

ST MARY'S CHURCH, DALMAHOY



In Touch

August - September 2024

Registered Charity No. SC014203

Who's Who

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Cover Photograph: Christine Downey

Pastoral Letter from Christine

Dear Friends,

Summer means sunshine, (or not!), holidays and hay fever!



What summer means to you probably depends on your age. To a child it means school holidays and nothing to do; to a parent it means school holidays and 'what shall we do?' To an older person it means school holidays, I'm not going away this month; and to an even older person it can mean school holidays, and no-one to meet and nowhere to go because everything stops for the summer.

For me it means trying to get all the bulletins done for when I leave on my holiday!

This year we are sadly losing Pippa as our administrator but gaining Emma who will be trained by Pippa and once, she settles in do please make yourself known to her.

Summer in church can be a 'nothing' time as most of the regular meetings, social and administrative slow down for a bit. It is also a time when individuals can invite friends' round for coffee or a meal because time is less pressured than usual.

Originally holidays were holy days, the single days in the year when the church would hold a celebration such as Easter or Whitsun and workers would have time off to attend. Today holidays can be the least holy days because people view it as time off from God, or at least worship! Use your holidays, holy days, wisely. Do something different; visit another church for worship, find time to make new friends, use the space from the common round of life to think and plan for the future, read the Bible, make that phone call you've been meaning to, send that text to email, or weed the garden and pray. The possibilities are endless!

I hope you enjoy the summer, and feel refreshed and renewed and spiritually fit for anything that God might call you to do.

God Bless

From the Registers (August – September 2024)

Baptism

No Baptisms



Weddings

24th August

Abbie Boyd-Ellison & Thomas Renwick

31st August

Sharon Bateman & Ross Nelson

7th September

Kayleigh Lewelyn & Iain Watson



Remembering



Douglas Hall Classes & Events

Mondays	10:00am-12:00pm	Craft Group
Tuesdays		
Wednesdays		
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 & 5 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

Dalmatians



The 2024/2025 session will start on Wednesday August 28th. I am currently in the process of getting a programme together, but it is not in place yet. However, the first two meetings are confirmed.

On August 28th Irina is going to speak to us on 'Georgia in Pictures'. She will show some pictures of churches etc. in the country and talk about visiting some of these places in the past.

On September 25th our organist, Thomas, will give a talk on 'The Development of English Hymnody: From Early Beginnings to Present Day'.

The Bethany Christian Trust, who St Mary's have supported through charitable giving this year, are possibly going to come to us in October but if not will speak at a later meeting.

There are also a few other speakers who cannot commit to dates at the present time, but have indicated that they would be willing to give a presentation. Should anyone feel that they or someone that they know of would be willing to come and speak with the Dalmatians group please let me know.

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, Margaret King, or anyone who you know attends it. It would be great to get the number of regular attendees up.

Denis King



Skye in pictures by Christine



Drinan – roads similar to those at home.



Dramatic skies over Strathaird



Peat Fields.

The Star of Wonder School in the Kibera Slum, Nairobi, Kenya

Supported by A Child in the Rough nonprofit organisation.

Firstly, on behalf of the pupils, staff and volunteers, I would like to say a huge thank you to the congregation of St Mary's Dalmahoy for the financial support that you have given to the school since I first became involved with them in 2023.



Those donations have helped with the following, a full month's worth of food and water for all the pupils (around 170) and teachers.

Insert photo of the thank you here

Sponsorship of one student for a year of secondary education after completing their education at Star of Wonder.

Sufficient funds to pay for the rent, and a whole month of food for the entire school.

Star of Wonder School receives NO government funding.

It is totally reliant on donations and A Child in the Rough is the not-for-profit organisation that has been set up to raise those essential funds. The school caters for children whose parents or guardians are unable to afford school fees.

Since my first visit in October 2023, several projects have been completed making a big difference to the school building and for all those who attend.

These have included, the installation of electricity for the first time, replacement of blackboards, a proper desk and chair for each classroom, an improved floor surface in several classrooms, cupboards to store the pupils' jotters, the purchase of curriculum textbooks for each grade and additional reading books in both English and Kiswahili and a renovation of the kitchen with the installation of new cupboards and work surfaces and the purchase of new cooking ovens and pots and utensils. Computer equipment has also been installed although internet access is still not available.

All of the money required to pay for these valuable improvements has been fund raised by Courtney who is one of the joint co-founders of the not-for-profit organisation.

