



# St Andrew's and St George's West October 2015 Magazine

ST ANDREW'S &  
ST GEORGE'S WEST  
EDINBURGH



EDINBURGH City  
Centre | CHURCHES  
TOGETHER



# October 2015

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Thanks to all contributors of news, articles, prayers and photos.  
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Alison Bruce

**Next copy deadline Tuesday 27 October**

Contact us at [magazine\[at\]stagw\[dot\]org\[dot\]uk](mailto:magazine@stagw.org.uk)

# An Attitude of Gratitude

## for Harvest Thanksgiving

Isn't Harvest the season when we most naturally turn from our busyness and offer to the Creator our heartfelt thanks? The signs of harvest are visible as trees transform their leaves into more exotic hues by the day - as Buckingham green is replaced by shades from russet to rouge, gold to cadmium yellow and burgundy to dark brown. And not only the trees but the whole landscape alters through the 'changeable beauty of the hills'.



The Psalmist is not silent when invited to respond, "Give thanks to the Lord, for he is good. His love endures forever."

We as believers have two reasons to be thankful: God's constant goodness and His steadfast love.

Amy Morin is a psychotherapist who gives 5 very practical reasons why being thankful is good for us all:

### **Gratitude improves physical health.**

Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health.

### **Grateful people sleep better.**

Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer. Writing in a

gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*.

### **Gratitude improves psychological health.**

Dr. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces stress and depression.

### **Gratitude opens the door to more relationships.**

Not only does saying “thank you” constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study which found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door open or you send a quick thank-you note to a worker who helped with a project, acknowledging other people’s contributions can lead to new opportunities.

### **Gratitude improves self-esteem.**

A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athlete’s self-esteem, which is an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs - which is a major factor in reduced self-esteem - grateful people are able to appreciate other people’s accomplishments. Recognizing all you have to be thankful for, even during the worst times of your life, fosters resilience.

We all have the ability and opportunity to cultivate gratitude.

Simply take a few moments to focus on all that you have, rather than complain about the things you think you deserve. Developing an “**attitude of gratitude**” is one of the simplest ways to improve your satisfaction with life.

So give thanks... live long... love others... and really enjoy Harvest.

**Ian**

# Worshipping God

## Worship Strengthens and Transforms

Worship is helpful for our growth as followers of Christ, so consider joining us Sunday by Sunday.

You can attend Communion at 9.00am, the All Age service at 9.45am or enjoy our progressive pattern at 11.00am

Paul says,

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.”

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## 11am Sunday Morning Worship Themes and Readings

<b>Sun 4 October</b> <i>Harvest</i>	<b>Attitude of Gratitude</b>	Mark 10.13-16
<b>Sun 11 October</b>	<b>Faith Essentials</b>	Mark 10:17–31
<b>Sun 18 October</b>	<b>Power to Serve</b>	Mark 10:35–45
<b>Sun 25 October</b>	<b>Speak Out</b>	Mark 10:46–52
<b>Sun 1 November</b>	<b>Love, Love, Love</b>	Mark 12:28–34
<b>Sun 8 November</b> <i>at 10.50am</i>	<b>Building new Friendships</b> Remembrance Service with the Edinburgh German Speaking Congregation	John 15

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**"And what greater calamity can fall upon a nation than the loss of worship." Ralph Waldo Emerson**

**"It is not enough for us to be where God is worshipped, if we do not ourselves worship him." Matthew Henry**

**"To worship God in truth is to recognise Him for being who He is, and to recognize ourselves for what we are." Brother Lawrence**

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# St Andrew's & St George's West Diary

Autumn 2015

Find our online diary under the WHAT's ON tab on the website  
[www.stagw.org.uk/whats-on/](http://www.stagw.org.uk/whats-on/)

