# ST MARY'S CHURCH, DALMAHOY





# In Touch

December 2024 - January 2025

Registered Charity No. SC014203

# Who's Who

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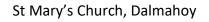
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**Cover Photograph: Christine Downey** 

# Our new retractable sign in the Dalmahoy Hotel entrance



# Pastoral Letter from Christine

Dear Friends,

For the world, and even the church at large, the strongest association we have with Advent is the calendar, which our children and grandchildren open up each day to receive a piece of chocolate as we count down to Christmas Day.

It is a slightly thin and inadequate account of what was traditionally a rich time in the Church's keeping of time. Yes, Advent is a time of waiting. But once we have said "waiting" we have said a very unattractive word. These days with online shopping, streaming devices, smart phones, fast food, etc. we do not like to wait. We like to have things when we want them. And so, waiting seems like a negative word – it seems passive, unexciting, the boring bit before we get to the exciting bit.



But it is waiting that Advent is about. We remember in Advent the time of waiting before the birth of Jesus. And as we read the Bible, we discover this time as filled with a deep longing amongst God's people, a longing for something that would change everything and at the same time not quite knowing what that something would be.

Advent, then, is the season that we as a church go back to that time of waiting as the Bible shows it to us — as a *longing* for something holy and good.

When was the last time you paid

attention to the longing of your heart?

Advent awakens us to this longing as we hear again in the prophets of the Old Testament the people of God *longing* for an end to slavery, *longing* to be back home in some sense, *longing* to be reconciled with one another and with God. This longing is expressed in some of the most powerful images we have in the Bible, especially in Isaiah – images of a dessert blossoming, of rain falling, of day dawning after a long night.

Now that the war in Ukraine, and Israel and Palestine, inflation, and on and on, has shaken our world, our inner desires and deepest needs are revealed. We see the world as it has always been. A world broken and in desperate need of the Saviour. But in Jesus we find our deepest longings spoken to, the longing

that God is bringing about a future that is as surprising as a crucified man rising from the dead. And so, we are here, waiting with bated breath for the kingdom of God to break in.

We wait for Jesus.

But hasn't Jesus already come into the world; you might ask? Wasn't that a long time ago? If so, shouldn't we already know what difference he has made? The amazing truth is we don't yet know the full difference Jesus makes. We know some of the difference, and yet there is more. We are still waiting to see what might happen when rain might fall on the soil of our lives, when light dawns upon the darkness of our days, when Jesus enters into our lives a little bit more.

Advent is a time that names our deepest longings. The longing for God in Christ to enter our lives in a deeper and fuller way. Isn't that something worth waiting for? Isn't that something worth our time?

My prayer for you is that this Advent is that in our worship together at St. Mary's God may once more awaken in us the longing of our hearts, the longing for the dawning of God's love in and amongst us. My prayer for you is that this Advent you may once more long for the unexpected life God brings in the babe of Bethlehem.

And I wish you and your families: peace, goodwill and love this Christmas season and a new year of blessings.

Merry Christmas!

Christine, Ben and Tonka

# St. Mary's Choir Festival

This year 128 children sang with an audience of parents, family and friends! We are now ready to celebrate the coming season. Included in the choir from Williamston was Becca, Pippa's daughter!

Many thanks to all who both offered to help and all the wonderful people who helped set up distribute tea, coffee and goodies, Judy and Jane. Thank you to Steve who set up cushions, chairs and directed traffic. Many thanks to all who chipped in from the schools to help with tidying up! Thanks to the lovely people who filled the treat bags and most especially Ella Henderson and John Pratt who was again our magnificence adjudicator. Thank you, Rev. Janet for presenting the certificates and the award which was once again produced by Potter Around for us.