Unfortunately, recent flooding in Kenya has had a quite devastating effect on parts of the school grounds and buildings.



The latrine blocks have collapsed because of subsidence, the grade 1 classroom roofing is needing to be replaced because it has been allowing rainwater to enter the classroom. The compacted soil banking which supports the perimeter fencing has been partially washed

away and all the growing crops which were used to feed the children have been destroyed by the sheer volume of water.



The normal monthly costs prior to the flooding for rental of the land and the purchase of food and water was in the region of £500. Loss of crops will raise those costs until such time as crops can be replanted and grown because the vegetables will need to be bought and since they are likely to be in very short supply, the price is likely to increase substantially.

The school provides a safe learning space for children who would otherwise be unable to attend any school. The staff are amazing despite

receiving no regular salary. They are fed two meals a day as are the children and they are able to have their own children educated at the school for free.

The school day starts at 7am with an assembly style gathering.

Breakfast is served at roughly 11am and lunch around 1pm.

Classes tend to be of roughly a one-hour duration, part of which is taught by a teacher and part involves work being copied from the blackboard and then carried out.

The early years pupils aged between 3 and 6 years attend until 3pm, although they do tend to have quiet time after they have had their lunch. This usually means a nap at their desks or at least a period of silence.

Grades 1 to 4 are usually dismissed at around 5pm and grade 5 at around 6pm. Grade 6, the final year are often still in school until 7pm.



These seem like very long days but the children are used to this. They are at least in a safe place where they are being cared for.

When I have been in school, I have supervised practice exams under exam conditions, marked and graded papers. I have attempted to teach some very basic knitting and sewing skills and been able to leave the equipment for use when I am not there. I have helped harvest kale and prepare it for cooking. I have served the meals at breakfast and lunchtimes and helped with the washing up of utensils afterwards. During my first trip, I played outdoors with the children but I managed to avoid that during my second trip because I felt that it was just too hot.



I am looking forward to my next trip in October when I plan to take my 17- and 14-year-old grandsons with me. I suspect that they will spend the majority of their time playing with the children and helping to serve meals while I will probably be supervising the practice exams for the grade6 students. Their leaving exams take place in late October/early November after which they may be lucky enough to progress to a junior secondary school but fees are payable for that and not all are able to continue with their education.

Carole.



The Tormain Project

Phase One of The Tormain Project began with a series of two workshops on research techniques with a total of approximately 30 people attending. An archaeologist from AOC joined us for the first night and Ben Bright lead the second night.



The Project will continue with Phase Two hopefully in the autumn of 2024.

St. Mary's along with AOC, Edinburgh Archaeological Field

Society, City of Edinburgh via a Pentland's Community Grants are the participants in the project.

This will expand our knowledge about the "pre-history" of the Ratho area. Join us on Face Book for updates! Ben & Christine.



Eucharist Readings: August – October 2024

August	
4th: Pentecost 11 1 st : 2 Samuel 11:26-12:13a 2 nd : Ephesians 4:1-16 Gospel: John 6:24-35	11th: Pentecost 12 1 st : 2 Samuel 18:5-9, 15, 31-33 2 nd : Ephesians 4:25-5:2 Gospel: 6:35, 41-51
18th: Pentecost 13 1 st : 1 Kings 2:10-12, 3:3-14 2 nd : Ephesians 5:15-20 Gospel: John 6:51-58	25th: Pentecost 14 1 st : 1 Kings 8:(1, 6, 10-11), 22-30, 41-43 2 nd : Ephesians 6:10-20 Gospel: John 6:56-69
September	
1st: Pentecost 15 1 st : Song of Solomon 2:8-13 2 nd : James 1:17-27 Gospel: Mark 7:1-8, 14-15, 21-23	8th: Pentecost 16 1 st : Proverbs 22:1-2, 8-9, 22-23 2 nd : James 2:1-10 (11-13), 14-17 Gospel: Mark 7:24-37
15th: Pentecost 17 1 st : Proverbs 1:20-33 2 nd : James 3:1-12 Gospel: Mark 8:27-38	22nd: Pentecost 18 1 st : Proverbs 31:10-31 2 nd : James 3:13-4:3, 7-8a Gospel: Mark 9:30-37
29th: Pentecost 19 1 st : Esther 7:1-6, 9-10, 9:20-22 2 nd : James 5:13-20 Gospel: Mark 9:38-50	
October	
6th: Pentecost 1 1 st : Job 1:1,2:1-10 2 nd : Hebrews 1:1-4, 2:5-12 Gospel: Mark 10:2 -16	13th: Pentecost 17 1 st : Job 23:1-9, 16-17 2 nd : Hebrews 4:12-16 Gospel: Mark 10:17-31
20th: Pentecost 17 1 st : Job 38:1-7, (34-41) 2 nd : Hebrews 5:1-10 Gospel: Mark 10:35-45	27th: Pentecost 17 1 st : Job 42:1-6, 10-17 2 nd : Hebrews 7:23-28 Gospel: Mark 10:46-52