## October 2015

- Sat 3 Oct** 9.30am Money for Positive Change Conference  
TOGETHER workshops on empowering young people in the church (Stockbridge)  
Christian Aid Conference (Nicholson Square)
- Sun 4 Oct** **9am Communion** (spoken liturgy)  
**9.45am Learning Together** - all age worship,  
10.30am Sunday Discussion Group (adults)  
**11am Morning Worship: Harvest**  
(Bright Sparks for children from 11.15)  
**12 noon bellringers**  
**12 noon Fellowship lunch for Malawi Prison**  
**1pm Storytelling workshop**
- Mon 5 Oct** **7.30pm Framework for Faith**  
**6.30pm AHSS Lecture: Andy Law: Reiach & Hall**
- Tue 6 Oct** **7.30pm Ecumenical Accompaniment in Palestine**  
(part of the Edinburgh World Justice Festival)
- Sun 11 Oct** **9am Communion** (spoken liturgy)  
**9.45am Learning Together** - all age worship,  
10.30am Sunday Discussion Group (adults)  
**11am Morning Worship**  
(Bright Sparks for children from 11.15)  
**12 noon bellringers**  
We're collecting donations of good quality clean clothing, shoes, towels and bedding for Edinburgh Clothing Store today – please bring them to worship!
- Mon 12 Oct** **7.30pm Framework for Faith**
- Tue 13 Oct** **3.30pm Exploring Silent Prayer (at St John's)**
- Wed 14 Oct** **5.30pm Edinburgh Quartet Rush Hour Concert**  
Intimate Voices – Janacek. With Ron Butlin
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<b>Thur 15 Oct</b>	<b>1pm Music and Reflection: George Gershwin</b>
<b>Sat 17 Oct</b>	Anti-Trafficking Conference (St George's Tron, Glasgow) <b>7.30pm Georgian Concert Society</b> La Serenissima Vivaldi-Four Seasons
<b>Sun 18 Oct</b>	<b>9am Communion</b> (spoken liturgy) <b>9.45am Learning Together</b> - all age worship, 10.30am Sunday Discussion Group (adults) <b>11am Morning Worship</b> <b>(Bright Sparks for children from 11.15)</b> <b>12 noon bellringers</b>  We're collecting donations of good quality clean clothing, shoes, towels and bedding for Edinburgh Clothing Store today – please bring them to worship!
<b>Mon 19 Oct</b>	<b>7pm Amos Scripture Care Trust AGM (St Cuthbert's)</b>
<b>Wed 21 Oct</b>	<b>Creative TOGETHER meets 10-1pm (offsite)</b>
<b>Thur 22 Oct</b>	<b>1pm Music and Reflection: Franz Liszt</b> <b>7.30pm Kirk Session</b>
<b>Sat 24 Oct</b>	<b>7.30pm Beyond Broadway Concert – An evening with Jonathan Read Galt</b>
<b>Sun 25 Oct</b>	<b>9am Communion</b> (spoken liturgy) <b>9.45am Learning Together</b> with Communion 10.30am Sunday Discussion Group (adults) <b>11am Morning Worship – Full Quarterly Communion</b> <b>(Bright Sparks for children from 11.15)</b> <b>12 noon bellringers</b>  <b>2 pm Albany Deaf Church Meets</b>
<b>Mon 26 Oct</b>	<b>Amnesty Undercroft group meets</b>
<b>Tue 27 Oct</b>	<b>3.30pm Exploring Silent Prayer (at St John's)</b>
<b>Wed 28 Oct</b>	<b>Sanctuary closed (Charity Conference)</b> <b>Evergreens Cinema Trip</b>
<b>Thurs 29 – Sat 31 Oct</b>	<b>10am-3pm CA Picture Sale with Scottish Books in the Sanctuary</b>
<b>Sat 31 Oct</b>	<b>10am-noon CA Coffee Morning with jewellery and gifts, in the Undercroft</b>

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## November 2015

<b>Sun 1 Nov</b>	<b>9am Communion</b> (spoken liturgy) <b>9.45am Learning Together</b> - all age worship, 10.30am Sunday Discussion Group (adults) <b>11am Morning Worship</b> <b>(Bright Sparks for children from 11.15)</b> <b>12 noon bellringers</b>
	<b>BRIGHT Sparks Fellowship Lunch to raise money for a hospital bed at Mulanje Mission Hospital</b>
<b>Mon 2 Nov</b>	<b>6.30pm AHSS Lecture: Brian Evans</b>
<b>Thur 5 Nov</b>	<b>1pm Music and Reflection: J S Bach</b>
<b>Friday 6 Nov</b>	<b>7.30pm Jazz for the World</b>
<b>Sun 8 Nov</b>	<b>9am Communion</b> (spoken liturgy) <b>9.45am Learning Together</b> - all age worship, 10.30am Sunday Discussion Group (adults) <b>10.50am Morning Worship for Remembrance</b> <b>Sunday with the German Speaking Congregation</b> <b>(Bright Sparks for children from 11.15)</b> <b>12 noon bellringers</b>
<b>Tue 10 Nov</b>	<b>3.30pm Exploring Silent Prayer (at St John's)</b>
<b>Thur 12 Nov</b>	<b>1pm Music and Reflection: Vaughan Williams</b>
<b>Sat 14 Nov</b>	<b>Messy Church</b> <b>7.30pm Georgian Concert Society L'Arcadia –</b> Flaming Rose, Earth's Adornment: Handel's German Arias
<b>Wed 18 Nov</b>	<b>10am-1pm Creative TOGETHER meets (offsite)</b> <b>2.30pm Evergreens Illustrated talk</b>
<b>Sun 22 Nov</b>	<b>LIGHT NIGHT</b>
<b>Tue 24 Nov</b>	<b>3.30pm Exploring Silent Prayer (at St John's)</b>
<b>Sat 28 Nov</b>	<b>Creative Together Sale</b>
<b>Sun 29 Nov</b>	<b>2 pm Albany Deaf Church Meets</b>
<b>Mon 30 Nov</b>	<b>6.30pm AHSS Lecture: Stuart Eydmann</b>



# December 2015

<b>Tue 8 Dec</b>	<b>Kirk Session</b>
<b>10-24 Dec</b>	<b>SHINE Edinburgh Christmas Tree Festival</b>
<b>Fri 18 Dec</b>	<b>Carols at Six</b>
<b>Sat 19 Dec</b>	<b>Church Christmas Supper</b>

## Iona Trip

**10 to 16 September 2016**

Everyone should visit Iona once. We have some places available for the above week.

