

**THE SIGN
MARCH 2021**

**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.

Dear Friends,

I can't believe it is a year this month since we first closed the church doors because of COVID-19. Our last full service was the Third Sunday of Lent on March 15th 2020. What is even more amazing, considering the amount of people who have lost their lives because of the pandemic is that I



have taken the funeral of Diana Kinnear; the only member of our church family that I have known to have died because of it. Diana was one of our oldest and longest serving members and will be sadly missed. Her family have kindly allowed me to print her eulogy in this month's magazine.

The same day, we had our Ash Wednesday service using Zoom. It was lovely to have so many of you join me. I could see some of you were eager to chat as you could see friends on your screen but, as much as we would like to, these Lenten services on Zoom are not the place to chat, as we journey with Jesus to the cross. However, the Sunday Socials are the perfect time for socialising, so please join us then.

As there are no signs of any changes in restrictions and having to plan so far in advance, sadly Lent, Holy Week and Easter have all been planned for us **not** being in church, so everything will be online. You will see a variety of notices giving more information throughout this Sign, but if you have any queries or comments, please do not hesitate to get in touch.

Trying to find new ways of doing 'church' as we journey through the liturgical year is not an easy task, so this is what is being offered so far.

You will be receiving your Palm Crosses in the coming weeks, along with your Easter Card. If you would like to, please take a photograph of yourself with your Palm Cross and I will produce a montage of them all to go into our service for the day for the first hymn, 'All glory, laud and honour'. I will need the photographs, by email, before the 21st March please.

Holy Week we will have Compline on Monday, Tuesday and Wednesday, a short quiet service for the end of the day.

We are unable to wash feet for Maundy Thursday, so I plan to host an Agape service on Zoom, where you will provide your own refreshments, cheese and wine for example, but we will worship together throughout the meal.

Good Friday, there will be a Stations of the Cross on YouTube. This is over two hours long, so you will be able to drop in and out to suit your day.

Easter Day will be our normal service on YouTube. Our services are usually available on the Friday beforehand, but for Easter, it will not be available until the day. It is so sad to think that we will not be able to gather together for a second year to celebrate The Resurrection. Maybe in the Sunday Social that day we should all have a glass of something bubbly.

Talking of which, if you haven't joined us for a Sunday Social yet, please do pop in and say hello. It has been so lovely to see people and chat in small groups, as if we are in the hall having a coffee.

I hope you are enjoying your Lent Calendars and remembering to bring some joy into your lives in these strange days. As our faith is based on hope, I'm sure that like me, you hope we all get our vaccinations soon and are able to get back to being a family of God, worshipping together in church.

Wishing you a peaceful, holy Lent.

Nicki

BISHOP'S LENT APPEAL 2021

“Like so much else, our Lent Appeal this year must take account of the pandemic. Many congregations are responding generously to local need, such as foodbanks and support services for the lonely and the anxious and I hope this will continue into Lent and beyond. My concern is that this focus on the local and personal, on simply getting through the crisis, takes our attention away from pressing needs in other parts of the world, where there is no NHS, no benefits safety-net and where life is constrained by poverty. Hence my proposal that this year we support a single, outward-looking cause.

The Together in Unity Appeal was set up by the Archbishop of Canterbury to support virus prevention and emergency relief for vulnerable communities across the Anglican Communion. At a time when the UK government has, disappointingly, decided to cut international aid this provides an opportunity for us to reach out in solidarity to our sisters and brothers, our neighbours in this small world, whom Jesus calls us to love as we love ourselves.

I know there is less money around this year but I would ask you to be generous. Perhaps we might see our giving as an expression of gratitude for the blessings that we so easily take for granted.” +John

The Anglican Communion Fund has already begun responding to COVID related needs, allocating over £180,000 across 21 provinces of the Communion. We are supporting the Church in its ministry, providing food relief to the vulnerable, communicating ways of staying safe from the virus, and providing handwashing facilities and PPE.