The Heathack Workshops



Were it not for a recent unexpected request to deliver Christine's sermon, when she was unfortunately indisposed, I would have said that the last time I stood here was in March 2001, when Dean Fostekew invited me 'to say a little' about Fairtrade Fortnight. I began by saying 'that was a good job' because 'a little' was all I knew.

Standing here as your eco-congregation rep is even more conflicting since, not only is this equally true – but, as many of you know, my wife and I have a love of foreign holidays entailing carbon costly flights. Nevertheless, it was as your eco-rep that I first heard about the Heathack workshops - as part of the ambitious Scottish Episcopal Church Action Plan to achieve net zero (carbon emissions) by 2030.

Aware that, on the back of a huge input from Carole, we had already installed infra-red heating and secondary glazing in the church - and that Heathack required us to set up a group of at least 6 enthusiastic volunteers to participate in three 2-hour workshops - I approached vestry with every expectation that this would be considered beyond our small congregation. I should have known better, as both Christine and Carole expressed enthusiasm to participate, backed by a supportive vestry. With some trepidation, I realised that I was actually going to have to do something! So, I became the group co-ordinator, and we decided that we would focus on the Douglas (church) Hall.



Heathack is a volunteer led programme that assists community organisations in reducing energy use, and planning changes to their buildings to move towards net zero, with support from the Royal Academy of Engineering. It is directed by Jean Carletta, who is very committed to the cause and who was very supportive throughout. Similar to many organisations who offer grant funding, there is an

expectation of good community use of the church and/or church buildings, including representation on the workshop group of at least one person from the community who is not part of the church

congregation. More challenging was that one member of the group must be a qualified engineer, preferably with buildings knowledge, and even the more optimistic members of our group had no expectation that we could find one....only to discover an absolute 'godsend' in Angela Morgan, one of the Ratho Scout group leaders, a qualified engineer and a housing association manager, who was hugely well informed and equally lovely....it turns out that the Ratho scouts much prefer using the Douglas hall to the one in Ratho, and Angela was keen to give something back to the church. She was most definitely the group leader.



From our own congregation, the group was enhanced by the inclusion of Judy and Alan (our health and safety rep)...when his own health permitted. Our final member, also from the community was to be Linda Yule, who runs yoga classes in the hall and has many other strings to her bow - though, in the end, her schedules were just too full to attend the meetings.

Heathack provided lots of guidance for each of the workshops, which were very interactive, with a focus on a card game in which each card highlighted different ecological issues designed to stimulate ideas for our own building. There was no gambling involved, but it was very rewarding – and, apparently, it was good fun!

The SEC provided its own version of the cards and has now become independent of Heathack in setting up the workshops. I am not sure if this will be to the benefit of congregations, and I would strongly recommend the Heathack website as a vital and comprehensive source of information. Heathack also provided, free of charge, the



thermal monitor which we are still using at present, and which thankfully has demonstrated that we (or should that be Carole) very largely heat the hall at the right times. The Heathack project inevitably overlapped with church maintenance requirements, especially as the engineer is asked to do a risk assessment of the building.

By the end of the third workshop, we had created a comprehensive draft action plan for the future development of the Douglas Hall as both a church and community asset – this was expertly transposed

onto a template by Angela. Christine, Carole, Judy and I then held a further meeting to finalise the plan which has 26 proposed actions. These are broken down into different time intervals (or urgencies), showing who is taking each one forward (very largely Carole and Christine) and who they are to consult with e.g. heating engineer, plumber, electrician, Douglas Estate personnel etc.

