

THE SIGN OCTOBER 2020

**St Cuthbert's
Scottish Episcopal Church
Westgarth Avenue
Colinton
EDINBURGH
EH13 0BD**



St Cuthbert's endeavours to be a community in which all are encouraged to participate in worshipping God and serving the wider community. It welcomes those who are doubters and sceptics as well as those who are committed in faith, and has a concern for those who have been hurt by their experiences of life.



Facebook: @stcuthbertscolinton



Instagram: stcuthbertscolinton

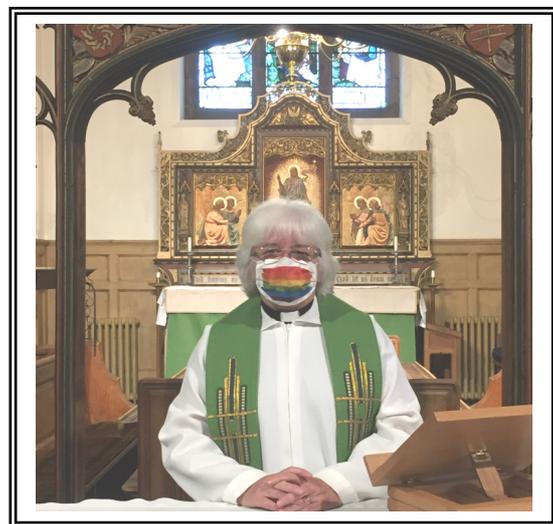


Twitter: @stcuthbertsSEC



**St Cuthbert's Scottish Episcopal Church
Colinton**

It only seems like yesterday that we put together the first magazine in six months and here I am, late with my letter for this one! How Marie puts up with me I don't know. I'm just so grateful to the Vestry and congregation for agreeing to employ an administrator just after I arrived, as there is no way I could have managed lock-down and re-opening without her.



It has been wonderful seeing so many of you back in the pews, even if it is behind face coverings and not being able to socialise afterwards. But at least we've managed a few words in the garden, or a wave or bow during The Peace. So lovely to be able to worship together again. Please remember – if you feel unwell at all, please do not come to church.

I had hoped to begin to organise visits again but I'm afraid as COVID is on the up and having had to shield for the six months, visiting has had to be put into abeyance. Like many, my NHS letter arrived warning me to be sensible and not to risk all the good work of the shielding.

Personally, I have found the last six months very hard spiritually, as I have had to do things I have never done before with my mobile phone and computer and all the logistics of learning new things and the planning to re-open church, appeared to leave little time for prayer or time with God.

However, since re-opening and watching the season change in my garden and all around me, I realise that although I thought I wasn't spending time with God, I remembered, that everything I do is with God, through the power of the Holy Spirit. Watching the colours of the leaves change, seeing my grand-daughter grow, having our first

ever harvest of tomatoes at home, watching families mourn at a funeral, socially distanced meetings with friends, Morning Prayer on Zoom and shouting at my computer because, yet again, YouTube will not accept my film of the service after nearly an hour of it uploading.

Through all of this I remember that what matters is that I honour God in whatever way I can, even when it seems like it is all technical or practical and not spiritual. After all this time, I still find worship on line, whether YouTube or Zoom, a little strange but at least it still gives some of us the opportunity to do so.

I know that some of you have had difficulty in accessing Zoom or YouTube but Wendy has found a wonderful organisation that has resources to help you. You will find them on your weekly pew sheet and later in this magazine. Please take advantage of this, as we would like to find ways of getting the congregation together 'virtually', as I think we will be living with COVID for a while.

My apologies to those who don't have a computer, but we will continue to send out the weekly pew sheet by post if you would like it. If you don't receive it and would like to, please give me a call and I will get it organised.

I am hoping to organise a Zoom service for All Souls Day on Monday 2nd November. If you wish to have loved ones remembered during this service, please let me know. Also let me know if you would like to attend so that I can send you the link.

If you have any ideas for Zoom meetings or services that you would like, please get in touch and I will do my best. After All Souls, we'll be looking at Christmas!

Please continue to keep safe.

Love and blessings.

Nicki

HARVEST COLLECTION 2020

We are collecting food items for the Holy Trinity Food Bank, for delivery in October. As we will not have our usual abundant floral displays this year, we will arrange these items around church.

If you are able to donate to our Harvest Collection, please bring items with you if you are attending one of our services, or drop off at The Rectory porch (6 Westgarth Avenue).

Non-perishable foods only please.

Thank you.