**Please speak to Ian Gilmour if interested**

## Regular events

**Mon 7.30-9pm**

Bellringers practice

**Tue 10am – noon**

Circle Scotland Kinship

Carers Choir

**Wed 7.30-9.30pm**

AA meets in the

Davidson Room

**Thurs 7.30-9pm**

Choir, Davidson Room

**Thurs 7-9pm**

Edinburgh Art and

Sketching Club meets in

Undercroft, fortnightly

## Announcements

### Deaths

**Miss Muriel E J Herkes**

on 14 September 2015



Albany Deaf Church meets here at 2pm on the last Sunday of the month  
Minister: Rosie Addis e:raddis[at]churchofscotland[dot]org[dot]uk



**albanydeafchurch**

# News from Church Groups

## Amos Scripture Care Trust

The Annual General Meeting of the Amos Scripture Care Trust will be held on **Monday 19<sup>th</sup> October, 2015, at 7pm** in St Cuthbert's Parish Church. Coffee will be served at this short informal meeting.

It would be helpful to know how many are likely to attend, so if you intend to come, please advise **Alan Mackinlay**

## Creative TOGETHER

We will be holding our monthly meetings as usual on the 3rd Wednesday of each month, **21st October and 18th November** which will be our last before our sale event on **November 28th**. I look forward to seeing you, anytime to suit you between 10am and 1pm.

**Maggie Morley**

## Evergreens

**Wednesday 28 October** we're going to see "Suffragette" at the Filmhouse. More details from **Veronica Crerar** and **Ann Hindle**

**Wednesday 18 November 2.30pm**

Bob Morley and James Crerar will give an illustrated talk on their Tanzanian Safari.

**Wednesday 16 December 2.30pm**

Christmas Carols and stories with Brigitte Harris amongst the Christmas Trees.



## Edinburgh Clothing Store

We propose to have boxes in the Church on **Sundays 11 and 18 October** when goods can be donated to ECS. Good quality, clean clothing, shoes, towels and bedding. Clothes for children and for men are always in particular demand. **Veronica Crerar**

# Exploring Silent Prayer

Tony Bryer

**Exploring Silent Prayer** is held on Tuesday afternoons from **3.30 - 4.15pm** in the chapel in St John's church on the following dates: **October 13 and 27 November 10 and 24, December 8**. All are welcome, no previous experience of silent prayer is needed

## Sunday Discussion Group

**Autumn Programme: Arthur Chapman**

We meet in the chapel ca 10.30 - 11.15am on Sunday mornings – after the end of the 9.45am Learning Together service. At present we base our discussions on a “Thought for the Day” from the current week.

In Advent we will be reading and discussing “**Faith in the Face of Empire**” **The Bible Through Palestinian Eyes** by Mitri Raheb, available from Hadeel (£12.99). New participants are always welcome!

## Book Group

**Veronica Crerar**

The monthly Book Group is foundering and likely to sink unless we get reinforcements. Just over a year ago we had ten committed members. Over the last year we have sadly lost six of those members due to illness, death, leaving Edinburgh or pressure of other commitments. We have gained only one new member. We reckon we need ten members, preferably twelve, to be viable.

The Book Group is one of very few opportunities in our very active and busy congregation, where we can sit back for an hour or two each month and discuss our faith – where is this journey taking us, how does it affect our everyday life, what does it really mean for us? It is also a place where strong and lasting friendships have been formed over many years, as we have learned through our study to alternately support and rely on each other on our journey.

At the moment we meet once a month in the Chapel on a Monday morning, but the time and place are negotiable. If you are interested in any way in this, please contact me and find out more - absolutely no obligation! **Veronica Crerar**

# Autumn 2015

Lunchtime music and reflection

ST ANDREW'S &  
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## Great Composers Life & Music

half an hour of words and music at Thursday lunchtime  
performed by young Edinburgh music graduates

free, all welcome



### George Gershwin

Songs by Gershwin | Rachael Liddell - Mezzo  
Speaker Ian Gilmour      Thurs 15 Oct at 1pm



### Franz Liszt

'Benediction de Dieu dans la solitude' | Jamie Lang  
Piano | Speaker Brigitte Harris Thurs 22 Oct at 1pm



### J.S. Bach

Gamba Sonata No 1 G Major | Tim Cairns – Cello  
Speaker Adrienne Burgess Thurs 5 Nov at 1pm



### Vaughan Williams

Folksong Sketches | Anna Wright - Saxophone  
Speaker Tony Bryer      Thurs 12 Nov at 1pm

# Music news

The next Music and Reflection series starts on Thursday 15 October at 1pm, with a theme of composers' lives and music. You might recognise some of the musicians from June's **Cabaret and Canapes** – now you have another chance to hear them! Free entry, everyone welcome – please bring friends and colleagues.

