

ST MARY'S CHURCH, DALMAHOY



In Touch

August – September 2025

Registered Charity No. SC014203

Who's Who

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Cover Photograph: Rev. Christine Downey

Pastoral Letter from Christine

As you all read this I am newly returned from Finland! The warmth of both the people and the sun is wonderful. Rev. Nicki McNelly and I first visited Porvoo Cathedral then a wonderful Chapel called “Chapple” in a shopping mall in our link diocese of Espoo, both places previously visited by Carole MacBride and myself. This time we were afforded a lovely tour of Chapple by one of their Deacons.

This is a ministry I feel that many inner-city churches especially could learn from in its open handed welcome to all and the many programs and opportunities for immigrants, families and the disadvantaged for learning and real practical support.



We then met Mervi Ristoski the Espoo Diocesan Coordinator to visit two more unique churches, Kellokosken Kirkko, Kellokoski, Uusimaa and Kerava Church, Kerava.

After a lovely lunch with one very cute puppy we headed back to enjoy our final evening in Helsinki and found a patio with live music playing Elvis!





A unique way of celebrating baptisms in the congregation!



I will be taking the August 17th service than I am off again until August 31st.

We are receiving rsvp's now for our celebration on September 21st of St. Mary's 175th anniversary and I look forward to this time of remembrance, celebration and thanksgiving. If you have any memorabilia you would like to share, please get in touch with me or Olivia ASAP so we can put together a display!

Our Peace Vigil is on a Sunday this year (Sept. 8th) and will begin at 6pm. Please do plan on attending as the world needs our prayers now more than ever. This year we will begin the service at our Peace Pole with laying Laurel at its foot. A symbol that we believe Peace will prevail.

It is with great sadness I conclude by sharing with you the news that on August 5th Alan Coupe died.

Alan cared deeply for St. Mary's and the legacy of care found in our community. He always had that front and centre of his service to the church. Even when battling various physical and medical difficulties, he was keenly interested in all the happenings and only regretted that he couldn't do more. I know he will be missed by us all. I know your prayers will be with Margaret and all the family at this difficult time.

May he rest in peace.

The Mission to Seafarers

On Sunday 10th August, we had special guest speaker Jeremy Hawkings from The Mission to Seafarers come to speak to our congregation about what this wonderful charity does. He has provided us with the article below to further spread the word.



99% of what you have in your home was brought to you by a seafarer, someone who spends their life working at sea. This includes the crews of oil and gas tankers, container ships, bulk carriers, fishing seafarers worldwide, in 75,000 ships, sailing all over the world. 35% of them come from Philippines, 10% Russia, 7% Ukraine. Just 1% are British.

The Mission to Seafarers Scotland is a charity whose goal is to care for the spiritual, physical and emotional needs of seafarers and their families, showing love, care and practical support and we have been doing this *since before ships had engines*.

The Mission to Seafarers Scotland has just one paid member of staff, an Episcopal minister, and part of his job is to visit 60 ships a month. He is assisted by 19 ship visiting volunteers who are the lifeblood of the organization. We also have nine trustees, also unpaid, who are our board of directors. It will probably surprise you when I tell you that there are 83 ports in Scotland but since the vast majority of shipping to Scotland comes into the Firth of Forth, that is where we concentrate our activities.



Natural gas is exported from Braefoot near Dalgety Bay, crude oil is shipped from Hound Point near Queensferry, which is also where large cruise liners visiting Edinburgh drop anchor, and the smaller ones which can get under the bridges, tie up in Rosyth.

Each day about 10 ships enter the Firth of Forth, including the traffic which goes in and out of Grangemouth Docks.

So, what do we do? When we visit seafarers on the ships, which is an important part of our work, we take bobble hats, Bibles in various languages, SIM cards, a machine that can create a top up voucher for a mobile phone and a router which creates a wi-fi signal so that the crew can contact home. One of the most rewarding experiences you can have as a ship visitor is watching a seafarer speak to his wife in the Philippines, on his phone with the wi-fi signal you have just provided him with free of charge.