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.” Matthew 25.35

A note from Kate Emmerson:-

Dear St Cuthbert's congregation,

I was surprised and pleased when Nicki presented me with a book token at the Family Service in September - my last service of reading at the family service before I start university to study Chemistry.

I have been a member of St Cuthbert's since I was a baby and have gained so much from being part of a small, supportive community. A small Sunday school means all can achieve starring roles: performing as Mary and Angel Gabriel in successive years (an opportunity not easily gained at school). Not to mention trying a bit of gender swapping with a magi role and a violin playing shepherd. I gained confidence in speaking in public through reading regularly in church and was pleased to help local Christian ministry through visiting Thorburn Manor, helping at the Foodbank, performing at Brew and a Blether, leading a prayer walk and singing carols in Bonaly for Christian Aid each December.

Youth group has more recently given the opportunity to exchange views and express opinions freely. My happiest memories are the fun we had performing in the vast variety of Nativity plays and latterly making Nativity films assuming multiple roles.

Thank you all for your love, support and prayers.

With Love From
Kate Emmerson

News from the NSM

I was sorry to miss contributing to the first post-lockdown magazine, but it was for a very happy reason. The deadline came whilst I was taking a break. My first few days were a great joy, as I was among the first guests to stay at The Bield Retreat Centre, when it opened its doors to a few guests for the first time since the start of lockdown. We were small in number, due to the necessary restrictions, but were so well looked after, with excellent food, kindly staff, delightful grounds to wander in and special, informal services twice a day, mostly outside. The minute I arrived I felt I was wrapped in a warm hug, and the strong sense of spirituality and Christian love enveloped me for the whole of my stay.

So, what else have I been doing since the start of lockdown? Well, I've been making very frequent pastoral telephone calls and, when easing of restrictions came I was able to visit people in their gardens, taking with me on most occasions a short service I had created on the theme of reassurance. I could have made more visits, but unfortunately the amazing hot weather of May turned to very changeable, often wet, often windy weather the minute restrictions were eased!

Additionally I wrote a sermon once a month and had the pleasure of being the first to be recorded preaching in the church on 1st July. Although of course it was a pleasure, it was also somewhat strange, standing at the lectern, preaching to an invisible congregation! As I write I am very much looking forward to attending my first service in church, seeing how Nicki conducts it before taking services myself on the 16th and 20th of this month.

Technology has unfortunately not been on my side over this period. So much is now conducted on Zoom, but unfortunately my old laptop and now my reconditioned computer have both let me down.

So, I'm taking the plunge and buying a new computer, so that hopefully I may be able to join the new norm of Zoom meetings. However, as far as I'm concerned nothing beats being with people physically, face to face.

In my leisure time, which has been more plentiful than that of Nicki, I have been learning Norwegian online, enjoying making our small garden colourful, doing exercises inside or outside according to the weather, phoning, texting and emailing family and friends and reading copiously, including the books for the Book Group of which I am part. The group has twice managed meetings in a garden, but now the weather is cooler, it will be back to exchanging views online. I've also been playing my keyboard – I am so rusty! – listening to CDs, following online services and going for short outings with Ian, my favourite being walking on the beach at Yellowcraigs in East Lothian. To my great joy visits from daughters and families have also taken place, though I've only seen my elder daughter and family from Ayrshire once, as she's been suffering quite badly from MS fatigue, her work as a physio taking up all her energy.

In conclusion, I am so much looking forward to gradually seeing you all in church and sharing worship with you all.

Stay safe.

Blessings, Margaret.

SEPTEMBER 2020 NEWS FROM SEI:

Congregation supports tomorrow's leaders:

'St. Cuthbert's, Colinton (Diocese of Edinburgh) were blessed with a generous legacy recently, and are pleased to be able to share it, and offer the SEI a gift of £13,000 annually for the next five years to support a student of their choice through training for ministry,' writes the Rector, the Revd Nicki McNelly. 'We should not underestimate the work of the SEI in training students to lead the SEC for years to come, and are thrilled to hear that Rachael Wright, a second-year Mixed Mode student, is the first recipient of this grant for the next two years. We wish her every blessing as she continues her training and look forward to hearing about her experiences.'

SEI is deeply grateful for this generous gift.

Here its first recipient, Rachael Wright (shown below), introduces herself and offers her own thanks.

To all at St Cuthbert's,



My name is Rachael and I am the student selected to be the first recipient of your grant to the Scottish Episcopal Institute (SEI) for the support of a full-time student.

My sincerest thanks to you for this generous gift to the whole church, through SEI and myself.

