

ST MARY'S  
CHURCH,  
DALMAHOY



**In Touch**

February- March 2023

Registered Charity No. SC014203

## Who's Who

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**Cover Photograph: Edinburgh in Spring time Pinterest**



## Pastoral Letter from Christine



**August 2017** was the date of my interview with your selection committee. I was immediately struck with how the spirit of welcome was present. As Ben and Tonka waited at home in Canada; I was having a great time speaking with the group that had gathered in Douglas Hall.

Now 5.5 years after that initial meeting, and the complete easing of travel and interaction restriction after the pandemic, it is time for us to get on with engaging the challenges of

planting, watering and feeding the seeds of faith that have been and will be planted. Though early on I found adjustments to this new phase of my life challenging, I know that by God's grace and your help, we can rediscover God's plan for us.

Lent is rapidly approaching (February 22<sup>nd</sup> is Ash Wednesday!) and brings with it quieter worship and the time to reassess our goals and dreams for the future, both for the church and equally importantly ourselves; a time to intentionally review our relationships with each other and with God.

And so, starting where we are, using what we have and doing what we can we will accomplish much. As always, I welcome your input, ideas, and comments. As does the Community Engagement Team. Can you help with donating money for a specific purpose -leaflet printing or advertising? Can you help by sponsoring the cost of baptismal candles, signage or some other small need; or give a little extra time by helping out at coffee hours or reading, leading the prayers or chalice bearing? Rebooting our liturgical practices is

exciting but it will take time to get things happening in a new way with perhaps some new people.... maybe you?

Our goal is to transform lives in Jesus by meeting people at their point of need and understanding, accepting them as they are rather than as we want them to be, speaking their language, answering their questions, and showing unconditional love and acceptance.

My son Zach once said to me after a service he attended, "I really like what's been started here." He meant that he sees Christians as just beginning. It's an interesting thought from a new perspective!



The wise Chinese maxim sums up what we are trying to do:

**Go to people. Live among them. Learn from them. Love them. Start with what they know. Build on what they have.**

For my part, I want to see St. Mary's be even more of what it already is – faithful, relevant, Christ-centred, friendly – an open church with a

passion for Jesus. I firmly believe that when the church loves the world as Jesus did, then the world somehow becomes a little more of what God has called it to be. My prayer is that we will allow God's



love in Jesus to expand our vision, stretch our boundaries and break down the barriers that prevent us from taking risks and reaching out to others. Perhaps what we need most to do is invite Jesus to be part of our church, listen to him, do what he tells us to do, and be what he calls us to be.

God has called us out of the world in order to partner with his son Jesus to bring about healing, the end of poverty and to care for his creation.

Through prayer and spending time together in praise and study we can become the safe, healthy and vital community we need to be.

Do not be afraid, the Lord Jesus is with us, and his spirit will guide us if we are willing to listen.

God bless you all in 2023!

Christine+



## From the Registers (January – March 2023)

### Baptism

14<sup>th</sup> Jan            Islay Wotherspoon & Munro Wotherspoon

### No Weddings

### Funerals

17<sup>th</sup> Jan            Eileen Millar

### Douglas Hall Classes & Events

Monday's	10:00am-12:00pm	Craft Group
Tuesday's		
Wednesday's	19:15 – 20:15pm	Yoga
Thursday's	19:00 - 20:00pm	Yoga
Friday's		
Saturday last of the month	10:00-10:30 am	Bookbug
2 <sup>nd</sup> & 4 <sup>th</sup> 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](http://www.stmarysdalmahoy.org.uk)



## Dalmatians

The Dalmatians session has continued as planned.



In October John O'Connor gave us talk on his work in the Diamond Mines in Guinea. He displayed a number of photographs and backed these up by describing the machinery used, and the terrain he worked in. He also told us about the processes for moving and protecting the diamonds once they had been mined. John also talked about his interaction with the local people that he worked with. Thanks to John for the very interesting talk.

In November we had a return visit from Eric Melvin. Eric is a well-respected local historian but has also spoken to Dalmatians on other subjects in the past. This time the talk was on the visit of King George IV to Edinburgh in 1822. It was quite appropriate that the talk coincided with the bi-centennial year of the visit. I will admit that was chance, not clever planning. Eric told us that the visit was the first by a reigning monarch to Scotland since Charles II was crowned at Scone in 1651. Sir Walter Scott was given the role of organising the schedule for the visit, which took place over 14 days. The programme was very lavish and included pageantry, processions, high society balls etc. King George was well received in Edinburgh at a time when he was not popular in London. The visit, although very expensive, was deemed a success.



