

ST MARY'S CHURCH, DALMAHOY



In Touch

December 2023 – January 2024

Registered Charity No. SC014203

Who's Who

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Cover Photograph: Christine Downey

Pastoral Letter from Christine

“And this will be a sign to you: You will find a babe, wrapped in swaddling clothes and lying in a manger.” Luke 2:12



The season of Advent leading up to Christmas is in full swing now. And what is it that makes Christmas different from any other holidays or festivals? Luke 2:12 gives us the answer. The sign that sets Christmas apart as unique and wonderful is that little child, wrapped in swaddling clothes and lying in a manger.

As I write this letter, I know that soon we will put up our Christmas tree. It will be adorned in lights and bulbs and our lounge will host about six crèches, ready to celebrate!

Come and celebrate this great season with us at St. Mary's. Journey with us throughout Advent. Night Church at 6:10pm on Thursdays aims to provide an oasis of peace and joy while our gathering @the rectory is a time of good chat, tea, and an exploration of Ignatian Spirituality (among other things!).

Our Carol service this year is on Saturday December 15th and the Blue Christmas is on December 21st with guest organist Jonathan Buchan. This year Christmas Eve is on a Sunday, so the morning will be Advent Four and then the evening will see us celebrate Christmas at two services.

What better way to honour Christ than to be in church with your family? There is a new Family service Christmas Eve at 5:30pm (the “got to get the kids to bed” service!), along with the 10:30pm the “almost Midnight” Mass. At our Christmas Day service Monday December 25th 10:30am we will welcome back Organist Emeritus John Blaber.

Every year, of course, our Advent journey has a destination, Bethlehem. Our Advent journey ends when we once again come to the new-born Jesus and believe in him. When we believe once again

in a God who guides us and loves us beyond all measure. And when we believe once again in the miracle that continues to change the world.

Every year, we do arrive at Bethlehem. The angel says, "I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord". Our Advent journey is then over. The birth of Christ is a sign to us of the great and lasting renewal of peace, hope, joy and love. At Christmas we get to dream out loud again. We get to rejoice with family and friends a love that is meant to spread peace hope and joy through us and to the whole world. At Christmas we are surrounded with the light of God, and we once again start our yearly pilgrimage of life with renewed spirit.

May the Lord bless you and fill your Christmas with the joy of that wonderful child! Every Blessing,

Christine+

Ben and Tonka



From the Registers (December & January 2024)

No Baptism

Weddings

3rd Dec

Melissa McPherson & Andrew Edwards

28th Dec

Jessica Caldwell & Fraser Wallace



No Funerals



Douglas Hall Classes & Events

Mondays	10:00am-12:00pm	Craft Group
Tuesdays		
Wednesdays	18:45 – 19:45pm	Yoga (winter time)
Thursdays	19:00 20:00pm	Yoga
Fridays	19:00 – 21:00pm	Ratho Scouts (occasionally)
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



A Calendar For Advent

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

Prayer for Advent

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

Choir Festival 2023



St Mary's was delighted to successfully host the annual Choir Festival this year. As with so many things the pandemic put a stop to it for a couple of years and schools struggled to get choirs up and running.

We were delighted to welcome three West Lothian schools, Williamston, Kirknewton and Ratho Primary. Each choir sang two Christmas songs and we were blown away with the talent shown by each choir.

After a very difficult decision it was decided that Ratho Primary were the deserving winners. Jane Helliwell did the honours of presenting all the schools with their participation certificates.

A big thank you must go to all those people behind the scenes at St Mary's, especially Ella and Margaret who make this event possible.

The office will miss Ella's daily phone calls.

Pippa.



The Twelve Days of Christmas

(The faith hidden in the song)



Catholics in Britain were forbidden to practise their Faith openly during the years from 1558 to 1829, so this song was developed to communicate their gift of Faith encoded in lyrics.

The twelve days in question run from the 25th December (Christmas Day) to the 6th January (Epiphany Day). The “true love” refers to God. This repetition of the melody signifies God’s continual renewal of His gifts.