# **Douglas Hall Classes & Events**

Mondays **Craft Group** 10:00am-12:00pm 18:00 - 22:00Model Car Club Tuesdays 10:00am - 12:00pm **Knitting Bees** Wednesdays 11am Communion Thursdays 19:00 - 20:00pm Yoga 19:00 – 21:00pm Fridays Ratho Scouts (occasionally) 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays 14:00-18:30pm Mar Thoma Congregation



# **The Tormain Research Project**

Tormain Hill is located just west of Ratho, Edinburgh. Rising to a height of 450 feet above sea level it is part of a chain of 300-million- year-old igneous outcrops, surrounded rock sedimentary rocks at the lower elevations at its base. It is possible to Cairnpapple, hillforts Dalmahoy and Kaimes Hill's, Arthurs Seat, the Pentland Hills, Firth of Forth and Fife from the summit. Previously EAFS worked with the Scottish Rock Art Project to record the panels of Cup & Ring art on its highest point, so some members are familiar with the



area. Now EAFS have graciously agreed to help me investigate the area for new evidence as I work towards my dissertation at the University of Edinburgh.



The idea for the project was sparked by the presence of this stone, which once stood on Tormain, containing a cross carved in relief (image left), now located in the cemetery of our partner, St. Mary's Church Dalmahoy. As the project is meant to be a community archaeological event, we conducted two workshops, conducted with the assistance with AOC Archaeology, in July 2024 to introduce the concepts of desk-based research to members of the public, with a total of 34 people participating. The presence of the Cup & Ring art is common knowledge and there are many stories about Tormain, some wrong and many unknown local Canmore sites or objects, such as 'The Ratho

Barrow' and several axe heads, one which is dated to the Neolithic and originated in Antrim County, Ireland. After the workshop a list of objects and areas of interest was drawn up.

- Resistivity over five anomalous mounds and attempting to locate the position of The Witches Stone in the Bonnington Mains field.
- Record two stones along the footpath leading to the summit.
- Investigating a 11m x 6m possible structure in the woods.
- Resistivity in Sunnyside Field owned by Hatton Mains to investigate a possible enclosure, and possibly taking core samples of the adjacent bog area.

 Fieldwalk the top field on Ratho Mains which had been used as a midden by Edinburgh until approximately 1950.

Attempt to locate a missing enclosure that appeared in aerial
 interest taken in 1043.

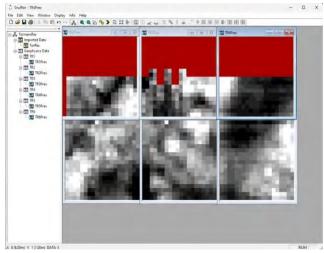
pictures taken in 1943.

Our first event was to conduct resistivity and magnetometry, (while training EAFS members and the public) across five anomalous mounds in a field owned by Bonnington Mains. After Neil had the site under survey control, the grids installed,14 volunteers took turns recording the data. Unfortunately, the morning work was lost due to a faulty head, but the group still managed to collect enough data to produce the interesting image below. The magnetometry didn't work due to the igneous geology. After reviewing the resistivity image (image right) with AOC, the project has decided to investigate the mounds further with permissions, either by higher resolution resistivity or excavation. It is unclear exactly what the image shows, but there does appear to be a ditch on the left, while the centre is inconclusive there is enough evidence to warrant further investigation. During the second week of November a LiDAR scan of the possible structure was conducted which has produced a picture that will be imported into Adobe Illustrator to map the site. Unfortunately, the notice for the LiDAR event was too short for people to attend, but I have the assurance of the University that I can borrow it again to do a training session at Cammo in the future.

We will be working to develop a plan to work to investigate the possible enclosure in Sunnyside, record the final stone on the pathway, and excavate two test pits into the possible structure in the woods.

By Ben Bright







# **Advent Reflections from Jerusalem**

Richard Sewell, Dean of St George's College in Jerusalem, reflects on Advent in the Holy Land.

#### 1. Christmas in Jerusalem

Christmas lights will go up in churches and schools before, or in time for, the start of Advent in the Holy Land. I know the debate about the 'right time to put up Christmas decorations' plays out every year and when I lived in England, I was always one of those wanting a later appearance of all the twinkles and sparkles. But things are different in the Holy Land in so many ways.



When I say 'Holy Land', I mean Israel and Palestine and by Palestine, I mean the West Bank, East Jerusalem and Gaza. Tragically, with the war between Israel and Hamas raging for the past weeks, everyone knows the Middle East map better.

I moved to East Jerusalem over five years ago and in that time, I have learned very many things. One is how very important the seasons of Advent and Christmas are to Christians in these lands. We account for less than 2% of the population, and the vast majority of us are Palestinians, not Westerners like me.