We operate a Seafarer Centre at Grangemouth Docks which is open 24 hours a day. It offers seafarers a home from home, free tea and coffee, free Wi-Fi, which they may not have on board, somewhere to charge their phones, to relax, play pool, watch a film, speak with a volunteer or spend some time in a prayer room. 100 seafarers visit it each week. If they want to go

shopping, we provide a free taxi service from our Grangemouth Centre to the local ASDA which is used 65 times a month. We will take them, if time permits to local tourist attractions such as the Wallace Monument and the Kelpies.

We offer a 24/7 text service, if a seafarer needs a top up for their phone, we can create a top up voucher, photograph it and send the image by text to the seafarer in minutes, so that wherever they are in the world, they can re-load their phone and make contact with their family.

We give away 8,000 knitted items each year, bobble hats, fingerless gloves and scarves, all very useful if you are sailing in the North Sea or across the Atlantic in winter. We have an enthusiastic team of knitters but are always looking for more. Gifts of hats and scarves are much appreciated by seafarers and on their behalf, I am always grateful for contributions. At Christmas, we give out 250 parcels for seafarers in Grangemouth Docks.

We operate a website and online platforms showing seafarers where they can find help.

So, why do seafarers need our help?

Seafaring is not the happiest of jobs. You are away from home for long periods of time, often on the other side of the world. An oil tanker leaving the Firth of Forth for Korea or China will have a journey of six weeks, with some 15 people working in close quarters, with perhaps both Russian and Ukrainian crew on board. They live in a mechanised environment for months on end, interacting with a limited number of fellow crew members and often spending leisure time in isolation in their cabins which is not helpful for mental and physical health.



Many of the ships on the high seas are container ships – you will have seen pictures of them, especially when they are aground broadside in the Suez Canal or stuck under a bridge in America. Ports are now automated, some are totally computerised and so containers can be offloaded and loaded very quickly. This means that ships are often in port for a very short time, which may be good for the ship owner, but not so good for the crew as the seafarers will

have limited opportunities to explore somewhere they may have never been to before. If seafarers are not allowed off their ship, as is sometimes the case, we do their shopping and deliver it to them.

Piracy is a constant concern and a very realistic fear especially if you are sailing in the Red Sea or near Africa.

Abandonment is when a ship owner abandons a ship and simply walks away from any responsibilities for the vessel and the crew. The seafarer is not paid, has no money to buy food or diesel for the generators and has no means to



get home. It happens twice a week somewhere in the world. In addition, two ships sink each week somewhere in the world.

Seafarers are often not well paid. On the internet you will find seafaring jobs paying \$450 to \$500 a month. The hours are often worked 6 hours on and 6 hours off, six days a week, providing that you do not dock when it is your day

off as this will be a case of all hands-on deck. Seafarers from the far east often have to pay their agent a sum of money to secure their job in the first case, and



this could well be 6 or 9 months' salary. If a seafarer loses his job during this time, for any reason, he will then be significantly out of pocket. The charging of recruitment fees to seafarers is expressly prohibited under the Maritime Labour Convention, but it is commonplace. In many cases, the seafarer will be the only breadwinner in a large extended family.

What can you do? The Mission to Seafarers Scotland has many volunteers, some of whom knit hats for seafarers, help in the centre in Grangemouth, go ship visiting, which offers friendship, conversation, a listening ear and letting them know we care. But we need more volunteers, helpers, even trustees.

And, of course, all of what we do costs money. If you wanted to offer financial support you could consider joining our fundraising programme Cupboard Love. We are asking people to look in their cupboards and wardrobes and donate 10p for every item that came from outside the UK.

So why do I do this? For me, the three main messages from the Bible are love, faith by good deeds and hospitality. My work with Mission to Seafarers Scotland ticks all of these boxes.

-Jeremy Hawkings.