A Partridge is the symbol of Christ. The partridge will feign injury to protect nestlings that are defenceless, just as we are before Satan without Christ. A Pear Tree is the symbol of salvation of humanity, just as the apple tree signifies human downfall.

Two Turtle Doves symbolise the Old Testament sacrifice offered by even the poorest of people in Israel and with which Christ was “redeemed” by his parents at His presentation in the Temple. These two doves also represent the two Natures in the one person of Christ.

Three French Hens, valued for their beauty and rarity, symbolise the Holy Trinity, the gifts of the three Wise Men, as also the three Theological Virtues of Faith, Hope and Charity.

Four Calling Birds represents the four Cardinal Virtues, the four Major Prophets and the four Evangelists, the former announcing His coming and the latter proclaiming His message.

Five Golden Rings represent, first and foremost, the five most precious Crucifixion Wounds of Christ (to which there had long been great devotion and thus the reason for the change in the melody at his point) as also the perfect circle of faith: God’s love for us, our love for God and our love for each other. The number five refers as well to the five obligatory sacraments (Baptism, Penance, the Holy Eucharist, Confirmation and Extreme Unction) as also to the five books of the Bible which make up the Pentateuch, also known as the Law in the Old Testament.

Six Geese a laying represents the six days of Creation and the six Precepts of Holy Church.

Seven Swans a swimming are the seven Gifts of the Holy Ghost and the seven Works of Mercy. There are seven works of Corporal Mercy and seven of Spiritual Mercy.

Eight Maids a milking are the eight Beatitudes preached by Christ in the Sermon on the Mount, as well as the eight occasions during the year that were prescribed at that time for the reception of the Holy Eucharist.

Nine Ladies dancing are the nine ranks of angel choirs, the Spirits who surround the throne of God.

Ten Lords leaping represent the Ten Commandments.

Eleven Pipers piping are the eleven surviving Apostles proclaiming the Resurrection of Jesus.

Twelve Drummers drumming are the twelve minor Prophets of the Old Testament and the twelve points of the Apostle's Creed. They symbolise also the Twelve Tribes of Israel and the twelve apostles (their number being restored after Pentecost), as also the twelve fruits of the Holy Ghost Who came down Pentecost. Twelve is also the scriptural number representing completeness and fairness.



Eucharist Readings: December – February 2024

December	
3rd: First Sunday of Advent 1 st : Isaiah 64:1-9 2 nd : 1 Corinthians 1:3-9 Gospel: Mark 13:24-37	10th: Second Sunday of Advent 1 st : Isaiah 40:1-11 2 nd : 2 Peter 3:8-15a Gospel: Mark 1:1-8
17th: Third Sunday of Advent 1 st : Isaiah 5:8 - 30 2 nd : 1 Thessalonians 5:16-24 Gospel: John 1:6-8, 19-28	24th: Fourth Sunday of Advent 1 st : 2 Samuel 7:1-11,16 2 nd : Romans 16:25-27 Gospel: Luke 1:26-38
31st: First Sunday after Christmas 1 st : Isaiah 61:10 – 62:3 2 nd : Galatians 4:4-7 Gospel: Luke 2:22-40	
January 2024	
7th: First Sunday after Epiphany 1 st : Genesis 1:1-5 2 nd : Acts 19:1-7 Gospel: 1:4-11	14th: Second Sunday after Epiphany 1 st : 1 Samuel 3:1-10, (11-20) 2 nd : 1 Corinthians 6:12-20 Gospel: John 1:43-51
21st: Third Sunday after Epiphany 1 st : Jonah 3:1-5, 10 2 nd : 1 Corinthians 7:29-31 Gospel: Mark 1:14-20	28th: Fourth Sunday after Epiphany 1 st : Deuteronomy 18:15-20 2 nd : 1 Corinthians 8:1-13 Gospel: Mark 1:21-28
February	
4th: Fifth Sunday after Epiphany 1 st : Isaiah 40:21-31 2 nd : 1 Corinthians 9:16-23 Gospel: Mark 1:29-39	11th: Sunday before Lent 1 st : 2 Kings 2:1-12 2 nd : 2 Corinthians 4:3-6 Gospel: Mark 9:2-9

The Castaways

The Castaways singing group was originally set up by the conductor of the Kevock Choir, Alex Elrick in 1994. A group of eight ladies, 4 sopranos and 4 altos got together to sing in Barbershop style, wearing costumes, hats and canes.