This time of year is the time when Christians can become visible amongst either a Jewish or Muslim majority; it's our time to shine, to be noticed and to proclaim that Jesus Christ is a light in the darkness for all the world. It's a chance we cannot miss, so the lights go up early here.

This year the darkness is almost overwhelming because of the appalling suffering caused by the war. People in the UK are also aware of the pervasive evil and violence because it's all over your news too.

Christians in the Holy Land will find it hard to celebrate with any joy at all. But we will put up the Christmas lights and decorations, though they be will be muted. The churches here have already declared that we will forego 'unnecessarily festive activities...and focus more on the spiritual meaning of Christmas'. Christians will do whatever is possible in Gaza, but Christmas won't be cancelled in the rest of these Lands. We need the light of Christ at Christmas, everyone needs it, more than ever.

# 2. A Season of Hope?

Advent is a season of hope. Today it seems to be in short supply in the Holy Land, but being the birthplace of Christian hope, Christians here are not about to give up on hope.

However, we must distinguish between Christian hope and optimism. After the brief truce in Gaza came to an end, it is hard to be optimistic about the prospects for peace. But Christian hope is rooted



in the oracles of the Old Testament prophets who reflected on the suffering of the people of Judah during their exile in Babylon. From refugee suffering came the idea of a Messiah who would save the people and lead them into a place of restoration, renewal and reconciliation. Christians believe the birth of Jesus in Bethlehem centuries later fulfilled that hope.

The Judean and Jordanian deserts are located between Babylon (in modern day Iraq) and Jerusalem. Eventually the Israelites' suffering in their distant exile came to an end and they returned to Jerusalem and rebuilt the city and the kingdom.

The desert is still today only a few miles from Jerusalem and Bethlehem. It is a part of the landscape of the lives of Christians, Muslims and Jews who live in the Land. We respect the desert but we do not fear it. The desert is where the softly spoken words of God are heard. Jesus went there after his baptism, not to suffer deprivation, but to understand God's calling upon him.

This year, more than before, Advent will have something of the desert about it for us living in the Holy Land. But we are not the only ones who suffer. Anyone grieving, desperately lonely or lost in their life will identify with that desert experience. Yet, in the desert, God makes 'a way in the wilderness and rivers in the desert' (Is 43:20). Advent hope, unlike optimism, does not promise that everything is getting better, but promises that God is with us. Do not ask us to be optimistic, but we are staying hopeful.

#### 3. Advent of Peace?

The fourteen pointed star which marks the traditional place of Jesus's birth.

Peace is that most ephemeral of inner human qualities and also the most elusive of features in our world.

We desire an inner peace that will help us to face the challenges and frustrations of our lives and we yearn for peace in the world that will drive



away suffering, divisions and warfare. The Roman Empire claimed to have established 'Pax Romana' because Caesar Augustus inaugurated a period when no great wars raged within the realm. Jesus was born in this so-called period of Roman peace. While it may have been peaceful for some, it was tyranny for others. Jesus was born under Roman occupation and it was experienced by his people, the Jews of Judea and Galilee, as oppression.

Palestinians today feel that they are living under a system of occupation and the long 'Wall of Separation' which divides Israel from the West Bank and Gaza is a visible symbol of the occupation and of divided peoples. On Christmas Eve, Christians who live in Jerusalem, including our own Anglican congregation have to traverse the Wall and the checkpoint to make the seven mile journey to Bethlehem.

We go there for a special service in the Basilica of Nativity at the traditional location of Jesus's birth, to celebrate the birth of the Son of God, another of whose titles is the 'Prince of Peace'. That name was appropriate then as it is now: Jesus comes into a world wracked with violence and suffering and which cries out for peace. That is not simply peace as the absence of war, but the peace which penetrates deep and wide to create justice for all. This Christmas, more than almost any before, we are conscious that the Holy Land is in a state of utter turmoil, when the yearning for an end to war and for the establishment of real peace is visceral.