A little introduction: I was born and raised in Aberdeen, where I attended the local Church of Scotland congregation. I was heavily involved there, especially in youth and children's work, until I moved to Edinburgh for university at 18.

I studied theology at New College and attended an independent congregation on the Southside before moving to Old Saint Paul's at the end of my degree. I met my wife Charlotte while at university and we were married in 2015, about twenty minutes from where we now live in Perthshire. We moved here to fulfil a shared dream of living and working in the countryside (Charlotte has just finished her training as a GP) and, while this city-kid had her doubts to begin

with, we absolutely love rural life. After university I worked for four years as a support worker with Bethany Christian Trust and, before starting my training, I was working in a nearby Camphill Community for adults with learning disabilities. I love growing vegetables, baking and cooking, a good book, a warm fire, and cuddles with the dog (see below!).

I first remember telling someone that I was going to be a minister when I was ten years old. And it's something that I've just known since. Not necessarily how, or where, or when, but I knew that at some point, everything would come together and I would get the green light from God to step into this. That moment came a little over two years ago when I approached our priest to talk with her about this sense of calling and before I knew it I was in interviews and panels, with books to read and long forms to be completed.

It was in that year of discernment that someone suggested to me that I might consider the Mixed Mode training programme. This is a full-time training method which attaches me to a permanent placement where I work for three days a week and on top of which I complete a degree through SEI.

I am placed with the Highland Perthshire Linked Charge, a grouping of four congregations in Pitlochry, Strathtay, Blair Atholl, and Kinloch Rannoch. Everyone there has been very welcoming and the rector (Liz) and Lay Reader (Lesley) have been very generous towards me: letting me try things, get some of it wrong, and try again! My main projects in the past year have been connecting with the school in Pitlochry, running an ecumenical Lent group, leading services and preaching, and beginning work on a community garden.

Your gift to SEI enables me to do this work. Without the grant, I would have had to continue working and would have followed the traditional part-time training model. However, I have been blessed with so much more experience in just one year, than I might ever have had were I training part-time. You have given me the gift of time and experience. Experience which I hope and intend to share with the Church for many years to come. That is why I see this not as a gift to me, or even to SEI, but to the Scottish Episcopal Church as a whole. Thank you for your generosity.



**Freya,
our Border Collie**

I will endeavour to keep you up to date on how things are going over the next two years and look forward to visiting in the future,

Best wishes,

Rachael

Thank you to Philip for continuing to play the organ each week at both services. Although we can't sing, we are enjoying hearing you play the hymns.

I would like to say a very big thank you to all my wonderful friends and church family for their kindness and consideration during my recent stay in hospital.

I received so many beautiful cards and good wishes, telephone calls and messages which really helped so much during my recovery. I have been well warned to take life more easily now which will be difficult!

However, I look forward to seeing you again when I can return to church. I also want to include Nicki, Margaret Dineley and Marie in my words of thanks, for staying constantly in touch with me.

With love and prayers,

Rosemary Yeoman

Re-connecting through and beyond Covid 19

Some of us are regularly participating in social meetings, church activities, work life, learning and creativity on the Zoom platform. This has reduced our sense of isolation and although it's not the same as meeting in a real space, it is certainly worth participating in. Within our church community we are very aware that this and other technologies are not easily accessed by some of our older members. With Covid likely to be with us for some time and our familiar ways of communicating and being together not going to return any time soon, we would like to enable more of us to connect virtually.

With that in mind, in preparation for several Zoom events being planned in the months ahead, we have contacted a local very well respected organisation to help us.

ACE IT is an Edinburgh charity which helps older people learn computer skills. Older people are at risk of being excluded from our digital society. Devices can be complicated, technology can be daunting. ACEIT can provide individuals with a very clear guide on how to use zoom, for any specific device- whether it's a laptop, ipad, android or apple phone. They can also give 1:1 support by phone, with a trained volunteer, to anyone who needs it. Their aim is to enable anyone to be connected and independent!



With that in mind if anyone is interested, and we strongly urge you to consider the possibility of joining us on Zoom, the first step is to reply to Nicki, by **Monday 5 October**, saying you wish to be involved and the type of device you have. If you do not have any technical device ACEIT can also advice you on the best item to purchase. This may seem daunting but it can offer new ways of being connected to our friends and indeed to encounter others in new ways.