Over the years we have evolved into the group of 6 today, with 3 sopranos, 2 altos and our pianist / music director. There are 3 of the original ladies still with the group.

We sing mostly to church groups, homes and residences for the elderly, social groups and from time-to-time small concerts.

Generally, we sing the music of our generation, popular songs, music from musicals and Scottish songs.

At Christmas we are singing at the Dalmations Christmas lunch.



Silent Night

In 1816, a young priest named Joseph Mohr wrote the lyrics of "Silent Night," a carol about a calm and bright silent night and the wonder of a tender and mild newborn child. Not long after the Napoleonic wars had taken their toll, this simple melody, with its words of comfort, became a beloved hymn of peace throughout the world. On Christmas Eve of 1818, the now-famous carol was first performed as "Stille Nacht, Heilige Nacht." Joseph Mohr played the guitar and sang along with Franz Xaver Gruber, the choir director who had written the melody. An organ builder and repairman working at the church took a copy of the six-verse song to his home village. There, it was picked up and spread by two families of travelling folk singers who performed around northern Europe. In 1834, the Strasser family performed it for the King of Prussia, and in 1839, the Rainer family of singers debuted the carol outside Trinity Church in New York City.



After its initial recording in 1905, "Silent Night" has continued to captivate audiences and has been featured in several films, successful recordings, and other musical works. The composition evolved and was translated into over 300 languages, with many different arrangements for various voices and ensembles. It was sung in churches, town squares, and even on the battlefield during World War I, when, during a temporary truce on Christmas Eve, soldiers sang carols from home. By 1914, "Silent Night" was known worldwide and was sung simultaneously in French, German, and English. Over the years, the carol's mystique grew with its popularity. After the original manuscript was lost, for decades, some speculated that the music had been written by Haydn, Mozart, or Beethoven. In 1994, an original manuscript was found in Mohr's handwriting, with Gruber named as the composer.



Silent Night is a beloved Christmas carol that

captures the universal desire for peace and tranquillity. It is widely appreciated, especially by Christians, who find solace in the promise of Jesus. For those who do not yet share this belief, the carol remains a symbol of hope. Amidst the hustle and bustle of the Christmas season, we can all find a moment of peace in the presence of Jesus, as we celebrate his coming with joyous anticipation.

Thank you.

Thomas Leigh





HELP WANTED

Timothy Tocher

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.
Cupid married Blitzen
and Donder lost his mind.
Dancer's mad at Vixen
for stepping on his toes.
Vixen's being thrown out—
she laughed at Rudolph's nose.
If you are a reindeer
we hope you will apply.
There is just one tricky part:
You must know how to fly.

Thank you for your Support

Carole would like to express her thanks to St Mary's and to Vestry for agreeing to support a student through their first year of secondary school on behalf of A Child in the Rough Charity which supports the Star of Wonder school, where Carole volunteered early in the year. Some of their pupils are included in this photo.

Secondary School Sponsorship Campaign

- STAR OF WONDER GRADE 6 -

3 payments of £80 spread over January, April and August. Additional £40 uniform cost

Payments can be made at start of every term or split monthly if preferred



**£40 uniform payment due December 1st.
£80 Term One fee due 1st January**

We have 10 students who are due to move onto junior secondary school in January. Unfortunately, they cannot afford the school fees and we are actively looking for sponsorships for each child. £240 a year split over 3 terms will provide a full years education for a student. Without sponsorship their education is cut short and they will never receive a higher education. Every single one of these students have aspirations in life to be doctors, teachers, pilots and entrepreneurs.

HELP US PROTECT THEIR FUTURE



Defrag

For all who do battle with computers

Of all of the most totally pointless time-wasting activities I can think of, nothing beats watching my computer's defragmenting program. Now, I am a genius at time-wasting: FreeCell, popping bubble wrap, guitar-noodling, Net surfing--

anything rather than tackling the

housework and getting on with the next thing I'm supposed to do. I may have the cleanest computer mouse contact points of anyone on the block. But when it comes time to defrag C drive, I start the program, go away while it does the slow, dull parts of the job, and come back towards the end to watch it in mindless fascination.

