



Life in the Rectory is returning to normal now that the hospital visits have stopped, as Anya and Eira are both home with us and routines are being established. Anya has asked me to pass on her thanks to all of you who have been so generous with cards and gifts for them both.

It's hard to believe that Eira wasn't due until the 27<sup>th</sup> October, as it feels like she has been with us forever and we can't remember life without her. It just shows you how amazing God's creation is that someone so small (and early) can arrive so perfect and fill your heart so easily.

We celebrated God's creation with Harvest at the start of the month. The church looked absolutely stunning (with thanks to all the volunteers who made it so) and we enjoyed a lovely soup and pudding lunch to raise money for the Trinity Food Bank (with thanks to all those volunteers who made it so). £320.65 was raised and a good collection of food was donated too. Thank you.

We had a wonderful presentation by Alzheimer's Scotland this month, when a number of us became 'Dementia Friends'. This presentation helped us to learn a little bit about what it's like to live with dementia and turn that understanding into action.

The 5 key messages of Dementia Friends Scotland are:

- Dementia is not a natural part of ageing
- Dementia is caused by brain diseases
- Dementia is not just about losing your memory
- It is possible to live well with dementia
- There is more to the person than the dementia

If you did not attend but have the opportunity to go elsewhere to do so, I would highly recommend it.

On November 21st we will be having an evening of singing with Philip Rossiter to learn a new Mass setting for Advent and Lent. I hope you are able to come along and enjoy music and fellowship.

We now approach the AGM (24<sup>th</sup> November) and then Advent and Christmas. Where has the year gone?!

Don't forget, if you would like to ask a question at the AGM, it is needed in writing beforehand to enable a full response. (Not including questions to the treasurer following his report). The Reports Booklet for the AGM will be available on November 10<sup>th</sup>. I will give my report during the sermon slot in the 10.30am service and will end the AGM with a PowerPoint of photographs from the past year. I hope you are able to join us on the day.

Love and blessings.

*Nicki*