## **Rachael Liddell, Mezzo Soprano sings George Gershwin on 15 October. Speaker Ian Gilmour**



*Earlier this year Rachael graduated from Edinburgh Napier University with Bachelor of Music degree with Honours. This year she is teaching vocal studies at the new Junior Napier Music School. Rachael is a member of the Youth Company at Dundee Rep and hopes to apply for a masters program in Germany.*

## **Jamie Lang, Piano plays Lizst on 22 October Speaker Brigitte Harris**

*Jamie graduated from Edinburgh Napier University with a Bachelor of Music degree with first class honours. He has enjoyed developing his playing in solo classical performance and also in other areas such as chamber music and jazz. He is taking a year out to gain experience in teaching and to further develop his playing with a view of applying for a post-graduate course.*



**Tim Cais – Violoncello plays Bach on 5 November. Speaker Adrienne Burgess**

*A graduate of the Reid School of Music (University of Edinburgh), Tim leads a busy musical life. He began playing the cello at an early age, and has since played with a wide variety of ensembles. He has given successful recital series across Edinburgh, and continues to perform regularly, both as a soloist, and as a chamber/orchestral musician. Tim plays a cello by Noel Sweetman*



**Anna Wright Saxophone, plays Vaughan Williams on 12 November. Speaker Tony Bryer**

*Anna studied saxophone at Edinburgh Napier University with Sue McKenzie, graduating with first class honours. She has been playing the saxophone since she was ten, and has gained experience as both a soloist and ensemble player. She has also been involved in a number of national and international saxophone events, including working at the 16th world saxophone congress and performing in masterclasses with saxophonists such as Andrew Somerville while attending the Scottish Saxophone Academy.*



**Chris Harding, Accompanist 15 Oct and 5 and 12 November**

*Chris Harding is a freelance accompanist based in Edinburgh. He is currently the Associate accompanist to the National Youth Choir of Scotland, an accompanist for Edinburgh Napier University and répétiteur to Scottish Opera's 'Encouraging New Opera' project in Scotland's Festival of New Music. Recent work includes working for the Scottish Chamber Orchestra, the Edinburgh International Festival, Edinburgh University as the Graduate Associate Accompanist and the Royal Conservatoire of Scotland at the Aberdeen International Youth Festival.*



# Jazz for the World

with the choir of St Andrew's and  
St George's West Church

Friday 6 November 2015, 7:30pm

**Mass in Blue** Will Todd

and music by Ellington and Fanshawe

**director** Brigitte Harris

**pianist** Christopher Harding

**speaker** Ian Gilmour

ST ANDREW'S &  
ST GEORGE'S WEST  
EDINBURGH



Free Entry

St Andrew's and St George's West Church of Scotland  
Edinburgh is a registered charity. Charity number SC 008990.

# Autumn Culture at STAGW

## Architectural Heritage Society of Scotland Lecture Series

**ANDY LAW – Reiach and Hall  
celebrate 50 years**

**Monday 5 Oct 6.30pm**

£5 (£2.50 students)

Andy Law, a director of Reiach and Hall, will review the origins and work of the practice, and describe some recent projects

**BRIAN EVANS - The  
Picturesque and the Sublime  
Monday 2 November 2015**

Professor Brian Evans, head of Urbanism at the Mackintosh School of Architecture, Glasgow School of Art, practices, researches, teaches and speaks widely on ecological urbanism and landscape planning. He led the public realm regeneration projects in St Andrew Square and Grassmarket, Edinburgh.

**STUART EYDMANN -  
Painting the Town: Scottish  
urban history in art and its  
potential in architectural  
history and conservation  
Monday 30 November 2015  
6.30pm £5 (£2.50 students)**



**Wed 14 Oct at 5.30pm**

**Edinburgh Quartet**

Intimate Voices: Janacek  
with Ron Butlin

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**Sat 17 Oct at 7.30pm**

**Georgian Concert Society**

La Serenissima

Vivaldi-Four Seasons

**Sat 14 Nov Oct at 7.30pm**

**Georgian Concert Society**

L'Arcadia – Flaming Rose, Earth's  
Adornment: Handels' German  
Arias

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**Sat 24 Oct at 7.30pm**

**Beyond Broadway**

An evening with Jonathan Galt



# Crossing Continents to Combat Trafficking



**Saturday 17 October  
10-4.30pm at St George's Tron in Glasgow.**

The Scottish Churches Anti-Human Trafficking Group invites you to their conference. Come along and hear about how churches in **Africa, Asia, the Caribbean and Europe** are tackling human trafficking and find out what we can do to help.