From the Registers (August – September 2025)

Weddings: 16.08.25 - Megan Watson & Mason Black



Douglas Hall Classes & Events

Mondays	10:00 - 12:00	Craft Group
	17:00 – 22:00	Race Car Club
Tuesdays		
Wednesdays		
Thursdays	19:00 - 20:00	Yoga (Linda)
Fridays	09:15 – 10:15	Yoga (Tricia)
	18:00 – 21:00	Ratho Scouts
		(occasionally)



More information and **up-to-date** details
can be found on our website
www.stmarysdalmahoy.org.uk

St Scruffs Dog Show 2025

On a very rainy Saturday 14th June, St Mary's held its annual St Scruffs Dog Show. Despite competing with the heavy rain and several local gala days, there was a good turnout, and a good time was had by all.

Thank you to everyone who attended and participated and well done to all our winners! Special thanks also go to Pippa Crichton and John O'Connor for judging!







Winners

Class being Judged	1st Place	2nd Place	3rd Place
The most-saintly looking OAP (10 years and older)	Oscar (James Newton)	Archie (Stuart Morton)	Fara (Ailie)
The dog with the most enthusiastic wag	Ted (Geoff)	Archie (Ben)	Bonnie (Francis)
Best Trick	Fara (Ailie)	Archie (Ben)	Bonnie (Francis)
The dog with the best- polished nose	Meri (Jane)	Oscar (James Newton)	Fara (Ailie)
The dog with the most striking ears	Rupert (Rory Almond)	Oscar (James Newton)	Bonnie (Francis)
The dog with the most genteel manners	Meri (Jane)	Archie (Stuart Morton)	Rupert (Rory Almond)
Obedience demonstration	Archie (Ben)	Anya (Irina)	Bonnie (Francis)
The dog with the curliest hair	Bonnie (Francis)	Archie (Stuart Morton)	Meri (Jane)
Best dancing dog & owner	Ted (Geoff)	Bonnie (Francis)	Archie (Ben)
The Best in show	Fara (Ailie)	Ted (Geoff)	X



Heat Hack Group News

The Net Zero Team held the latest in a series of diocesan Net Zero Roadshow events in Edinburgh at St Mary's Cathedral on Saturday 19 July, welcoming over 80 representatives from congregations, faith groups, heritage bodies, and environmental organisations. The day combined practical guidance with moments of reflection, grounding net zero goals in the shared call to care for creation.

The next Diocesan Net Zero Roadshow will take place at St Paul's Cathedral, Dundee on 23 August between 10am and 3pm.

Bethany Nelson, Net Zero Empowerment Coordinator said: "We are really looking forward to the Brechin roadshow event. We have had a large number of signups already representing churches from across the Diocese. It will be a busy programme sharing expertise and local experience and we look forward to the remaining Roadshow events across the province during the autumn."

During the Edinburgh event several workshops took place from organisations including Faith in Communities, the National Churches Trust, Heat Hack, A Rocha Partners in Action, and the A+E Project. Two well attended sessions discussing the newly installed radiant chandeliers in the Lady Chapel. Participants took part in small group "Sharing Stories" conversations, exchanging experiences, challenges, and ideas, with insights shared back to the whole gathering. The day concluded with closing worship led by Cathedral Chaplain Janet Spence.

You can read more about the Edinburgh & Brechin events at the Net Zero Portal: netzerochurch.scot



Eucharist Readings: August – September 2025



August	
Sunday 3rd: Hosea 11:1-11 Colossians 3:1-11 Luke 12:13-21	Sunday 10th: Isaiah 1:1, 10-20, Hebrews 11:1-3, 8-16 Luke 12:32-40
Sunday 17th: Isaiah 5:1-7 8-19 Hebrews 11:29 - 12:2 Luke 12:49-56	Sunday 24th: Jeremiah 1:4-10, Hebrews 12:18-29 Luke 13:10-17
Sunday 31st: Jeremiah 2:4-13, 10-16 Hebrews 13:1-8, 15-16 Luke 14:1, 7-14	
September	
Sunday 7th: Jeremiah 18:1-11 Psalm 139:1-6, 13-18 Philemon 1-21 Luke 14:25-33	Sunday 14th: Jeremiah 4:11-12, 22-28, 1 Timothy 1:12-17 Luke 15:1-10
Sunday 21st: Jeremiah 8:18 - 9:1, 1 Timothy 2:1-7 Luke 16:1-13	Sunday 28th: Jeremiah 32:1-3a, 6-15 Psalm 91:1-6, 14-16 1 Timothy 6:6-19 Luke 16:19-31



