hard to believe that nearly 40 years ago, soon after I came to St.Mary's, Mary Hall (now living in Meikleour) and I started a small walking group, joined by many friends from outside St.Mary's.

One of our first rather ambitious walks, was to attempt a 20 mile section of the Southern Upland Way, on the first Saturday in June 1986. The S. U. W., stretches for 212 miles from Portpatrick (nr.Stranraer) on the South West Coast, to Cockburnspath on the East Coast, and was established in the 70's. Our first section, we appropriately started from St.Mary's Loch, finishing at the Episcopal Church in Melrose, where we joined in their Saturday evening service, and the kindly provided evening snack. It went so well that we decided to attempt all of it. So from 1986 until 1990, we covered the remaining Eastern sections as far as Moffat on the first Saturdays in June, normally hiring a coach to get us to the start point, and relying on our partners or friends to meet us at the end of each walk. A huge thanks to the many non-walkers, who on some of the sections, would meet us in the middle of the stretch and give us lunch.

The Western section, from Moffat to Portpatrick, (1991 to 1994), we completed over 4 weekends by hiring 2 self-drive mini-buses, and walking on the Saturday and Sunday, staying overnight at convenient Youth Hostels. This is a photograph of the group at the finish point



in Portpatrick. Therefore, we walked the 212 miles in a total of 14 days. You can imagine that much organising went on in the background, to make sure everything worked well.



Following that, over the next 15 years or so, we changed the pattern to 2 weekends away, then down to one. Mainly in Scotland, we stayed at Hostels (sometimes B & B's) at places such as Kinloch Rannoch, Roy Bridge, Rowardennan, Bridge of Orchy, Glen Doll, and Caputh, and in England, near Hadrian's Wall, Alnwick and Heversham. Over this period we climbed a few Munro's, Ben Nevis, Ben Dorain, Ben Lomond, Lochnagar and Schiehallion, walked the Lairig Ghru from nr. Braemar to Aviemore, parts of the West Highland Way, and many other challenges of about 10 miles or so.



You will realise, that for those of us who started out in the 1980's, age was taking its toll and we were not quite as active as we used to be. So, from about 2012 we arranged to meet up once a year for a shorter walk and evening meal together. It just so happens that Mary Hall and I have our birthdays on the same

day in early September, so we decided to arrange the get-togethers around that time. Over the years, some people have moved away, and sadly a few are no longer with us. Mary and I, now well into our 80's, decided that the time had come to bring these memorable times to an end, so this September, our by now much smaller group had our last meal together at Ratho Park.

Mary Hall and Geoff Angell



BLUNDERS!

In the early days of women's ministry when I was priest in charge of St. Matthew's Roslin Chapel, Gil a dear Brazilian friend regularly sent me Emails to help me along and give me a laugh. "Have a caution when compiling the service sheet" he wrote.

In the marriage service the Lord's prayer was written:
"Deliver us from e.mail". Yes!!!!

The leader was pray to Christ to: "Destroy all the woks of the evil one"

An invitation for a meeting would: "Be gin with prayer".

And in the intercessions the response to "Lord hear us" was to be: "Lord graciously heat us".

The Ash Wednesday service congregation were told to "Remember you are butt dust and into dust you shall return".