Contact Miriam Weibye to register or for more information:  
[miriamweibye\[at\]acts-scotland\[dot\]org](mailto:miriamweibye@acts-scotland.org) or 01259 216980



# Christian Aid

29-31 October 2015

*“We look forward to the Art Sale when for three days in October the church will be filled with colour and harmony”*

The next fundraising event for Christian Aid is the Autumn Sale of Pictures - and a “book sale in miniature” in the church, featuring Scottish Books and some ephemera – and the annual Coffee Morning with jewellery and small gifts.

**Art, Books & Ephemera** Thurs 29-Sat 31 Oct 10am-3pm, church  
**Coffee Morning & gifts** Sat 31 October 10am-noon, Undercroft.



## Bright Sparks Fellowship Lunch

Supporting a bed at Mulanje Hospital - Sunday 1 November 2015

Malawi is officially the poorest country in the world.

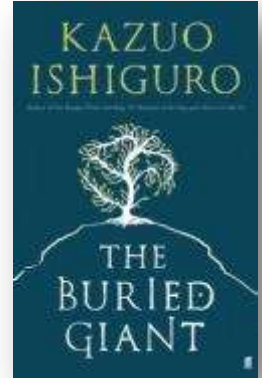
Our congregation has a strong link with Mulanje Hospital, through Ruth Shakespeare, the Medical Director, who is our missionary partner. The government of Malawi contributes to the cost of staff salaries, but the hospital has to find all other expenditure – including electricity, water, needles, syringes, anaesthetics, drugs, fuel for ambulances, and training of nurses, medical assistants and clinical officers. Dividing these costs by the number of beds in the hospital **costs £600 a year for each bed**. Our church has undertaken to support 3 beds in 2015 – 16. Bright Sparks have been hearing about Malawi. When they heard the hospital had asked for help, they thought about ways of raising money. They also thought Bright Sparks could try to raise enough money for one whole bed! Running a Fellowship Lunch seemed like a good idea.

**Please come to the Fellowship Lunch on 1<sup>st</sup> November**  
**The Bright Sparks will be delighted to see you!**

# Dementia and *The Buried Giant*

Nick Evans

Have you ever wondered what would it be like to lose your memory? Ever thought what the consequences might be for others? In his latest novel, *The Buried Giant*, Kazuo Ishiguro explores these questions. Set in a society where nobody has a long term memory, the characters seem to live in the mists of a dream. Their lives are not shaped so much by the tender and not so tender memories of their long lives as they are by the immediate problems they face and the last thing they see or hear. Yet random memories, (or are they dreams?) keep impinging on the thoughts of the central characters, Axl and Beatrice.



The deep sorrow of losing personal memories comes across in Axl and Beatrice's vague memories of their son. Beatrice says at one point "Some days I remember him clear enough...then the next day it's as if a veil's fallen over his memory". As well as this specific sorrow, the novel has a pervading melancholy which arises from a society which, without memories is introverted and rootless. Without the anchor of its collective memory, the society is fearful of change. In one telling episode, the couple spend the night in another village. Ishiguro tells us "In this community the past was rarely discussed" "It simply did not occur to these villagers to think about the past – even the recent one..." This collective loss almost has dire consequences when the community who have been instructed to defend the village completely forget that they are meant to defend the village.

Kazuo Ishiguro seems to convey the uncertainty of memory loss into the mind of the reader. As the story progresses, this reader increasingly felt a sense that he ought to know something which he didn't know. That I ought to remember the key to the plot from a previous page.

*The Buried Giant* is an allegory which offers hope. The characters know they have memory loss, wonder about its cause and live with it successfully while working towards finding the solution. They have to ask each other questions to find the reality amongst what may or may not be the events of their lives. It invites the reader to consider the importance of memory to everyday life and the consequences of not having memories. It is a book which gives an insight into the suffering of memory loss, managing memory loss and loving someone with memory loss.

*The Buried Giant* by Kazuo Ishiguro is published by Faber & Faber.

# TOGETHER NEWS



## TOGETHER OUTREACH to the ARTS



**An important new appointment strengthens Together's profile in the city centre. David Todd introduces himself and his new role:**

I have been appointed by Greenside Parish Church to lead an outreach project to those involved in the arts, entertainment and leisure industry in the city centre in partnership with Edinburgh City Centre Churches Together.

Greenside Parish Church sits on the "green" side of Calton Hill, a site used for theatrical performances since at least 1456 when James II issued a Royal Charter designating it for this purpose. Today Edinburgh's largest theatre sits there and as the first step in this outreach project I can now confirm my appointment as Theatre Chaplain to Edinburgh Playhouse.