BEING FOREIGN/BEING FAMILY – 1

by Bishop Bob

It is one thing to live as a native-born or naturalized citizen of a country speaking its language, steeped in its culture, familiar with its history, knowing its customs. It is quite another to try to settle in a different people's country, feeling far from streetwise, having to pick up its language, a stranger to its culture, history and customs, and vulnerable to the sudden hostility of those who belong.

That predicament was well-known to the Jewish people. Since at least the third century BCE, Jewish people had been settling in Gentile cities, sometimes under compulsion (as deportees or as slaves, for example), sometimes voluntarily (as mercenaries in Gentile armies, or as traders). The rulers who succeeded Alexander the Great prized Jews as colonists of their many new Hellenistic cities round the eastern Mediterranean, because the Jews were hard-working, adaptable, and had a flair for benefiting the city they lived in as well as the Jewish community within it. In New Testament times, more Jewish people were living outside Palestine than within it, and some of them, like St Paul, held the coveted Roman citizenship (Acts 22.22-29).

The Jews also knew all about the dangers for an alien minority in a Gentile urban context. Anti-Semitism was endemic in Roman society, and had many roots. Throughout the Roman Empire many envied the Jews their prosperity, aided as it was by the helping hand Jewish people gave each other. Again, the Jews abhorred the common pagan practice of abandoning female babies to die, so the Jewish community tended to grow at a faster rate than the Gentile, and the malicious could represent that as a sinister threat. Yet again, the Jews were conspicuous not only for the quality of their family relationships, but also for the way they fostered their own culture along with that of the host city, and jealous locals were not above trumping up a charge of conspiracy. In any century, racism doesn't need proof, only suspicion, for it to flare up into murderous violence against a minority perceived as alien.

The Christian movement grew up within Judaism. Wherever St Paul went in the Roman Empire, he contacted first the local synagogue, and the Acts of the Apostles shows us Christianity making inroads among the Jews, and especially among Gentiles who worshipped in synagogues.

That success naturally caused hostility among the unconverted Jews against the Christians – most if not all of the persecution inflicted on Christians in the New Testament was perpetrated by Jews, not by the Roman authorities. And so, although the New Testament from end to end rings with joy over the liberation wrought by Christ, much is said in the Epistles to prepare the Christians for suffering, destruction of their property, and even violent death at the hands of angry mobs. Hence New Testament writers call for endurance through the grim penultimate in hope of the ultimate God had in store for them, which no mob could interfere with.

It is not surprising, then, that the New Testament writers took over from Judaism the contrast between being foreign and being family. The Christians lacked security wherever they resided. They stood for love, and had to endure hatred. Christ had opened to them eternal life, life in all its fullness, yet they lived in constant danger of being killed. They prayed to God for the Emperor and all in authority, imperial and local, yet at any moment they might find themselves hounded out of their homes, their city, even life itself, unprotected by these very authorities. Out of this experience of suffering for the Name of Christ, of the insecurity of their tenure of life while they were living life transformed in Christ, the Christians took up this Jewish way of contrasting the experience of being foreign with the experience of being family, a paradox that kept coming true in their own lives.

In the second part of this article (to appear in the November issue of *The Sign*), I shall be illustrating this theme from various passages of the New Testament, and examining St Augustine's classic treatment of it in his great book, *The City of God*, written when Alaric's Goths had plundered and burned Rome itself, and pagans were saying "Look what comes of the Empire going Christian!"

Telephone 'Visiting'

During lock-down a group of volunteers have kindly helped me with telephone 'visiting'. Initially, most of you would have received a call and then this would have been adjusted to those who needed a call. I am very grateful to all the volunteers but I am sure everyone will appreciate that COVID has had it's effect on everyone and we've all had to make adjustments in our lives.

To make sure everyone is cared for, I am asking you to let me know if you wish to continue to have a telephone call from a member of this team. Currently church is open and some of you have returned and are seeing folk but we don't know if this is going to change over the coming weeks. So please could you let me know by **October 5th** if you would like to continue to receive a call from a member of this team. When we know how many require calls, you will be redistributed amongst those who are still able to continue this ministry and you will be notified who your caller will be.

Thank you for your patience and understanding as we organise this.