The Dalmatians annual Christmas Lunch was held in December. There were 20 attendees, and a good day was had by all. John O'Connor sang some songs with some jokes in between. Janet gave a funny anecdote about what happened at school nativity play when the narrator had been told to speak slowly and took a pause at the wrong place. Denis read a Robert Louis Stevenson poem called Christmas at Sea. Ted Tracey-Bower



finished off the entertainment by leading us with some Christmas carols and songs with concertina accompaniment.



The entertainment was followed by lunch. Jane Russell had arranged for a cold buffet to be delivered. Meringues, mince pies, wine and grape juice had been supplied by some of the attendees. Jane had also sourced the Christmas crackers, table decorations and small gifts. During the lunch a raffle was held. It raised £70, which was donated to Social Bite an Edinburgh based charity for the homeless. A big thank you to all who participated on the day.

We are now into the winter/spring part of the programme. By the time this edition of In Touch is published our January Fun Day will probably, weather permitting, have been held. Then on February 22<sup>nd</sup> we have a return visit from The Castaways, a ladies singing group.

There is a programme in place until the end of our session in April. I will soon be starting to put together a programme for the new session which starts in August. If you have any ideas on possible subjects of interest or know of anyone who may be willing give a talk, demonstration etc to the Dalmatians please let me know.

Just a reminder Dalmatians is open to everyone, you don't need to be part of St Mary's congregation to attend. Should anyone have thoughts or questions on anything to do with the Dalmatians please talk with myself, Jane Russell, or anyone who you know attends it.

Denis King



## Fairtrade Fortnight 2023



This year's Fairtrade Fortnight runs from 27 February to 12 March and aims to spread a simple message – **Choose Fairtrade now and help save our favourite foods.**

“Cocoa, bananas and coffee could soon be more difficult to find on our shelves, as climate change is making crops like these harder to grow. Combined with deeply unfair trade systems (and practices), communities growing these crops are being pushed to the brink.

Choosing Fairtrade means more power and more money farmers can use to adapt to climate change and invest in climate-smart training techniques including planting trees and protecting local biodiversity, as they work to build sustainable and prosperous futures.

In the words of banana farmer Dromedes ‘Fairtrade is freedom, it's communication, it's sustainability, it's empowerment, it's everything for us in a world that's so competitive’.”

Fairtrade Fortnight – see [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

Please continue to support Fairtrade in your weekly shopping, where possible, and/or via the Fairtrade stall in St Mary's church hall (accessible not only after church on Sunday's but also via an honesty box whenever the church hall is open).

Steve Haigh



## GLORIFYING AND PRAISING GOD AT CHRISTMAS



"Shepherds abiding in the fields," that's how the story reads,  
And quite a bit we know of them, as narrative proceeds.  
They'd done this work for years, of course, they knew just what to  
do, But on this night, above all nights, eternal truths came  
through.

For years they'd gone about their job, we know why they were  
there, The sheep were very vulnerable and needed all their  
care.

The predators were quick to strike, hence careful watch they kept,  
At keeping sheep all safe from harm, those shepherds were adept.

When they went off to work that night, things all seemed quite  
routine, There was no warning sign at all as they surveyed the  
scene.

No doubt they were conversing there, they did it every night.  
The stars, the hills, the sheep, the town, yes, everything seemed  
right.

But what a shock those shepherds got, AN ANGEL OF THE LORD,  
With heavenly glory, standing there, they bowed with one accord,  
The angel saw them terrified and spoke his words of peace,  
"No need to be afraid," he said, "So let your fears now cease!"



And then his message he passed on, amazing in its scope,  
"A SAVIOUR WHO IS CHRIST THE LORD," a message of great hope.  
"This very night, in Bethlehem's town, took place the Saviour's  
birth,

And this news brings great joy, of course, for everyone on earth."



"Now shepherds, you must go and see in Bethlehem this night,  
The Baby in a manger laid, it's such a wondrous sight."  
And at that moment, in the sky, an angel choir appeared,  
And sang a heavenly anthem there before they disappeared.