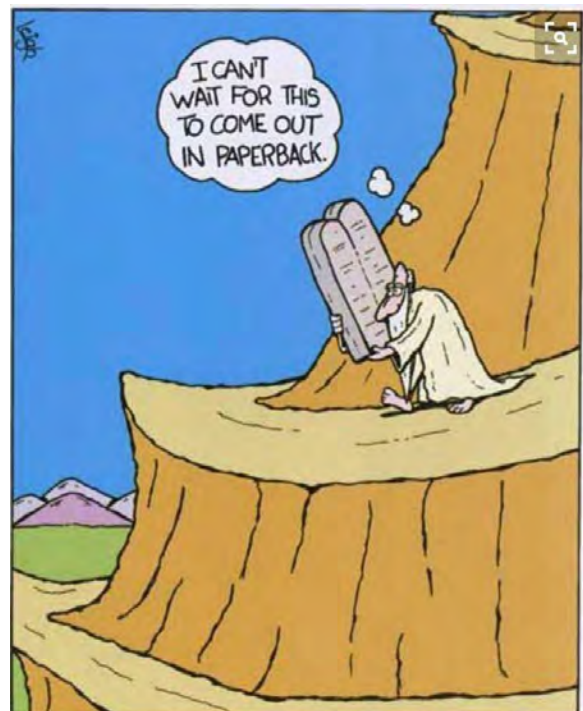
The invitation after a carol service was for "Mice pies at the local pub".

All the sheets of an Easter service had to be shredded after it was discovered that all were invited to sing: "I know that my Redeemer lies".

And lastly " Next Wednesday we meet in the hall to make flowers that look like satan" instead of satin.

I always proof read my notes after that.

Janet.



Diary of Events: December 2022 - January 2023

Date	Times	Venue	Event
Sat 10 th Dec	10:00am	Hall	Creating Christmas! Craft & Sing!
Sat 10 th Dec	7:30pm	Church	"A Christmas Carol" by Captivate Theatre
Wed 14 th Dec	11:45am	Hall	Dalmations Christmas Lunch
Sat 17 th Dec	3pm	Church	Lessons and Carols
Wed 21 st Dec	3pm	Church	Blue Christmas Service
Sat 24 th Dec	10:30pm	Church	Christmas Eve Service
Sun 25 th Dec	10:30am	Church	Children & Family Christmas Day 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.



Recipe: Stacey Aswad's Candied Maple Pecans



- 500g raw pecans
 - 227g pure maple syrup
 - 1 Tbsp filtered water
 - 1/2 tsp ground cinnamon or more to taste
 - 1/4 tsp nutmeg or more to taste
 - pinch of ground ginger or more to taste
 - pinch of cayenne pepper or more to taste
 - pinch of sea salt
1. Preheat oven to 180°
 2. Roast pecans for about 8-10 minutes until slightly crispy and fragrant.
 3. In a saucepan, heat the maple syrup and spices on a medium heat for about 5 minutes until warm and slightly bubbling.
 4. Add in the warm roasted pecans and the filtered water.
 5. Stir and fold through for about 3-4 minutes until the nuts caramelize and the mixture reduces and is completely absorbed.
 6. Lay the nuts out on a baking tray lined with parchment paper, and allow to cool and harden. This takes about 15 - 20 minutes.

Devour warm, or store in an airtight container.



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

What did the stamp say to the Christmas card?
Stick with me and we'll go places!



How is Christmas exactly like your job?
You do all the work and some fat guy in a suit gets all the credit.

Why did no one bid for Rudolph and Blitzen on eBay?
Because they were two deer!

What do you call a scary looking reindeer?
A cari-boo.

What do reindeers say before they tell you a joke?
This one's gonna sleigh you!



What do you call Santa's little helpers?
Subordinate clauses.

Why don't you ever see Santa in the hospital?
Because he has private elf care!

Why is it getting harder to buy Advent calendars?
Their days are numbered!

How do you know when Santa's around?
You can always sense his presents

How did Scrooge win the football game?
The ghost of Christmas passed!

What's every parent's favourite Christmas Carol?
Silent Night

What does Santa do when his elves misbehave?
He gives them the sack!



Children's Page –



Who's Who (continued from Page 2)

Vestry 2021/2022

Secretary	Pippa Crichton	0131 333 1683 secretary@stmarysdalmahoy.org.uk
Treasurer		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
	Anne Clapham	

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

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

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Organist Emeritus

John Blaber

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Service Times

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

Church Open Times

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

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

Deadline for articles for the February – March issue

Sunday 15th January is 3:00 pm on

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