Love and blessings, Nicki

CALENDAR FOR OCTOBER 2020 YEAR A

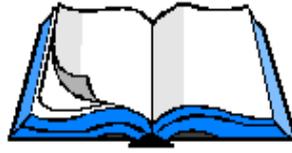
**Services are in Church
(and continue on-line on our YouTube channel)**

**Please remember to book your attendance
at one of the services in Church –
by email: stcuthbertscomms@gmail.com
or telephone 07305 911986**

4	October	Sunday	10.30am	Service in Church
7	October	Wednesday	10.30am	Service in Church
11	October	Sunday	10.30am	Service in Church
14	October	Wednesday	10.30am	Service in Church
18	October	Sunday	10.30am	Service in Church
21	October	Wednesday	10.30am	Service in Church
25	October	Sunday	10.30am	Service in Church
28	October	Wednesday	10.30am	Service in Church
1	November	Sunday	10.30am	Service in Church

READINGS FOR OCTOBER 2020

Year A



4 October, Harvest

Philippians 3. 4b-14
Matthew 21. 33-46

11 October, Pentecost 19

Isaiah 25.1-9
Philippians 4. 1-9
Matthew 22. 1-14

18 October, Pentecost 20

Isaiah 45. 1-7
1 Thessalonians 1. 1-10
Matthew 22. 15-22

25 October, Pentecost 21

Leviticus 19. 1-2, 15-18
1 Thessalonians 2. 1-8
Matthew 22. 34-46

1 November – All Saints

1 Thessalonians 2. 9-13
Matthew 23. 1-12

Phase 3 Worship 'at-a-glance' for the SEC: August 2020

General Instructions



Numbers are limited based on distancing.



Keep 2m physical distancing at all times in church: follow signs and markers.



Welcomers wearing face coverings will greet and direct you.



You should wear face coverings at all times.



Your attendance details will be maintained for 21 days for "Test and Protect".



Use the hand sanitiser as you enter and leave the church buildings.

During the Service



Avoid physical contact with fellow worshippers. Greet with smiles and waves only.



A welcomer will guide you to your seat. Households may sit together.



Use the printed orders of service and take them home afterwards.



No: Congregational singing: Yes: Organ, recorded music or a soloist.



No collection plate will be passed: place offerings in the plate left out.



At the end of the service leave carefully as directed by a welcomer.

Safe Holy Communion



Remain in your seat to receive Communion



Only bread will be distributed: no common cup to be shared.



The priest will wear a face mask to distribute.



Receive Communion into an open hand.



Keep your own mask on until the priest has moved away, then eat the wafer.



Request a non-contact blessing if you do not wish to receive Communion.

If you have any symptoms of Coronavirus DO NOT come to church: Self isolate, book a test and follow the “Test and Protect” instructions

CONTINUED FROM THE ARCHIVIST: Christianity comes to Scotland
(This is part of a series of articles which tell us about the growth of
Christianity in Scotland) Christianity in Early Britain:

Chapter 3; St Augustine and the Conversion of the English

The arrival of St Augustine and his missionaries began the conversion of the English. These were composed of a number of tribes, mostly Angles and Saxons, who had crossed the North Sea and settled along the east coast of Britain. By the time Augustine arrived in Britain (597) they had settled in most of southern and eastern Britain. The Northumbrian Angles were already pushing their way north from their stronghold in Bamburgh. Some forty years later they occupied Edinburgh.

Unfortunately there were already two Christian Churches, with their own traditions, established in Britain. The British Church which had been set up during the later years of Roman occupation had survived the collapse of the empire. Pope Gregory had told Augustine that, "All the bishops of Britain we place in their charge." Not surprisingly this takeover was not well received by the British church. Augustine, who appears to have been an arrogant character, was not a man for compromise.

The British Church were expected to:-

Accept the Roman time for Easter.

Accept the Roman way of administering the Sacrament of Baptism

Join with Augustine's missionaries to preach to the English.

(The British tended to keep themselves apart from the English who were taking their lands.)

Augustine's mission began in Kent where the local queen was a Christian from Gaul. He received support from King Ethelbert of Kent and established his see in Canterbury which remains the centre of the English Church to this day. Further missions were sent out to the neighbouring kingdoms situated along the Thames Valley.

The conflict between the Celtic Church, with its own traditions, and the Roman Church presented a problem to the Northumbrian king, Oswy. For the king and later observers, it might appear a disagreement about doctrinal matters like the date of Easter. However, Augustine and his successors claimed that the churches in Britain came under the authority of Rome. The Synod of Whitby led to the Northumbrian English accepting the teachings of the Roman Church.

In Scotland the Celtic Church and its traditions continued. Viking attacks on the vulnerable monasteries in the north probably weakened it. Gradually Roman influence spread to Scotland. This increased rapidly with the arrival of Norman settlers under King David I in the 12th century.

John Peacock

All Souls Service on 'Zoom'

I am hoping to organise a Zoom service for All Souls Day on **Monday 2nd November**. If you wish to have loved ones remembered during this service, please let me know. Also let me know if you would like to attend so that I can send you the link. Nicki.