Jesus Christ was born to be the source of that peace, for the world and for us as individuals. Whatever our own inner turmoil or distress, whatever deeply troubles us, Jesus, as the presence of God among us, can be the source of our inner peace too. It is a peace which brings calm to the unrest within us and it is the peace which breaches the bitterest of divides in the world. This is a wondrous gift to us all, but it is also a gift we must be ready to receive and to share in our lives and in our world, starting from Bethlehem and spreading from there, to everywhere.

# 4. A Season of Light?

From the Mount of Olives, the sun rising over the Jordan Valley.

I have never had to endure such a dark time. I am sure many readers will feel the same. My parents talked about living through the Second World War and that must have been hell, especially during the Blitz which affected my family because



heavily-bombed Plymouth was their home. But to live in the Holy Land at a time when it is enveloped in the darkness of deeds and words of hatred, brutal violence, deaths of children, women and men on a terrifying scale every day,

is far beyond any previous experience for me. This feels like the darkest hour. There is no question that it must feel the same for almost every Muslim, Christian and Jew living in Gaza, the West Bank and Israel.

When we read the Gospel accounts of the birth narratives, if we can shake off their cosy familiarity for a moment, we can see that those were dark times too. The Roman occupation was terrifyingly brutal and their client King, Herod the Great, was a tyrant of the highest order. Mary and Joseph had their own personal trauma of a child born out of wedlock and an arduous ninety-mile trek whilst heavily pregnant. Yet, from these desperate and unpromising circumstances, a glorious light came into the world: "the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace." (Luke 1:78-79).

Christmas here is celebrated on different dates: for the Orthodox churches it is January 7. Catholics and Anglicans/Protestants are united in holding to December 25. On both Christmas Eve dates, Palestinian Christians (with some pilgrims and tourists), gather in huge numbers in Manger Square in Bethlehem hoping to be granted entry to the Nativity Churches. This year, Christians will endeavour to do the same, despite the fearful times, as an act of faith, as an act of defiance in the face of the sadness we feel within and the darkness we see abroad. This may appear as a faint light on the horizon, but that will be sufficient on which our hope can be founded.



The Very Rev'd Canon Richard Sewell is the Dean of <u>St George's College in Jerusalem</u>, the Anglican centre for pilgrimage in the Holy Land.



# **Net Zero Portal**

# Journeying towards a net zero church

St Mary's Dalmahoy: reducing emissions and energy bills Published by Bethany Nelson



#### 22nd November 2024

St Mary's, Dalmahoy was faced with rising energy use and costs as we approached the 2020s, on account of an ageing and underperforming heating system (electric radiators). After much research, and several energy audits, we took the decision to install "far infra-red heaters", to replace our old electric radiators. The installation came to fruition in 2021 and was followed in 2022/3 by a secondary double-glazing

project. This further improved the energy efficiency of our building.

Originally the heaters were sited too high to be effective but the benefits have been much better since they were lowered to the recommended height of 2.7 metres from the floor.





There are seven 3kW heaters in the chancel of St Mary's Dalmahoy

As is commonly the case in churches, one member of our congregation was very much the driving force and workhorse behind this. So, we would like to thank Carole Macbride for being our driving force. Carole has also been key in our paying greater attention to our heating controls. A Tado operating system allows for both manual and remote control of the heaters via a panel on an interior wall, or via the Tado app. This means that we are now adjusting when the heating comes on and off, according to requirement.

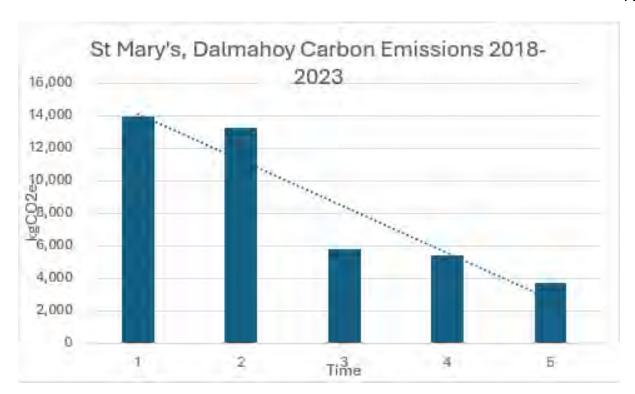


Tado operating system positioned on an interior wall; One of the two 2kW heaters in the sacristy area is positioned vertically.