I have subsequently submitted two papers to vestry, who have backed our proposals. Our first priority, set out in the first paper, was to initiate measures to reduce health and safety risks by arranging a fire risk assessment to establish what alternative doors/fire doors may need to be installed to meet current regulations; and to undertake an option appraisal for a new front door access, possibly with a porch, reducing draughts and heat loss, and also incorporating a newly directed access ramp so that it does not go directly into the line of traffic, but yet avoids the yew tree.

The second paper set out the full action plan as already described. In the first 3 months we hope to initiate various actions to improve the heating controls and optimise the heating and energy use, whilst further improving health and safety. Within 2 years we hope to have completed the door and ramp changes, as well as to improve the lighting, and plant more trees. The final 4 proposed actions, such as creating a separate smaller meeting room within the hall, are considered aspirational - as these are unlikely to happen without an unexpected windfall or new grants becoming available. The potential costs are nevertheless not insubstantial, but everything will be undertaken in stages and carefully monitored. We will seek support, where appropriate, from the Douglas Trust and, where congregational funding is required, we will of course consult with vestry and we may need to consider a fundraiser.



I think that one of the most important outcomes of the Heathack project was a growing appreciation of the Douglas Hall as a community asset. Even though St Mary's has no immediate surrounding community, I know that Christine sees our ministry to the wider local community as very important. We have certainly reaped the benefit of both Angela and Jean's input into the Heathack

workshops, and we intend to maintain good communication with other hall users and the wider community, encouraging even greater use of our wonderful resource. We hope that this will benefit both the church and the community spiritually, socially and environmentally.

If you have any further questions about the Heathack project, please speak to me after the service or send an e-mail...and I will be very happy to ask one of the other group members and then hopefully give you the answer!



Steve Haigh

St Mary's Dalmahoy eco-rep



Martin Luther's Approach to Music and Biblical Insight

Introduction

Martin Luther, the seminal figure of the Protestant Reformation, is renowned not only for his theological and ecclesiastical reforms but also for his profound impact on music in the context of Christian worship. His approach to music, deeply rooted in his theological beliefs, has left an indelible mark on Christian liturgy. By examining Luther's views and practices regarding music, alongside biblical references to music, we can gain valuable insights applicable to our contemporary worship.



Martin Luther's Musical Philosophy

Luther's approach to music was multifaceted. He embraced it as a vital component of worship, education, and spiritual life. He believed that music was a gift from God, capable of conveying theological truths and fostering a direct emotional connection with the divine. His famous quote, "Next to the Word of God, the noble art of music is the greatest treasure in the world," encapsulates his high regard for music.

Luther's reforms in church music were revolutionary. He introduced congregational singing in the vernacular, making worship more accessible to the laypeople. This was a stark departure from the exclusive use of Latin and the limited participation of the congregation in musical aspects of worship. By translating hymns and creating new ones in German, Luther democratized worship and allowed congregants to express their faith collectively and understand the theological content of the hymns they sang.

Biblical Foundations of Music

The Bible mentions music frequently, emphasising its importance in worship, celebration, and expression of emotions. The Psalms, in particular, are replete with references to music. Psalm 150:3-5, for

instance, extols the use of various instruments in praising God: "Praise him with the sound of the trumpet: praise him with the psaltery and harp. Praise him with the timbrel and dance: praise him with stringed instruments and organs. Praise him upon the loud cymbals: praise him upon the high-sounding cymbals."



Music also plays a significant role in the New Testament. In Ephesians 5:19, St Paul encourages believers to "Speak to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord." This directive underscores the role of music in building community and fostering spiritual devotion.

Luther's Implementation of Biblical Principles

Luther's musical reforms can be seen as a direct application of these biblical principles. By making music a central and participatory element of worship, he aligned with the biblical vision of music as a communal and spiritually enriching practice. His introduction of congregational singing mirrors the biblical injunctions to use music to teach, admonish, and uplift the community of believers.

Moreover, Luther's emphasis on hymns' theological content reflects the biblical use of music to convey divine truths. The Psalms, often considered the hymnal of the Bible, are rich in theological reflection, doctrinal instruction, and personal lamentation. Luther's hymns followed this pattern, serving as vehicles of personal devotion and tools of doctrinal teaching.

Contemporary Implications

In our time, Luther's approach to music offers several valuable lessons. Firstly, it reminds us of the power of music to unite and build community. In an age where individuals often feel isolated, congregational singing can foster a sense of belonging and shared purpose.