Mailchimp:

We are planning to use 'Mailchimp' to send out some emails and notifications in the future. These messages may initially be delivered into your 'All Mail', 'Junk', or 'Spam' folders, so please check these regularly. If you have any difficulty receiving these into your inbox (especially gmail accounts) please let me know – stcuthbertscolinton@gmail.com

Services in Church:

As numbers are very limited, booking is required to attend. You will receive an email or telephone call a few days prior to the service to confirm your place.

If you are not booked in, you will be unable to attend.
stcuthbertscomms@gmail.com or telephone: 07305 911986
Monday, Tuesday or Wednesday between 10am and 1pm.

KNITTING REQUESTS!

Knitted Poppies:

A request from Ceri (Nicki's daughter) if possible, for donations of small knitted poppies (lapel size) for a Poppy Scotland project she is involved in at work. Any donations appreciated!

Thank you for those already received.

Knitted Angels:

Looking for knitters to knit little angels for Advent.

Looking for lots of angels!

I have a reasonably easy (I am told) knitting pattern, please get in touch to get it - youthstcuthberts@gmail.com

Thanks,
Caroline Daye

Christian Aid

In July Wendy Pearson came up with the idea of *Little Gatherings* as a way of reconnecting with each other in small groups after lockdown and raising money for Christian Aid's Coronavirus Appeal.

I held two gatherings. I'm not the world's greatest baker, but I was given an infallible recipe for scones. They certainly tasted good, although the shape could have been improved.

I'm not sure how many *Little Gatherings* there were, but I do know that we were almost overwhelmed by the number of donations. We received **£1,525!** Just before we advertised *Little Gatherings*, we had been given a couple of large donations to use as we saw fit, so in all we have been able to send a cheque to Christian Aid for **£2,225.**

A huge **Thank You** to everyone!

The suffering continues, and not just because of Coronavirus. And so I ask you to pray for **Christian Aid** and its partners across the world.

Love never fails

Even in the darkest moments, love gives hope.

Love compels us to fight against coronavirus alongside our sisters and brothers living in poverty.

Love compels us to stand together in prayer with our neighbours near and far.

Love compels us to give and act as one.

Now it is clear that our futures are bound together more tightly than ever before.

As we pray in our individual homes –
around the nation and around the world –
we are united as one family.

So, let us pause and find a moment of peace,
as we lift up our hearts together in prayer.

Patricia



**The Leprosy
Mission**
Scotland

www.leprosymission.scot

Dear Friends

The work of the Leprosy Mission worldwide is ongoing. If you are able to support it by sending a donation, however small, it will be gratefully received by TLMS. I realise that it is likely to be some time yet before I can collect Blue Tubs in church; so please just keep them until that time comes.

If you are keen to get ahead with preparations for (dare I mention it?) Christmas, the Leprosy Mission Home Shopping brochure is available both through the post or online at www.tlmtrading.com. The telephone number to request a brochure is 0330 124 2668. The brochure has a wide range of items for all your needs throughout the year. I recently bought a very nice selection of birthday cards when I was unable to go out during lockdown.

Please remember TLMS in your prayers.

Keep safe and stay well.

Barbara Tatlock

The Sign Magazine

This issue has been sent by email to those who receive their order of service this way.

If you would like a hard copy, please contact stcuthbertscolinton@gmail.com

Please note - the deadline for information and articles for the November Issue will be

Sunday 18 October

Please send to stcuthbertscolinton@gmail.com

Thank you!



St Cuthbert's Scottish Episcopal Church
Westgarth Avenue, Colinton, Edinburgh EH13 0BD
Tel: 0131 441 7580
Email: stcuthbertsrector@gmail.com

Website: www.stcuthbertscolinton.org.uk

Services as of 2 September 2020:

Wednesday:
10.30am Eucharist

Sunday:
10.30am Eucharist

**BOTH SERVICES WILL BE THE SAME.
THE WEDNESDAY SERVICE WILL BE RECORDED FOR
YOUTUBE.**

**PLEASE NOTE: IN ACCORDANCE WITH CURRENT
GUIDELINES, AND AS NUMBERS ARE LIMITED,
PLEASE BOOK YOUR ATTENDANCE AT ONE OF OUR
SERVICES –**

**email: stcuthbertscomms@gmail.com or
telephone: 07305 911986
(Monday – Wednesday between 10am and 1pm)**

Scottish Charity Number: SC007578