‘May Peace Prevail on Earth’ says St Marys

Take a wander down to our beloved church and you will see our brand new ‘Peace Pole’. A plea for peace on Earth and a reminder to be kind to one another, our Peace Pole was officially unveiled and blessed by the Bishop at our annual Canada Day Picnic on June 29th 2025.

The pole displays the poignant message “May Peace Prevail on Earth” in 9 languages: English, Scots Gaelic, Mandarin Chinese, Arabic, Hebrew, Polish, Urdu and Braille.

A very important message in today’s world.





AGM – 16th November 2025

Our AGM will be held on Sunday 16th November after Morning Prayer. This year we will have some people step down from Vestry, as their term is up or life has been just too busy! Please consider being a part of the work of planning for St. Mary's future. We meet at the rectory monthly or as needed and our meetings are typically no more than an hour long!

New floor in the Douglas Hall

I'm sure we can all agree it was time for a new floor in the Douglas Hall!

It has certainly served us well but was due for a refresh. Thankfully, our new floor was completed on the 17th July and is ready to host some forthcoming St Mary's events!



Dates for your diary!



Wednesday 27th August @ 11:30am

- Dalmatians (Douglas Hall)
- Speaker: Olivia Almond – Bridal Makeup Artist

Monday 8th September @ 6pm

- Vigil for Peace

Wednesday 24th September @ 11:30am

- Dalmatians (Douglas Hall)
- Speaker: Margaret King – A Walk Around Gogarburn.

Saturday 4th October @ 12 – 3pm

- St Mary's Craft Fair (Douglas Hall)
-

Wednesday 29th October @ 11:30am

- Dalmatians (Douglas Hall)
- Speaker: Ben Bright – The Tormain Project
-

Sunday 9th November

- Remembrance Sunday

Sunday 16th November @ 12pm

- AGM

Wednesday 26th November @ 11:30am

- Dalmatians (Douglas Hall)
- Speaker: Ian Hill – Guide Dogs for the Blind



Recipe: Plum and Almond Cake

Ingredients:

350g butter, unsalted
325g sugar, soft, light brown
2 Tbsp. apricot jam
9 plums
4 large eggs, beaten
1 tsp. almond extract
275g self-raising flour
2 tsp. baking powder
75g ground almonds
Icing sugar to dust



Plums are at their best in September!

Method:

1. Preheat oven to 180 degrees, or 160 degrees fan. Grease and line a 20.5 x 30.5cm roasting tin with baking paper.
2. In a pan, gently heat 100g butter and mix in 100g brown sugar. Once melted, still in apricot jam and simmer for a few minutes, until a caramel has formed.
3. Pour into cake tin and leave to cool for 10 minutes.
4. Halve and de-stone the plums, and arrange cut side down in the caramel.
5. Then, in a large bowl, whisk remaining butter and sugar until light and fluffy. Add eggs gradually, beating well after each addition. Beat in almond extract.
6. In a separate bowl, combine flour, baking powder and ground almonds. Fold into the egg mixture. Spoon on to plums and spread to level.
7. Bake for 45 minutes.
8. Sprinkle with icing sugar, slice into squares and enjoy!

Where to Find St. Mary's:

FaceBook:

Search:

St. Mary's Dalmahoy



Follow Below Link:

<https://www.facebook.com/St.Marys.Dalmahoy>

YouTube:

Search:

St. Marys Dalmahoy



Follow Below Link:

<https://www.youtube.com/channel/UCUsCU8vdPLYXXpk0yl4GQjw>

An Easy & Fast way to make Donations to St Mary's: Use the QR code below:

You need to have a QR barcode reader app Installed on your smartphone to use the QR code.