Secondly, Luther's insistence on the accessibility of worship through music in the vernacular language underscores the importance of inclusivity in worship practices. St Mary's takes a cue from this by ensuring that her worship services are accessible and engaging for all congregation members, regardless of their background or musical ability.

Lastly, Luther's integration of rich theological content into music reminds us of worship music's educational potential. Good directors of music have always strived to choose music that is emotionally resonant and theologically robust, helping congregants deepen their understanding of their faith. Therefore, the congregation should always be in focus rather than the church musician in order to enable the entire congregation to worship God, to be edified, and to enjoy a unified singing experience.

Conclusion

Martin Luther's approach to music, deeply rooted in biblical principles, transformed Christian worship by making it more participatory, accessible, and theologically meaningful. By examining his contributions and the biblical foundations of music, we can draw valuable lessons for our time. Embracing music as a communal, inclusive, and educational practice can enrich worship and foster a deeper spiritual connection among believers. Luther's legacy in church music thus continues to resonate, offering timeless insights for modern faith communities.

Thomas Leigh, Director of Music



Calum's Road- Raasay



The road is described as “marginal and it was probably the most marginal road Ben and I have ever driven, in Scotland or Canada. So much so that with our faulty brakes we decided to turn around!

“The story of Calum MacLeod is a compelling one. There is a plaque on a beautifully constructed cairn at one point alongside the road which notes that "This former footpath to Arnish - a distance of 1¾ miles - was widened to a single-track road with passing places and prepared for surfacing by Malcolm MacLeod BEM... He accomplished this work single-handedly over a period of ten years. But until you have driven it, it is impossible to have any understanding at all of the scale of what Calum MacLeod achieved. "1¾ miles" does not really sound very much. But the incredibly steep climbs and descents, the boggy moorland, and the need to skirt the cliffs above rocky inlets all combine to turn this into a truly epic piece of engineering: it is his road itself which stands as the best possible memorial to Calum MacLeod.



Brochel Castle

The single track road that runs much of the length of the island of Raasay is pretty marginal in places. A little beyond the point where it affords views across the Sound of Raasay into the mouth of Portree Harbour it heads across the spine of Raasay to the island's east shore, emerging above it close to the spectacular remains of Brochel Castle. Until 1982, Brochel, still nearly five miles south of the northern tip of Raasay, was, literally, the end of the road. Yet until 1912, the crofting townships beyond Brochel were home to the bulk of the 400 or so people living on Raasay because of earlier clearance of the rest of the island. With mining development and resettlement, the balance has since steadily shifted towards what you see today, where almost all the island's residents (161 in 2011, down from 194 a decade earlier) live in the south-west of the island."



-from Undiscovered Scotland Copyright Undiscovered Scotland © 2000-2024

Pictures by Christine

BBQ / Canadian Day

A great afternoon was had by all at the Rectory for the annual BBQ / Canada day celebrations.

The food as we have all come to expect was delicious. You all out did yourselves again, with an array of salads, burgers and of course amazing desserts.

This year we were much luckier with the weather, the afternoon remained over cast but thankfully dry and warm enough.



It was also amazing to have the opportunity to look around the newly renovated Kiwi Cottage. I

think I speak for us all when I say wow! What a transformation, the builders and Christine have really done an outstanding job. Thanks, must also go to Blackie and the Douglas Trust. Without them this would not have been possible.



A huge thank you must also go to the hosts, Christie, Ben and not forgetting Tonka. The work you both put in to make the afternoon a success for everyone is very much appreciated.

Thank you also to Janet for capturing these amazing photos of the afternoon.

Till next year!

Pippa.



A couple more things.....

You may remember that in the last issue of In Touch, Steve Haigh told us all about the time he starred as the Ugly sister in the St Mary's Panto. I asked if there was any photographic evidence. Well, you never disappoint, here we have that evidence. Below is Steve and Deryck looking somewhat different, this was performed in November 2005. Thank you, Carole, for providing me with a giggle on a Monday morning.



One final word from me. As most of you know I have made the hard decision to leave my role as administrator here at St Mary's. I can't express how much St Mary's has grown to mean to me. It really is a very special place filled with incredibly special people. You all have made my time here amazing. You are such a group of kind, generous, welcoming individuals. I have loved getting to know you all. You may be a small congregation but you have a massive heart.

But don't worry, you won't get rid of me completely just yet. I will still be helping out a little and popping in for events when I can.

Thank you all again and keep being special. Pippa.