"GLORY TO GOD IN THE HIGHEST AND PEACE TO MEN ON EARTH!"  
Such a wonderful song of praise to mark the Saviour's birth.  
The glory has to go to God, for sending us His Son,  
And peace with God through trusting Him, free gift for anyone.



The shepherds knew they had to go, and they set off with haste,  
 Instructions that the angel gave, they readily embraced.  
 Just as the messenger had said, they found the stable there,  
 Of something special in the scene, they must have been aware.

But then they knew they must return, get back to normal ways,  
 GLORIFYING AND PRAISING GOD, their hearts were full of praise,  
 We join them at this Christmas time, we bring God glop, ' too, We  
 know He sent his Son for US, we thank our God anew.



From Alan Coupe.

**New Stuff!**



Coming soon....

- We will begin using the common cup with a smaller chalice for those who prefer to instinct (dip) Feb.19<sup>th</sup>
- Feb. 19<sup>th</sup> at the beginning of the service Rev. Christine will ask if there are any people, issues, or special events (birthday's, anniversary's, graduations, etc) we need to pray for in our community, these will be added to the intercessions that day
- Bible Study Begins Feb. 25<sup>th</sup> At the Rectory 11am. (& via Zoom) Looking at the Synoptic Gospels-why do they all say the same things?

3<sup>rd</sup> Sunday of Lent March 12<sup>th</sup>, NO sermon- Rev. Christine will answer liturgical/church questions- why do we do what we do, or say what we say in a service? Who decides what readings we do? Get those questions in starting February 26<sup>th</sup> & March 5<sup>th</sup>

St Columba's Episcopal Church  
Glasgow Road, Bathgate

**Sing-along**



Friday 3<sup>rd</sup> March 2023

at 7pm

Ticket £5

**B.Y.O.B**

## Pastoral Care and Health & Safety

Do you visit members? There are now two notebooks in the pastoral care mailbox in the office one is for those who visit congregation members, whether they are in hospital or at home. We must keep a record of visits made and this is as much for your own protection/safety as anything else.

- Before you go, please can you complete the diary in the office, make a note of your name, the date you are going, who you are going to see and any comments. Then Christine is always UpToDate.

If you visit and have encountered something concerning, please immediately contact Caroline or Rev. Christine.

### Incident Reporting

There is also an "incident report" book in case of any injuries (or other untoward events) you have encountered either in the church or in the hall - did someone slip/fall, did you notice an unsafe nail or a roof tile about to fall off in a dangerous spot? Is there a there a ladder or other piece of equipment that is no longer fit for purpose?

**Please let us know so we can follow up appropriately.**

To maintain confidentiality both books are locked in the office and available on Sunday, Monday, and Wednesday and are read only by Caroline and Rev. Christine. Notes are removed on Wednesday mornings and acted on weekly. These measures are to ensure everyone's safety and to assure people we care.

This is a requirement under the Provincial Safeguarding Guidelines. If you have questions, please speak to either Caroline Gunn or Rev. Christine.

If you or if you have witnessed bullying behaviour, or if you have been placed in any other similar situation at St. Mary's please immediately contact either

Caroline Gunn at [nandcgunn@yahoo.org.uk](mailto:nandcgunn@yahoo.org.uk)

or Rev. Christine at [rector@stmarysdalmahoy.org.uk](mailto:rector@stmarysdalmahoy.org.uk)