Initially we felt unsure (or perhaps we just lacked faith) as to how much our energy use and carbon footprint would be improved. After recently filling in the Energy Footprint Tool, we were delighted to be contacted by Neil Rawlins (from the Net Zero team) with a graph demonstrating a huge reduction our carbon in emissions. We felt vindicated and just a little bit pleased with ourselves, especially since the

huge rise in energy costs has made price comparisons difficult to judge.



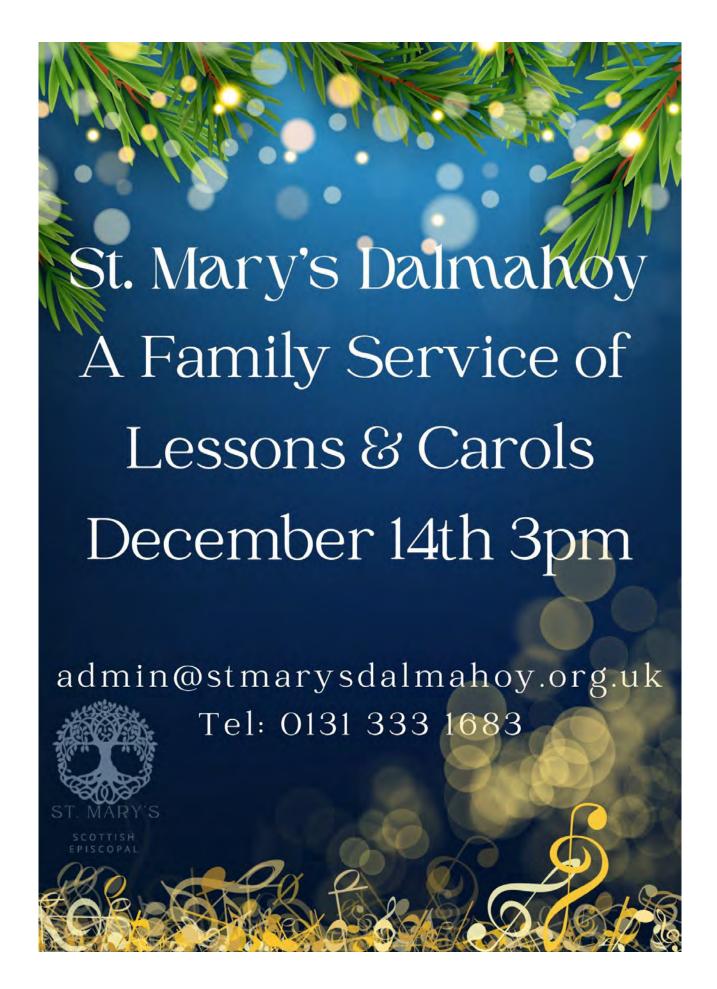
To be honest, we were probably more driven by trying to save money on bills than by our green credentials, but we are delighted to achieve both.

Earlier in 2024, we ran HeatHack workshops, focussing on our church hall (the Douglas Hall). The group included Angela Morgan, one of the Ratho Scout group leaders, a qualified engineer and a housing association manager, who was hugely well informed and was most definitely the group leader.

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! 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.

You can find more information on the HeatHack workshops here.

Steve Haigh, Eco-congregation rep; St Mary's Dalmahoy



# Eucharist Readings: – December 2024 & January 2025

December		
1st: First Sunday of Advent	8th: Second Sunday of Advent	
Jeremiah 33:14-16 Thessalonians 3:9-13 Luke 21:25- 36	Baruch 5:1-9 or Malachi 3:1-4 Canticle: Luke 1:68-79 Philippians 1:3-11 Luke 3:1-6	
15th: Third Sunday of Advent	22 <sup>nd</sup> : Fourth Sunday of Advent	
Zephaniah 3:14-20 Canticle: Isaiah 12:2-6 Philippians 4:4-7 Luke 3:7-18	Micah 5:2-5a Canticle: Luke 1:47-55 Hebrews 10:5-10 Luke 1:39-45, (46- 55)	
29th: First Sunday After Christmas		
1 Samuel 2:18-20, 26 Colossians		
3:12-17 Luke 2:41-52		
January		
5 <sup>th</sup> Second Sunday after	12 <sup>th</sup> First Sunday after Epiphany	
Christmas	Isaiah 43:1-7 Acts 8:14-17 Luke 3:15-	
Jeremiah 31:7-14 or Sirach 24:1-	17, 21-22	
12 Ephesians 1:3-14 John 1:(1-9),		
10-18		
19 <sup>th</sup> Second Sunday after	26 <sup>th</sup> Third Sunday after Epiphany	
Epiphany	Nehemiah 8:1-3, 5-6, 8-10 1	
Isaiah 62:1-5 1 Corinthians 12:1-11	Corinthians 12:12-31a Luke 4:14-21	
John 2:1-11		