Diary of Events: August - November 2024

Date	Times	Venue	Event
10 th August	2pm	Outside / Hall	St. Scruffs Dog Show
18 th August	10:30am	Church	Sea Sunday
8 th September	6-9pm	Church	Peace Vigil
15 th September	10:30am	Church	Bishop's Visit to St Mary's
28 th September	12 – 3pm	Hall	Autumn Craft Fair
17 th November	12:30	Church	AGM

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. Scruff's Dog Show St. Mary's Dalmahoy



August 10th

1pm

Fun Classes!

Hotdogs!

Tombola!

A Family event



proceeds to PDSA

For more info: 01313331683



St Mary's Episcopal Church

To give a gift that keeps on giving, please consider leaving a gift in your Will to continue your support of St Mary's mission and ministry and to maintain this beautiful church for many lives yet to come.

Making a difference
beyond
one lifetime.



Thank you



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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 - Riddles

1. I have no eyes, no ears, and legs, and yet I help move the earth. What am I?



2. What question can never have an honest answer?

3. Why do Banana's use sun cream?

4. I bring music wherever I go. I keep things very cold. I have wheels. People give my driver money and he gives them treats. What am I?

5. What dresses for summer and sheds in the winter?

6. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

7. If a brown house is made of brown bricks, and a blue house is made of blue bricks, what is a green house made of?

8. I have coal in my belly, steel on my feet. When I get hot it's time to eat. What am I?

9. I'm a letter of the alphabet and I'm the biggest thing on the planet. What am I?

10. I'm surrounded by water but I'm not a fish, what am I?

11. What loses its head in the morning but gets it back at night?

12. What can everyone catch but not throw?

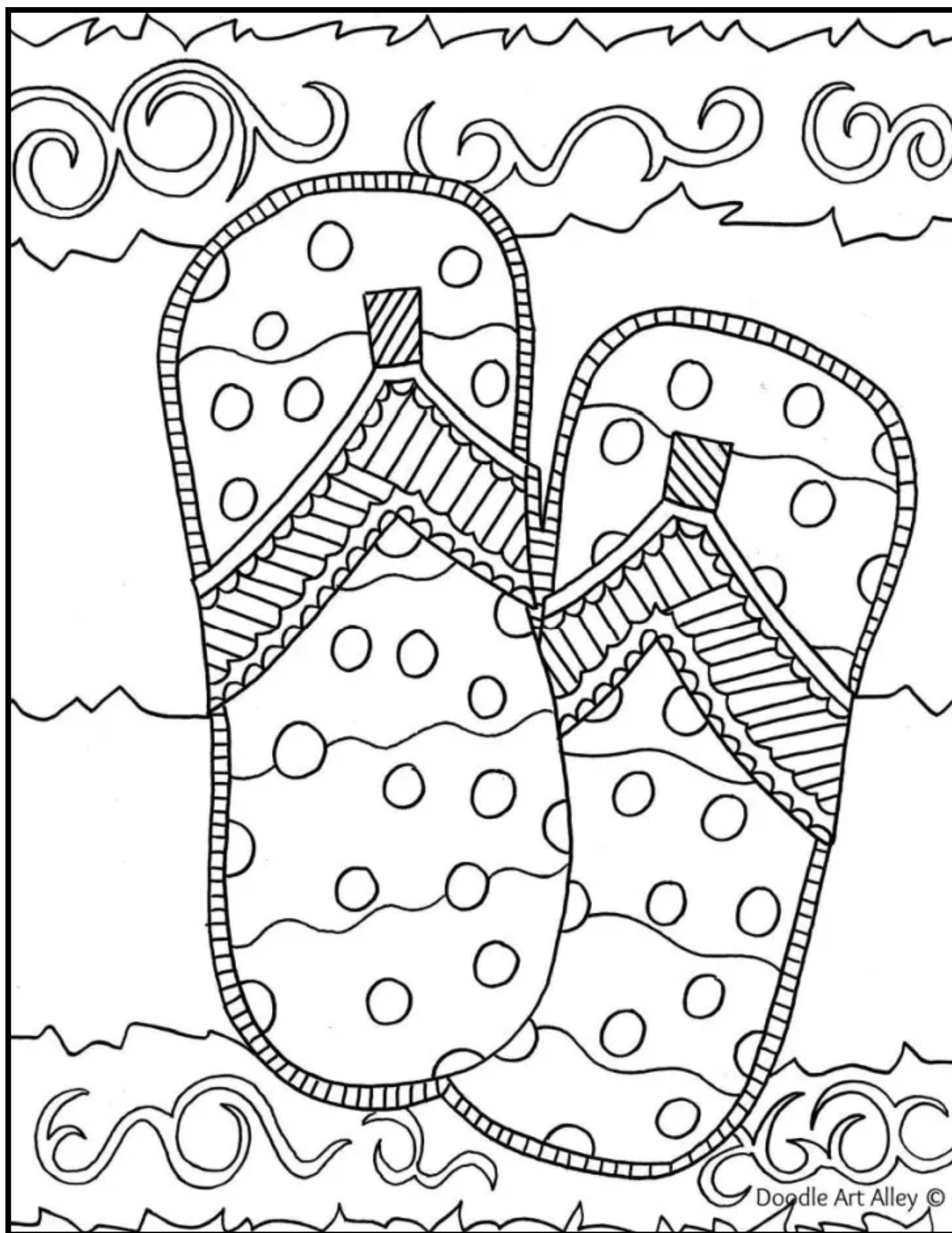
13. What gets bigger the more you take away?