## Eucharist Readings: February – April 2023

<b>February</b>	
<b>5<sup>th</sup>: Firth Sunday after Epiphany</b> 1 <sup>st</sup> : Isiah 58:1-9a, (9b-12) 2 <sup>nd</sup> : 1 Corinthians 2:1-12, (13-16) Gospel: Matthew 5:13-20	<b>12<sup>th</sup>: Sixth Sun after Epiphany</b> 1 <sup>st</sup> : Deuteronomy 30:15-20 2 <sup>nd</sup> : 1 Corinthians 3:1-9 Gospel: Matthew 5:12-37
<b>19<sup>th</sup>: Sunday before Lent</b> 1 <sup>st</sup> : Exodus 24:12-18 2 <sup>nd</sup> : 2 Peter 1:16-21 Gospel: Matthew 17:1-9	<b>26<sup>th</sup>: First Sunday of Lent</b> 1 <sup>st</sup> : Genesis 2, 15-17, 3:1-7 2 <sup>nd</sup> : Romans 5:12-19 Gospel: Matthew 4:1-11
<b>March</b>	
<b>5<sup>th</sup>: Second Sunday of Lent</b> 1 <sup>st</sup> : Genesis 12:1-4a 2 <sup>nd</sup> : Romans 4:1-5, 13-17 Gospel: John 3:1-17	<b>12<sup>th</sup>: Third Sunday of Lent</b> 1 <sup>st</sup> : Exodus 17:1-7 2 <sup>nd</sup> : Romans 5:1-11 Gospel: John 4:5-42
<b>19<sup>th</sup>: Fourth Sunday of Lent</b> 1 <sup>st</sup> : 1 Samuel 16:1-13 2 <sup>nd</sup> : Ephesians 5:8-14 Gospel: John 9:1-41	<b>26<sup>th</sup>: Fifth Sunday of Lent</b> 1 <sup>st</sup> : Ezekiel 37:1-14 2 <sup>nd</sup> : Romans 8:6-11 Gospel: 11:1-45
<b>April</b>	
<b>2<sup>nd</sup> : Sixth Sunday of Lent</b> 1 <sup>st</sup> : Matthew 21:1-11 2 <sup>nd</sup> : Isaiah 50:4-9a Gospel: Matthew 26:14-27:66	<b>9<sup>th</sup>: Easter Day</b> 1 <sup>st</sup> : Jeremiah 31:1-6 2 <sup>nd</sup> : Colossians 3:1-4 Gospel: John 20:1-8
<b>16<sup>th</sup>: Second Sunday of Easter</b> 1 <sup>st</sup> : Acts 2:14a, 22-32 2 <sup>nd</sup> : 1 Peter 1:3-9 Gospel: John 20:19-31	<b>23<sup>rd</sup>: Third Sunday of Easter</b> 1 <sup>st</sup> : Acts 2:14a, 36-41 2 <sup>nd</sup> : 1 Peter 1:17-23 Gospel: Luke 24:13-35



# Organist's Corner

by Alan John Phillips

## Music for Septuagesima, Lent & Easter 202



### Sunday 5 February – Epiphany 5 (Septuagesima)

Three Organ Hymns for Trinitytide – Alan John Phillips

Fantasy on 'Pange Lingua' – Alan John Phillips

Fantasy on 'Te Deum Laudamus' – Alan John Phillips

*These pieces were written during my time at the University of Bristol, just after my father's death halfway through my degree course. The fantasy on 'Pange lingua' is loosely based on the style of RVW's 'The Lark Ascending', the organ hymns are based on those of mid-16th century England (think Thomas Tallis), and the fantasy on 'Te Deum Laudamus' contains my (only) attempt at 1960's brutalism!*

## Sunday 12 February – Epiphany 6 (Sexagesima)

No More War - Tina Langeberg Phillips

Rocky Road - Tina Langeberg Phillips

The light shineth in darkness - Tina Langeberg Phillips

*Tina has been composing and releasing pieces commercially since 2013, and her music is now available worldwide on many platforms including Spotify, Apple Music, and iTunes. All three of today's pieces were written and released in 2022. 'No More War' was originally conceived as an orchestral piece, as was 'Rocky Road'. However, 'The light shineth in darkness', with its reference to St. John 1.6, was written for organ, and recorded by Tina ready for release on 23 December as a Christmas single. I promised her that I would play it live at St. Mary's for Midnight Mass, and thankfully had recovered from sickness sufficiently to do so.*

## Sunday 19 February – Sunday before Lent (Quinquagesima)

Introduzione (from 'The Seven Last Words') - Haydn

Schmücke dich, O liebe Seele (BWV 654) - Johann Sebastian Bach (1685-1750)

Paeon – Howells

## This Year's Lenten Sequence



*This Lent, I'm presenting a sequence of music by Haydn and Howells.*

*'The Seven Last Words' is a sequence of slow movements by Joseph Haydn (1732-1809) interpreting the words spoken by Christ from the Cross. The sequence, which I play in order, starts with an introduction, and ends with the earthquake.*

*I pair these with the six Psalm Preludes by Herbert Howells (1892-1983). The psalm verses Howells chose can be used to illustrate the Gospel narratives.*



**Wednesday 22 February – Ash Wednesday**

Sonata 1 (from 'The Seven Last Words') – Haydn (*Father, forgive them; for they know not what they do*)