My background is in music and theatre management and, in Edinburgh, I have been Box Office Manager of the Traverse Theatre Club, Concerts Manager of the Scottish Chamber Orchestra, General Manager of The Queen's Hall and the first Theatre Manager of Edinburgh Festival Theatre and latterly Depute General Manager of the King's and Festival Theatres. Theatre chaplaincy goes back to the founding of the Actors' Church Union at the end of the 19th Century and my experience should enable me to connect with those involved in the arts and to offer the unconditional love of God to people of all faiths and none.

I was a member of St Giles' Cathedral and sang in the choir there for over 30 years. After five years running a retreat house on the Isle of Cumbrae at the Cathedral of The



Isles, I am now a Lay Reader at Old Saint Paul's Church. My training has included a BD at New College, Edinburgh and formational training with the Scottish Episcopal Institute which included chaplaincy placements in Polmont Young Offenders' Institute and in the Edinburgh Hospitals - the Royal Infirmary, the Western General and the Sick Kids. As my church experience has always been, and continues to be, very high liturgically and very "churchy" I find it a challenge (but also liberating) to do church without any of the accoutrements and paraphernalia of church worship.

I have been in touch with a number of other organisations and I hope that when the Festival and holiday seasons come to an end I will have more to report.

## Ecumenical Friends Luchtime Lectures

<b>Oct</b>	<b>01</b>	Calum MacLeod	<i>From One Windy City to Another</i>
	<b>08</b>	Anne Booth-Clibborn	<i>The Birth of Christian Aid</i>
	<b>15</b>	Stephen Holmes	<i>Liturgy in Scotland</i>
	<b>22</b>	Trevor May	<i>Christian Blind Mission</i>
	<b>29</b>	Jack Holt	<i>God in the Movies</i>
<b>Nov</b>	<b>05</b>	Gero McLoughlin	<i>Pope Francis and Ecology</i>
	<b>12</b>	Ecumenical Friends	<i>Our Own Stories</i>
	<b>19</b>	Alistair McGregor	<i>Olive-picking in Palestine</i>
	<b>26</b>	Donald Smith	<i>A Pilgrim Guide to Scotland</i>
<b>Dec</b>	<b>03</b>	Frances Burberry	<i>Advent Meditation</i>



Meetings are held in **St. Cuthbert's Church Hall**. We gather at **12.30pm** and bring our own sandwich lunch with tea and coffee being provided for **£1.50** (to cover expenses) Meetings are open to all – everyone is welcome.

# MEET SOME OF THE TOGETHER TRUSTEES



## Janice Todd

On my return to Edinburgh in 1955, after having lived in Aden, the Canal Zone of Egypt and England, I joined the Civil Service, the Territorial Army and St George's West, becoming in time, respectively, a Senior Executive Officer, a Captain and an Elder. I transferred to St Cuthbert's Church in 2010 (when St George's West and St Andrew's and St George's amalgamated). Since 2001 I have worked on a voluntary basis for OASIS, the business outreach arm of St Cuthbert's, and Business Matters, and I look forward to continuing to do so for some time to come. I took early retirement from the Civil Service in 1994 and cared for my mother up until 2000. So far this century, in addition to my voluntary work, I have enjoyed going on holiday, visiting family down south, going to theatres and plays with friends, keeping as physically fit as possible and playing Bridge.



## Mary Reilly

I have been worshipping at St John's since December 2011, when my husband and I returned to Edinburgh after 20 years living in England. We have 3 children and 2 grandchildren. In 2012, I became a TOGETHER Trustee. On behalf of the Trustees, I keep in contact with the Ecocongregation groups. The breadth of joint activities between the 3 churches is inspiring. I am also part of the Sunday School Team at St. John's. Working with the children is a pleasure.



# Support for PILGRIM for an HOUR



This Trail through the city centre was rolled out earlier in the year, and was received with enthusiasm by delegates to the General Assembly. Ian Gilmour reports on a further happy development:

The Church of Scotland's Mission and Discipleship Council told us at the end of August that they wish to fully fund and support turning our excellent pilgrim booklet into a mobile application. This cost will be about £2,500, and the Edinburgh Presbytery's Mission fund has also offered us £400 of this total. To our surprise the Mission and Discipleship were so impressed with the concept that they are willing to give us a bit of extra money and a member of staff with special expertise to help develop this app with the design firms. This will enable the pilgrim booklet app concept to be more easily rolled out for other cities and groupings, if we wish to go down this road. They may even film the process! We have a meeting in the diary with their key representative Graham Fender Allison at 121 George Street in late September to discuss the details.

We would love to hear from interested parties with enthusiasm or experience who would like to be involved in this new venture. Please contact Frances Cooper or Ian Gilmour if you are interested



## **INTER-OFFICE QUIZ NIGHT at St Cuthbert's THURSDAY 29 OCTOBER 2015**

**Soup and rolls from 5pm for a 6pm start (and BYOB)**

To enter a team (4 people) contact Janice Todd on 332 5339  
or email [janicetodd\[at\]oasisedinburgh\[dot\]com](mailto:janicetodd@oasisedinburgh.com)

Free, retiring collection for Fresh Start  
<http://www.oasisedinburgh.com/>

# City Centre Parking: an update



Edinburgh Council's Draft Parking Plan, which proposes changes to parking regulations at weekends and evenings, is now open for consultation until 31 October.