14. What has to be broken before you can use it?



For the answers go to page ??

Children's Page –



Who's Who (continued from Page 2)

Vestry 2022/2023

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

Altar Guild

Co-ordinator Irina Grigolava	Denis King Carole Macbride	01506 873061
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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

	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	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' Editor

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Pippa Crichton

intouch@stmarysdalmahoy.org.uk

Website Administration

Vacant

webmaster@stmarysdalmahoy.org.uk

Organist Emeritus

John Blaber

emeritus@stmarysdalmahoy.org.uk

Service Times

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

Church Open Times

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

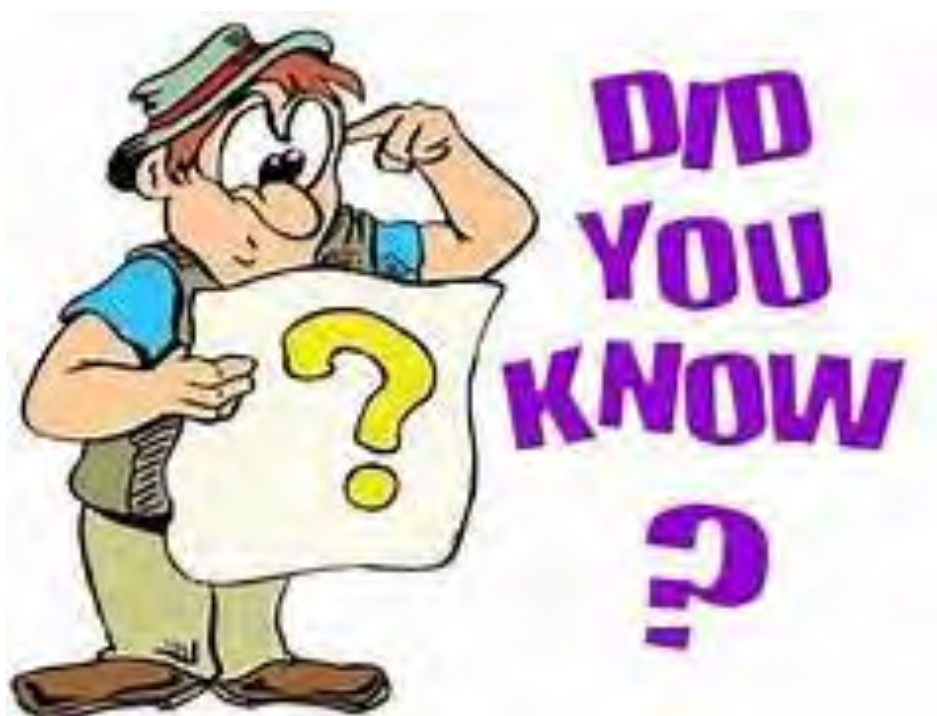
**Deadline for articles for the October – November issue
is Sunday 15th September 2024**



**Please submit articles to:
intouch@stmarysdalmahoy.org.uk**

Riddle Answers:

1. Earthworm
2. Are you asleep?
3. Because they peel
4. Ice Cream Van
5. A tree
6. A Map
7. Glass
8. A BBQ
9. Sea (C)
10. An Island
11. A pillow
12. A Cold.
13. A hole
14. An Egg.



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