Was doing this on Friday night and trying to figure out what's the attraction. I know what's so fetching about bubble wrap: it's the combination of sudden micro-explosions and sheer idiot destructiveness. But what's with the defrag addiction? I think I've finally got it tapped. It's that the computer clearly knows exactly what it's doing. The defrag program marches steadily through the nether regions of C drive, picking up data, giving it a good shake, folding it up and putting it into place. It's expert tidying.

As someone who is severely tidiness-challenged, I have always had a reverence amounting almost to worship for expert tidying. I once knew a guy who could walk through a room and things would fall into place behind him without any obvious effort on his part. I can spend a couple of hours trying to pick up and put things away without making a dent on the mess. In fact, when I walk through a room, chaos immediately ensues. I exemplify the Second Law of Thermodynamics: I am innately entropic. So I am naturally intrigued by a program that whips through my C drive putting everything into order.

More than that: part of the fascination with defrag is that *it* knows what it's doing, and I haven't got two consecutive clues. There's something about watching (say) an expert glassblower or a designer laying out a page in Quark: that element of professional mystery. I

can see tiny chunks of data being chewed up and spit out into the proper positions, but I have no clues about the process. Sometimes the program roars through screen after screen, rolling on like the grand old Columbia; sometimes it stops and clearly nit-picks for a necessary while. I do not have the slightest idea what it's doing, except that the computer program clearly does know exactly what to do. I trust the program completely, although I don't have the slightest idea how it works.

So: how come I can have so much more confidence in Microsoft's defragmentation program than I have in God?

(Especially given Bill Gates?)

I *know* that I don't understand the computer. So far as I'm concerned, it's a large, expensive and flexible typewriter, but one that never needs the ribbon changed and that lets me erase and move words around. I know that many tiny people whom I hold very dear live inside this box, and sometimes they speak to me via the screen--and sometimes they even come out of the box and grow into full human stature, and we get together in the flesh. I know that my computer has a pocket calculator that I can't mislay, and packs of cards not missing the three of diamonds. But I don't really have two consecutive clues about the box: I know a tiny bit of the lingo, and that's about it.

God, on the other hand, I think I've got tapped. I'm willing to make all sorts of incontrovertible statements about God. I'm willing to confine God to *my* interpretation of the "Englised" versions of Greek and Hebrew texts, even though I can't read the original languages. I'm willing to select bits and pieces of the Englised versions, put my own personal spin on them, and use them to clobber other people. I'm willing to claim that my interpretation is the only possibly correct interpretation, and I'm prepared to inflict my beliefs on everyone in sight. The only real difference between me and some other Christians is that my mother brought me up to have reasonably good manners.

I know that my computer is finite, limited, fallible: it crashes sometimes, seizing up or giving me fatal error messages. I know that it's vulnerable; if I'm not very careful, malicious finks could infect it with worms and viruses. I know that it's far from the latest and greatest system. I know that it's really only a metal box with assorted technical gubbins that I'm clueless about. And yet I can understand

that I don't really understand it, while God--who is so far beyond my understanding that I can't even imagine the gap--is someone I can impose my own image on. I know that I feel I can depend on my computer--when I shouldn't--but not that I can depend on God.

Oh. Problem, here. Big problem.

Maybe it's because I can see the defrag program working; I can watch each tiny data-cluster being worked over and put in place, while God's operations in my life are only clear when I'm looking back, not while I'm in the middle of them. Maybe it's because the computer does simple cause-and-effect stuff (i.e., what I tell it to do, not always what I want it to do), while God's causes-and-effects tend to be so long-term and large-scale that I just can't see them, any more than a flea can grasp the whole of a cat's back. Maybe because comfortable ignorance is so much less threatening than real big Mystery.