# Diary of Events: December 2024 – January 2025

Date	Times	Venue	Event
Mondays in December	2pm	The Rectory	Conversations
14/12/24	3pm	Church	Carol Service
21/12/24	3pm	Church	Blue Christmas
24/12/24	5:30pm & 10:30pm	Church	Christmas Eve Services
25/12/24	10:30am	Church	Christmas Day Service
11/01/25	11am	Douglas Hall	175 <sup>th</sup> Anniversary Planning

Please check News & Events on our webpage (<a href="https://stmarysdalmahoy.org.uk">https://stmarysdalmahoy.org.uk</a>)

Go to News & Events and scroll to the bottom of the page and you'll see the calendar.

# Winter Vegetable Soup

# Serves 4-6

# Ingredients:

2 tbsp olive oil or 1oz butter

1 onion

1 garlic clove

1 potato

500g winter vegetables, peeled and chopped

1 litre vegetable stock



#### Method

- Heat the oil or butter gently in a large saucepan, add the onion and garlic until aromatic and then add the potato and vegetables. Stir around to coat everything in the fat, then sweat very gently for 10-15 minutes.
- 2. Add 1litre/1¾pints of stock, saving the rest for thinning down (if necessary), and season with salt and freshly ground black pepper. Bring up to the boil, then simmer gently for about 20 minutes until all the vegetables are tender.
- 3. Liquidise in several batches and return to the pan. Thin down with the reserved stock, water or milk as required, and check the seasoning
- 4. Reheat when needed.



# "Hold On To Hope"

by Jason Gray

I know, it's been a long road

Holding the weight of the world on your shoulders all alone
Your soul feels heavy as stone
I know it's scary and you're barely hanging on

Hold onto hope
Even when the wild winds blow
Hope is gonna carry you through
Hold onto hope
But even if you let go
You gotta know, hope is gonna hold onto you

It's hard when you're falling apart

To trust that you're still held together by love in your father's arms

But know, even when you let go

He's got a firm grip, even if you slip and fall

You won't fall through the bottom so...

Hold onto hope
Even when the wild winds blow
Hope is gonna carry you through
Hold onto hope
But even if you let go
You gotta know, hope is gonna hold onto you



Even when the walls fall down
Even when the floor drops out
Even when you're full of doubt
Hope is gonna hold on
Oh, even when the storm rolls in



# Doesn't matter how low you've been Even when your faith feels thin Hope is gonna hold on

Hold onto hope

But even if you let go

He's gonna hold on, He's gonna hold on...

Hold onto hope
Even when the wild winds blow
Hope is gonna carry you through
Hold onto hope
But even if you let go
You gotta know, hope is gonna hold onto you

Hope knows our pain and sees us
Has a name, it's Jesus
Hope knows our pain and sees us
And His name is Jesus



# Where to Find St. Mary's:

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St. Mary's Dalmahoy



# **Follow Below Link:**

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YouTube:

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# **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

As a little girl climbed onto Santa's lap, Santa asked what would you like for Christmas?"

The child stared at him open mouthed and horrified fo gasped: "Didn't you get my E-mail?"



'A woman went into a post office to buy some stamps for her Christmas cards. What denomination do you want? asked the lady at the counter. 'Good God!' she replied, has it come to this? I suppose you'd better give me twenty Catholic and twenty Presbyterian.

What do you call a cat in the desert? Sandy Claws!

What did Adam say to his wife on Christmas? It's Christmas, Eve!

What says Oh Oh Oh? Santa walking backwards!