Proposals will affect you, including your journey to church services on Sundays and attending events in the city centre on weekday evenings. You can review the plan, and make submissions, online or in person.

**Online** Find the draft plan, background, FAQs and a survey at <https://consultationhub.edinburgh.gov.uk/sfc/parking-action-plan>

**In Person** The council is also running a number of drop-in sessions

## **City Centre Business Drop-in Event**

Monday 5 October 11.30am - 2.30pm at the Roxburghe Hotel

## **West Edinburgh Drop In Session**

Tuesday 6 October 11am-1pm at Drumbrae Hub

## **North Edinburgh Drop in Session**

Monday 12 October 2015 5-7pm at Stockbridge Library

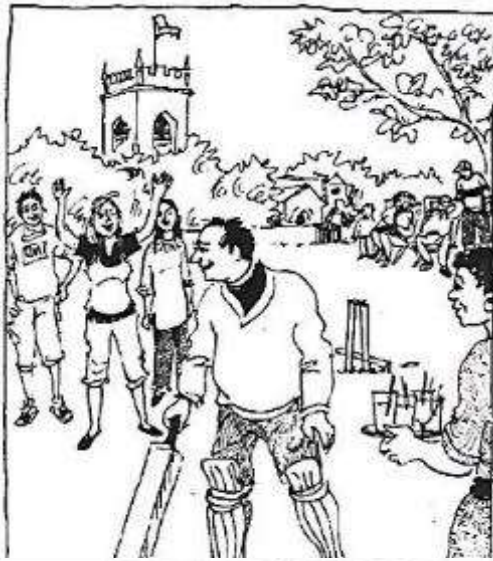
## **City Centre Road Show**

Thursday 15 October 9.30am -12 noon at St James Centre



# Some Be – Attitudes

Tony Bryer, with thanks to North Berwick Church



Blessed are those who can laugh at themselves;  
They will have endless amusement

Blessed are those who can tell a mountain from a molehill;  
They will be spared a lot of trouble.

Blessed are those who can go to bed and fall asleep without looking for excuses;  
They will become wise.

Blessed are those who know when to shut up and listen;  
They will learn new things thereby.



Blessed are those who are intelligent enough not to take themselves seriously;  
They will be appreciated by those around them.

Blessed are those who are attentive to the call of others without thinking themselves indispensable;  
They will be sowers of joy.

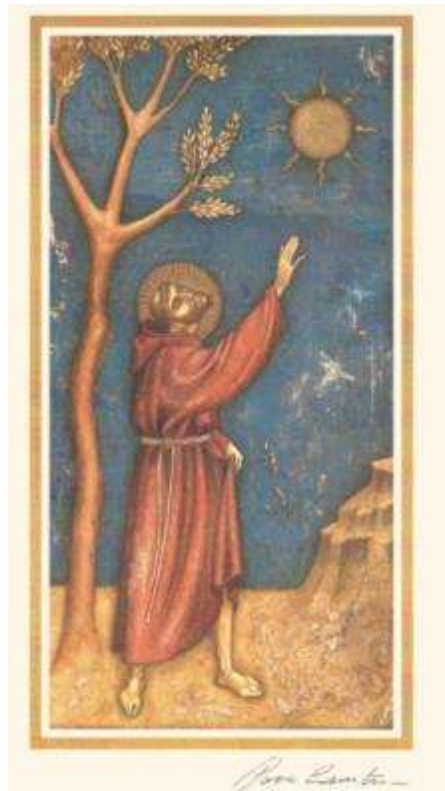
Blessed are you if you know how to take small things seriously and large things peacefully;  
You will go far in life.

Blessed are you if you can admire a smile and forget a frown;  
Your path will be sunlit

Blessed are you if you can keep quiet and smile even when someone cuts you off in mid-sentence, when someone contradicts you and when someone treads on your toes;