O Mensch, beweine dein' Sünde gross (BWV 622) - Bach

Master Tallis's Testament – Howells

**Sunday 26 February – Lent 1 (Temptation)**

Sonata 2 (from 'The Seven Last Words') – Haydn (*Today shalt thou be with me in paradise*)

Durch Adams Fall ist ganz verderbt (BWV 705) - Bach

Rhapsody no.1 – Howells

**Sunday 5 March – Lent 2 (Abraham)**

Sonata 3 (from 'The Seven Last Words') – Haydn (*Woman, behold thy son!*)

God so loved the world (from 'The Crucifixion') – John Stainer (1840-1901)

Psalm-Prelude Set 1 no.2 – Howells (*But the meek shall inherit the earth; and shall delight themselves in the abundance of peace*)

**Sunday 12 March – Lent 3 (Moses/Samaritan woman)**

Sonata 4 (from 'The Seven Last Words') – Haydn (*My God, my God, why hast thou forsaken me?*)

God is a spirit (from 'The Woman of Samaria') – Sterndale Bennett (1816-1875)

Psalm-Prelude Set 1 no.1 – Howells (*This poor man cried, and the Lord heard him, and saved him out of all his troubles*)

**Sunday 19 March – Lent 4 (Curing of blind man)**

Sonata 5 (from 'The Seven Last Words') – Haydn (*I thirst*)

A Song of Sunshine – Alfred Hollins (1865-1942)

Psalm-Prelude Set 2 no.2 - Howells (*Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to thee*)

**Sunday 26 March – Passion Sunday (Dry bones/Raising of Lazarus)**

Sonata 6 (from 'The Seven Last Words') – Haydn (*It is finished*)

O Saviour of the world – John Goss (1800-1880)

Psalm-Prelude Set 2 no.1 – Howells (*Out of the depths have I cried unto thee, O Lord*)

### **Sunday 2 April – Palm Sunday**

Sonata 7 (from 'The Seven Last Words') – Haydn (*Father, into thy hands I commend my spirit*)

Salvator mundi – Thomas Tallis (ca.1505-1585)

Psalm-Prelude Set 1 no.3 – Howells (*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me*)

### **Thursday 6 April – Maundy Thursday**

Christus factus est – Anton Bruckner (1824-1896)

### **Saturday 8 April – Holy Saturday**

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

### **Sunday 9 April – Easter Day**

Terremoto (from 'The Seven Last Words') – Haydn

Terra tremuit (from 'Gradualia II', 1607) – William Byrd (1543-1623)

Psalm-Prelude Set 2 no.3 – Howells (*Sing unto him a new song; play skilfully with a loud noise*)



*Above: Haydn and Howells*

## SEC Net Zero Webinar 8 Dec 2022

The Scottish Episcopal Church hosted a webinar on 8.12.22 to provide churches with information regarding the SEC target of achieving Net Zero (carbon emissions) by 2030. I attended this as St Mary's eco-congregation rep.



Robert Woodford began by 'defining' terms –

**CARBON NEUTRAL** refers to offsetting carbon emissions by carbon 'sinks' to produce an overall neutral effect, but this does not include a commitment to reduce actual emissions.

**NET ZERO** has a goal of cutting carbon emissions to as close to zero as possible and then using carbon sinks to offset the remainder.

**BUT** there is no absolute accepted definition and there is 'misuse' of the term net zero.

The SEC is looking to make a 90% reduction in carbon emissions in real terms. Initially they wish to concentrate on 3 areas –

### SCOPE 1

Gas, oil or other fuel use on site.

Work related travel in SEC vehicles.

### SCOPE 2

Purchased electricity, heat and steam

Incoming power to buildings with lighting, heating etc

### SCOPE 3

Purchased goods – all procurement

Travel to and from work by clergy and staff





Other areas will be included later (nb I found it surprising that one of these was 'new building work and projects' which I would have thought needed urgent attention).

Robert then discussed the 'Towards net zero 2030 toolkit and checklist' and the 'Energy Footprint Analyser' which were previously promoted. We were amongst 25% of churches who have submitted usable data for the latter (baseline energy use data). Armed with this information the SEC now intends to set interim targets, acknowledging that setting long term goals can be meaningless without these. One area which they intend to focus on is encouraging churches to change to a 100% renewables tariff for electricity.

A lot more information is due to be circulated in February when a large consultation and online survey will begin. There will be 3 interactive online meetings relating to this, possibly on 8+21 Feb and 9 March, and I will aim to attend one of them.