What do you call a blind reindeer? I have no eye deer.

How does an elf get to Santa's workshop? By icicle!

Why are Christmas trees so bad at knitting? They have too many needles!

What do you get when you mix a Christmas tree and an iPad? A pineapple!

What do snowmen usually wear on their heads? Ice caps!

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

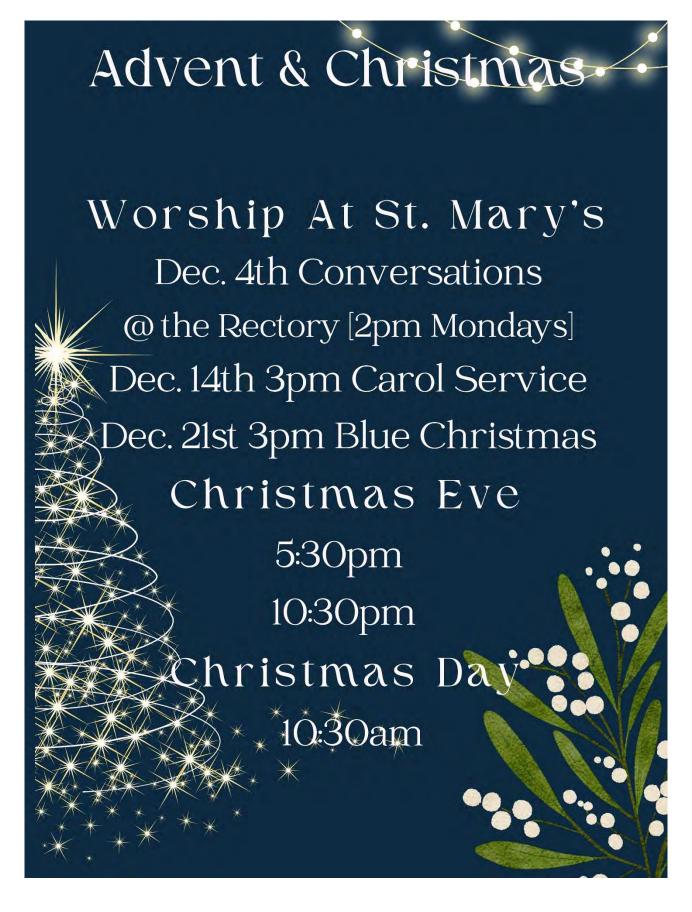
What is the most popular carol in the Desert? Camel ye Faithful!

What do sheep say at Christmas? A Merry Christmas to Ewe!

What did one Christmas tree say to the other? Lighten up!

Why does Santa go down the chimney? Because it soots him!





# Children's Page –



# Who's Who (continued from Page 2)

# Vestry 2024/2025

Olivia Almond Secretary 0131 333 1683 secretary@stmarysdalmahoy.org.uk Olivia Almond Treasurer 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 Wilma Brown Member at Large Judy Goodma

Judy Goodman Mandy Smart
Anne Clapham Ella Henderson
Kate Graham

# **Altar Guild**

Co-ordinator Denis King 01506 873061 Irina Grigolava Carole Macbride

Child Protection & Caroline Gunn 0131 443 4059
Vulnerable Adults protection@stmarysdalmahoy.org.uk
Co-ordinator

Gift Aid Secretary Geoff Angell 0131 315 2639

Fabric Co-ordinator Carol MacBride 07909 582 760

Head Server Denis King 01506 873061

Hall Bookings Olivia Almond 0131 333 1683 admin@stmarysdalmahoy.org.uk

#### **Visitors**

Lois May Donaldson	0131 449 4279
Janice Goodfellow	01506 495082
Irina Grigolava	07796 305789
Denis King	01506 873061
Margaret King	01506 442549
Carole MacBride	07909 582760
Jane Russell	0131 441 2346

# **Prayer Chain**

Co-ordinator: Rev. Janet Dyer

0131 449 3767

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**

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# 'In Touch' Editor

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Olivia Almond

# **Website Administration**

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

Deadline for articles for the February – March issue is 3:00 pm on Sunday 19th 2025



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. <a href="www.thesilverline.org.uk">www.thesilverline.org.uk</a>

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