The Gospel is beginning to penetrate your heart





# In the footsteps of St Francis of Assisi

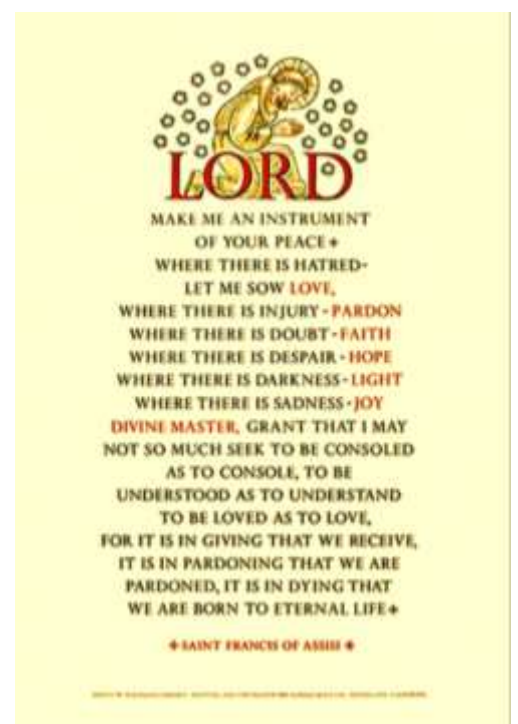
Phyllis Thompson

If we follow in the geographic footsteps of St Francis we find ourselves surrounded by the awesomeness of creation in places where significant events happened to him – at La Verna where he is reputed to have received the ‘stigmata’ (the wounds of the cross which Christ bore), at Gubbio where he encountered the wolf, the Church at San Damiano where he heard God call him to ‘repair my church’, at the Hermitage high above the town of Assisi where he wrote the ‘Canticle of the Creatures’ and where you can almost hear the voice of God

whispering through the trees. The Canticle of the Creatures in itself tells us that St Francis recognised that the seas and winds, mountains and trees, sun, moon and stars, and all the animals and people are sacred windows offering us glimpses of God.

We are speaking of a young man who was a soldier but who over 800 years ago left behind his wealthy merchant family. Legend tells us that he took a bale of cloth from his family’s shop in order to clothe the poor but he was reprimanded not only by his family but by the Church and was ordered to return the cloth. As a result he returned not only the cloth but his own expensive garments, put on the clothes of a peasant and started his ministry in a spirit of good will, tender kinship and peace. This spirit has continued to reverberate through the years to our own time, especially through the famous prayer which epitomises this spirit and came to be known as the Prayer of St Francis. This prayer is said by all peoples of faith – Hindu, Buddhist, Christian, Muslims – and has the power to unite people as brothers and sisters.

Today, more than ever the world needs to unite in a spirit of peace and kinship as well as recognising the sacredness of creation. Can we begin to follow in the footsteps of St Francis, by helping to spread God’s love and peace for all people and by recognising the need to respect creation rather than using it for our own ends?



# The Canticle of the Creatures

Most High, all-powerful, good Lord!  
all praise is Yours, all glory, all honour, and all blessing.  
To You, alone, Most High, do they belong.  
No mortal lips are worthy to pronounce Your name.

All praise be Yours, my Lord, through all You have made,  
and first my lord Brother Sun, who brings the day;  
and through whom You give us light.  
How beautiful is he, how radiant in all his splendour;  
Of You, Most High, he bears the likeness.

All Praise be Yours, my Lord, through Sister Moon  
and the stars; in the heavens you have made them,  
bright, and precious, and fair.

All praise be yours, my Lord, through Brothers Wind and Air,  
and fair and stormy, all the weather's moods,  
by which You cherish all that You have made.

All praise be Yours, my Lord, through Sister Water,  
so useful, humble, precious and pure.

All praise be Yours, my Lord, through Brother Fire,  
through whom You brighten up the night.  
How beautiful is he, how cheerful! full of power and strength.

All praise be Yours, my Lord, through our Sister  
Mother Earth, who sustains us and governs us,  
and produces various fruits with coloured flowers and herbs.

All praise be Yours, my Lord,  
through those who grant pardon for love of You;  
through those who endure sickness and trial.  
Happy are those who endure in peace,  
By You, Most High, they will be crowned.

All praise be Yours, my Lord, through Sister Death,  
From whose embrace no mortal can escape.  
Woe to those who die in mortal sin!  
Happy those she finds doing Your will!  
The second death can do them no harm.  
Praise and bless my Lord, and give Him thanks  
And serve Him with great humility

St Francis of Assisi ca 1225  
The Feast of St Francis this year is Sunday 4 October

**St Andrew's and St George's West, 13 George Street  
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**www.stagw.org.uk  
facebook.com/stagw**

**Office open Mon - Fri 10am-3pm**  
**Church open Mon - Fri 10am - 3pm: Sat 11am-2pm**  
**Undercroft Café Mon - Fri 10am - 2pm**  
**Sunday worship 9am, 9.45am, 11am**  
**Weekday worship 1pm Monday – Friday**

<b>Minister</b>	<b>Rev Ian Y Gilmour 0131 225 3847</b>
<b>Session Clerk</b>	<b>George Burgess</b>
<b>Joint Treasurers</b>	<b>John Innes and Allan Sim</b>
<b>Director of Music Assistant Director of Music</b>	<b>Brigitte Harris Andrew Carvel</b>
<b>Church manager</b>	<b>Jean Howard</b> (Monday-Thursday 8am-5pm) 0131 225 3847 churchmanager[at]stagw[dot]org[dot]uk
<b>Church secretary</b>	<b>Joyce Garland</b> (Tue, Thurs, Fri 10am-3pm ) 0131 225 3847 info[at]stagw[dot]org[dot]uk
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