Whilst wishing to remain positive, I certainly feel that the goal is very ambitious and hold my breath as to what the interim targets will be!

Steve Haigh eco-rep



## Visit and Pilgrimage to Rosslyn Chapel 2 July 2023

If you would be interested in visiting the beautiful, historic and celebrated Rosslyn Chapel (featuring in Dan Brown's 'The Da Vinci Code') then please read on..



A Pilgrimage 'From Source to Sacred' is proposed as an eco-congregational activity in the worship section of the 'Towards net zero 2030' toolkit. It is a 13-mile walk (with 668 feet of ascent) from Carlops to Rosslyn Chapel. The Chapel was built with stone sourced from quarries near Carlops, hence the name. I propose to do this walk in one day (with an early start), along with anyone else from the wider congregation who is keen and able to do so.

Recognising that the Pilgrimage is not suitable for many of our congregation, I plan to link up with folks who will make their own way for a tour of the Chapel. Tours take place at 90-minute intervals and I have provisionally booked for 20 people on the 3.30 pm tour on Sunday July 2 2023 (numbers can be tweaked later). In 2022 the Chapel held 5.15pm services only on the first Sunday of the month July-October so, assuming this remain unchanged, the plan is to stay on for that.



It is possible that some people join the walk in Penicuik, about 2/3 of the way along, though the final 1/3 involves a significant climb uphill and timing will be uncertain. If the walkers do not make it for the 3.30 tour, they will still be able to look around and then partake in the service. Details of the Pilgrimage (route etc) can be found on the Rosslyn Chapel website.



Some of you may know that Janet Dyer was, at one time, the priest at Rosslyn Chapel, and Janet has kindly offered to speak to us about her time there prior to the visit.

Fine details can be worked out later but, for now, I would be grateful if you could let me or Pippa (our admin secretary) know if you would like to do either the tour or the walk/Pilgrimage. This is open to anyone with links to our congregation, and if you need a lift this can almost certainly be arranged (as I hope can the return from Rosslyn Chapel to Carlops for the walkers!).

Steve Haigh

Eco-congregation rep





## Diary of Events: February – March 2023

Date	Times	Venue	Event
5 <sup>th</sup> Feb	10:30am	Church	Candlemass – bring your candles to church
19 <sup>th</sup> Feb	10:30am	Church	Reinstate the Common Cup
22 <sup>nd</sup> Feb	7pm	Church	Ash Wednesday
25 <sup>th</sup> Feb	11 am	Rectory	Bible Study (also via Zoom)
3 <sup>rd</sup> March			World Day of Prayer
12 <sup>th</sup> March	10:30am	Church	Ask Christine!

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.





# THE LOTHIANS MODEL RAILWAY SHOW

Sat 15th April 2023. 10am - 4:30pm

Sun 16th April 2023. 11:30am - 4:00pm



Working Model Railway Layouts  
Trade Support & Light Refreshments

Adults £ 4.00, Children £ 1.00

**ST MARY'S CHURCH HALL, DALMAHOY  
EDINBURGH, EH27 8EB**

IN THE GROUNDS OF THE DALMAHOY HOTEL AND COUNTRY CLUB

More at [www.lothianmodelrail.co.uk](http://www.lothianmodelrail.co.uk)

## Where to Find St. Mary's:

**FaceBook:**

**Search:**

St. Mary's Dalmahoy



**Follow Below Link:**

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**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



1. When one door closes and another door opens, you are probably in prison
2. To me, “drink responsibly” means don’t spill it.
3. Age 60 might be the new 40, but 9:00pm is the new midnight.
4. The older I get, the earlier it gets late.
5. When I say, “The other day”, I could be referring to anytime between yesterday and 15 years ago.
6. I had my patience tested and I’m negative.
7. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn’t fit any of your containers.
8. If you’re sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, “Did you bring the money?”
9. When you ask me what I am doing today, and I say “nothing” it does not mean I am free. It means I am doing nothing.
10. I finally got over eight hours of sleep. It took three days, but whatever.
11. I run like the winded.
12. I hate when a couple argues in public, and I missed the beginning and don’t know whose side I’m on.
13. When someone asks what I did over the weekend, I squint and ask “why, what did you hear?”
14. I don’t mean to interrupt people. I just randomly remember things and get really excited.
15. When I ask for directions, please don’t use words like “east”.



16. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.

17. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.



## Addition to last issues article: St. Mary's Dalmahoy, Walking Group (1980's – 2022).

It was requested that the following addition be included in this months issue:

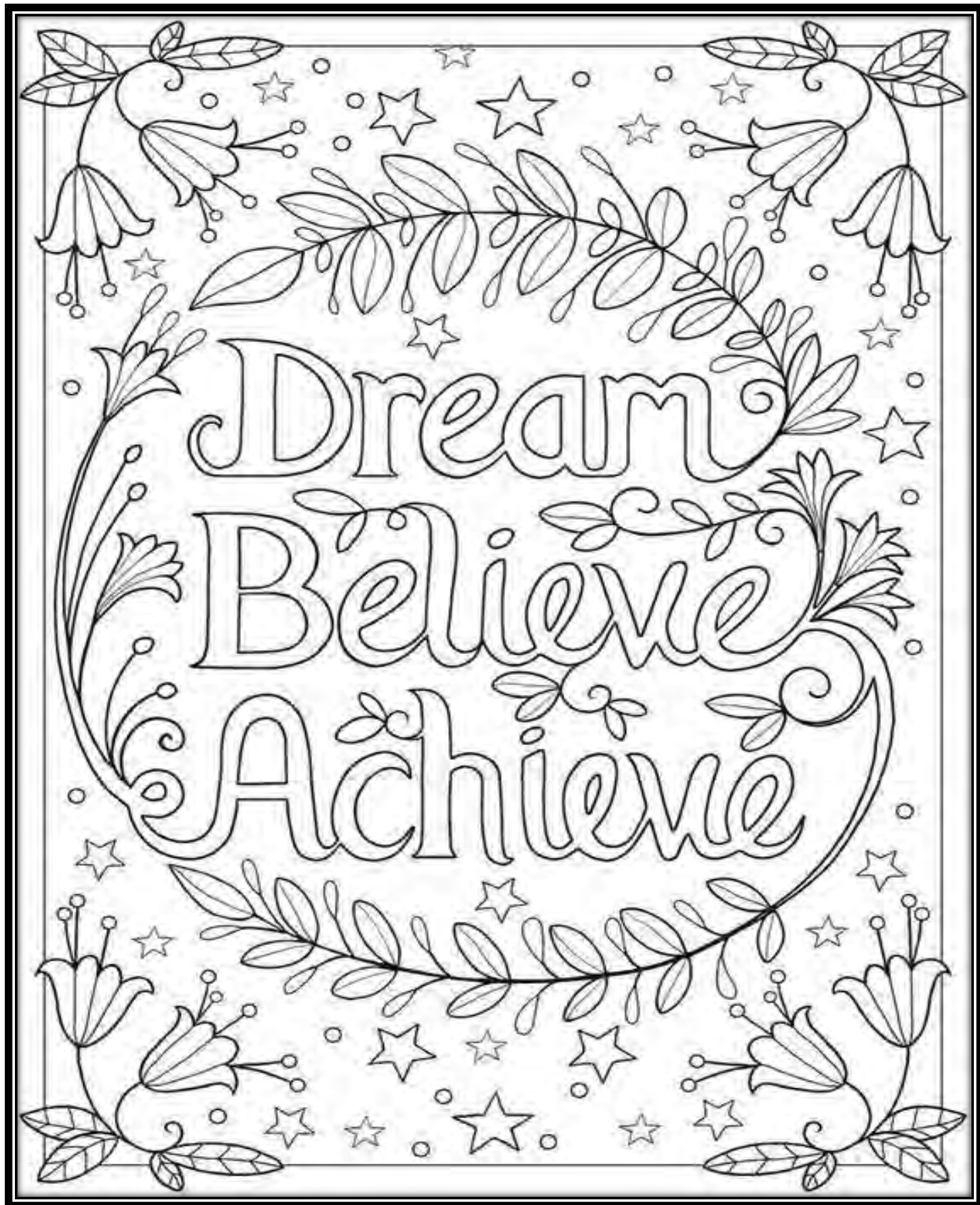
“The group was started by Geoff and his wife Betty. Mary Hall got involved in organising some of the walks after we did the walk through the Larig Ghru.

Another person who organised some walks was Wendy Fraser”.





## 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
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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

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**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 April – May issue  
is 3:00 pm on Sunday 20<sup>th</sup> March 2023**

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)