Scan. Pay. Go.



Humour

1 - One day a famous old celebrity went to a nursing home to see all of his friends again. He was immediately greeted by everyone as they recognised him instantly. However, he noticed that one man didn't say anything to him or even glance at him.

The celebrity went over to the man and said "Do you know who I am?"

The man looked up and replied, "No, but you can go to the front desk and they'll tell you."

2 - An elderly couple were having dinner at another couple's house. After eating the wives left the table and went into the kitchen. The two men were talking and one says "Last night we went out to a new restaurant and it was lovely, I would highly recommend it."

The other man asks, "What is the name of the restaurant?"

The first man thinks, and thinks, then finally says "What is the name of the flower you give to someone you love? The red one with thorns?"

"Do you mean a rose?"

"Yes, that's the one" replied the man. He then turns towards the kitchen and yells, "Rose, what's the name of that restaurant we went to last night?"

3 – About 2 am an elderly man was spotted driving erratically down the street when he passed a police car. He was quickly pulled over. The cop got out and came to the driver's window "Where are you going this late?"

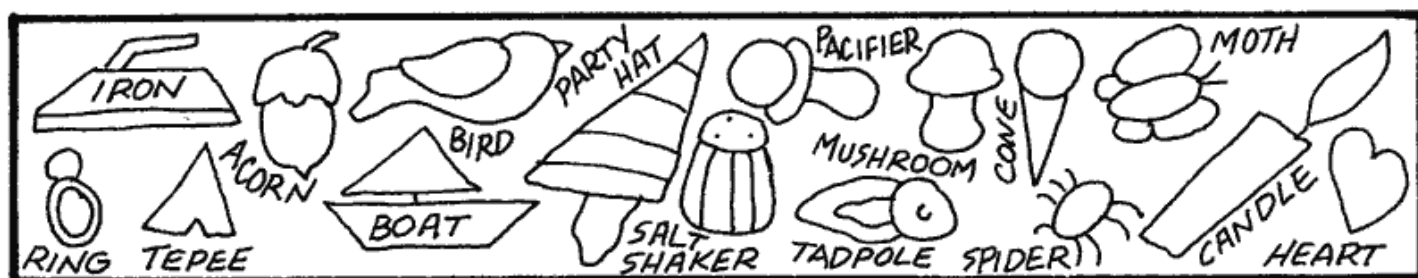
The man replied "I'm on my way to a lecture about alcohol abuse and the effects on the human body, smoking and staying out late."

The office asks "Really? Who's giving that lecture at this time of night?"

The man replied "That would be my wife."

Children's Page

Find the hidden objects!



Who's Who (continued from Page 2)

Vestry 2024/2025

Secretary	Olivia Almond	0131 333 1683
	secretary@stmarysdalmahoy.org.uk	
Treasurers	Denis King & Olivia Almond	
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	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 Goodman	Mandy Smart
	Anne Clapham	Ella Henderson
	Kate Graham	

Altar Guild

Co-ordinator	Denis King	01506 873061
Irina Grigolava	Carole Macbride	

Child Protection & Vulnerable Adults Co-ordinator

Caroline Gunn	0131 443 4059
protection@stmarysdalmahoy.org.uk	

Gift Aid Secretary

Geoff Angell	0131 315 2639
--------------	---------------

Fabric Co-ordinator

Carol MacBride	07909 582 760
----------------	---------------

Head Server

Denis King	01506 873061
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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

Prayer Chain Co-Ordinator Janet Dyer 01314493767

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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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 3:00 pm on Sunday 21st September 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. 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





CRAFT FAIR

ST MARY'S DALMAHOY



Gifts
Art



Jewellery
Crafts



Tea, coffee and refreshments

Come and start your Christmas shopping and support local artists!

SATURDAY 4TH OCTOBER

12PM – 3PM

Douglas Hall

Dalmahoy, Kirknewton, EH27 8EB