I know only that there are areas in which I feel comfortable with being an ignoramus, and the defrag operation is one such; and there are areas in which I feel compelled to be a know-it-all, and "God talk" is one of those, and that the latter is a problem that I have to learn to manage better. Moreover, even when I may be right, the way in which I'm right may be wrong. Above all, it does me no good to be right-er than anyone about God when my own faith is so limited and so imperfect.

"Oh God I believe: please help my unbelief."

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Diary of Events: December 2023 – January 2024

Date	Times	Venue	Event
Thursdays	6:10pm	Church	Night Church every Thursday
Thursdays	1:10pm	Rectory	
Saturday 16 th Dec	3pm	Church	Carol Service
Thurs 21 st Dec	3pm	Church	Blue Christmas
Sun 24 th Dec	5:30pm 10:30pm	Church	Christmas Eve Service
Mon 25 th Dec	10:30am	Church	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.



St. Mary's Dalmahoy

JOIN THE

MUSIC

@ST. MARY'S

Come & be a part of our music fun!

**Do you play an instrument or like
to sing?**

Come along we'd love to meet you!

Wednesday @11:30 &

Sunday@9:15

admin@stmarysdalmahoy.org.uk

Zucchini Bread

- 200g [2 cups] all-purpose flour (Not self-rising)
- 300g [1 ½ cups] sugar
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- 1 teaspoon salt
- 3 large eggs
- 500ml [2 cups] zucchini grated/shredded.
- 175ml [¾ cup] vegetable oil
- 1 tablespoon vanilla
- 200g [1 ½] walnuts chopped.



Instructions

1. Preheat the oven to 180°C [350°F]. Prepare two 8x4 loaf pans with parchment paper.
2. Combine flour, sugar, baking soda, cinnamon, and salt in a medium bowl. Whisk to combine and set aside.
3. In a large bowl, beat the eggs. Add the zucchini, oil, and vanilla and mix together.
4. Add the dry ingredients to the wet mixture. Add the walnuts and mix till just combined. Do not over stir.
5. Divide evenly over the prepared pans and bake for 50-60 minutes or until a toothpick comes out clean.
6. Cool in the pans for 5 minutes, remove from the pan, and cool on a wire rack.



Where to Find St. Mary's:

FaceBook:

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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.

 **PayPal**



Scan. Pay. Go.

Humour

What is every parent's favourite Christmas song?
Silent Night!

Why did Rudolph have to attend summer school?
Because he went down in history.

What did Adam say on the day before Christmas?
It's Christmas, Eve!

Why did the scarecrow get a big Christmas bonus? Because he was outstanding in his field.

What did the bald man say when he got a comb for Christmas? "I'll never part with it!"

What happened to the man who stole an Advent Calendar? He got 25 days!

What did the wise men say after they offered up their gifts of gold and frankincense? Wait, there's myrrh.

What do you get when you cross a snowman with a vampire?
Frostbite.

What do you call Santa when he stops moving? Santa Pause.

What do snowmen eat for dessert? Ice crispies.

How do you help someone who has lost their Christmas spirit?
Nurse them back to elf. What do you call an elf that runs away from Santa's workshop? A rebel without a Claus!

Where do Santa's reindeer stop for coffee?
Star-bucks!

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



Children's Page –



Who's Who (continued from Page 2)

Vestry 2022/2023

Secretary	Pippa Crichton	0131 333 1683 secretary@stmarysdalmahoy.org.uk
Treasurer	Vacant	treasurer@stmarysdalmahoy.org.uk
Rector's Warden	Wilma Brown	07503 979 375 warden@stmarysdalmahoy.org.uk
People's Warden	Mandy Smart	
Lay Representative	Steve Haigh	01506 410 825 layrep@stmarysdalmahoy.org.uk
Alt. Lay Representative		
Members at Large	Anne Clapham Judy Goodman	Ella Henderson

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
--------------	---------------

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
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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

Revd Janet Dyer	John O'Connor
	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	Judy Goodman	0131 445 4197
Third Sunday	Irina Grigolava	07796 305789
Fourth Sunday	Wilma Brown	07503 979 375
Fifth Sunday	Mandy Smart	

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' EditorChristine Downey &
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Kim Burnet

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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 February – March issue
is 3:00 pm on January 21st 2024**

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