In the South Sudanese Diocese of Maridi, an ACF grant provided food items, soaps and seeds to over 200 pastors and lay-readers and provided bicycles and hand microphones for pastors to carry prevention messages into remote areas. Speaking of the support, Bishop Moses Zungo said, “You held our hand during our most trying moments.”

Donate here

(Press control then click if you are reading this online)

*Please use the reference DIOCESE OF EDINBURGH
To donate via BACS please give to: Friends of ACF /
Account no. 00030397 / Sort code 40-52-40*

News from the NSM

As I'm writing this the sun's shining and I've been made aware recently of signs of spring in the garden, with early bulbs like crocuses and mini daffodils pushing through the ground. Such delights contribute to a wonderful sense of hope, a wonderful sense that God, our Father, the Creator, is doing his best to tell us that all's well, he's there with us. But, on the other hand, if I get up and stand at the window, I can see the snow on the ground and feel the cold blast of air blowing down from my opened air vent. Winter is still very much with us.

I'm reminded of some phrases from a meditation in my Celtic Daily Prayer book, actually written by a monk, although I feel it also reflects how we can feel as Christian disciples. 'We have to be candles, burning between hope and despair, faith and doubt.....' Yes, our Lord Jesus Christ, in his life, death and resurrection, gives us the promise of salvation, which is a tremendous source of hope. Our faith in a loving God, who cares for all his creatures, can give us a warm glow. But all too often, especially during this pandemic, we feel the down sides of despair and doubt.

Currently, it seems that life takes one step forward and then another one back again. We're offered the vaccine, then warned that it can't give us all the necessary protection against the mutating Covid Virus. News bulletins one day suggest a return to near normality in the summer, then the next day we receive a warning not to take overseas holidays again this year, like 2020. Thus we find ourselves poised between hope and despair. The glories of faith, of salvation, of a loving, caring God can buoy us up one moment, then the next moment we hear distressing news or we feel anxiety for a loved one and we find our faith seriously tested and doubts can begin to appear.

However, I believe that the notion of being a candle burning between the extremes of hope and despair, faith and doubt, is how we can best fulfil our role as Christian disciples and how it can lead us to feel some contentment and even joy in our lives. I find two interpretations of this thought helpful when my emotions run away with me, when I find myself feeling tearful or getting angry over something utterly trivial.

Firstly, lighting a candle seems to me a symbol of approaching God in prayer, affirming our relationship with him, the flame sending forth to him our pleas for help or forgiveness or our gratitude for his good gifts.

Secondly, I find it truly important to reach out, like the flame of the candle, to other people and to God's wider creation. During this pandemic I'm making phone or video calls, communicating with family members and friends, but also people I know who are struggling. But also I'm reaching out to and enjoying the birds I feed in the garden or gaining knowledge and understanding from watching wonderful wildlife programmes on the television, both being inspiring reminders that we're part of God's glorious creation, an ongoing creation, for which we, as humans, bear the responsibility of stewardship.

I hope this notion of the candle helps you to go forward through Lent with a sense of hope – and don't forget to use Nicki's amazing Lent Calendar, which should give you much encouragement.

My love and blessings to you all.

Margaret

Youth, Children and Families Report

February has been a fast moving month for me. I always feel that you could blink and miss it. It had one of my favourite days in the whole year which is Shrove Tuesday. Pancakes are definitely a favourite food and one that my children enjoy too. We had drop scones for snack and pancakes for dinner.

I have never been someone who has given up something for lent but I have always felt that Shrove Tuesday is a celebration of super tasty food whether sweet or savoury which you can give to God and celebrate his bountiful creation. It is also a time to say sorry and go forwards into Lent with a clear head so you can develop a closer relationship with God as you follow the ministry of Jesus through lent to Easter.

This Shrove Tuesday, we celebrated on zoom at it was nice to see everyone's pancakes – blackened, bought, small or large and covered in chocolate spread! Eva got the prize for having eaten 5 pancakes that day.

A good record!

Caroline.

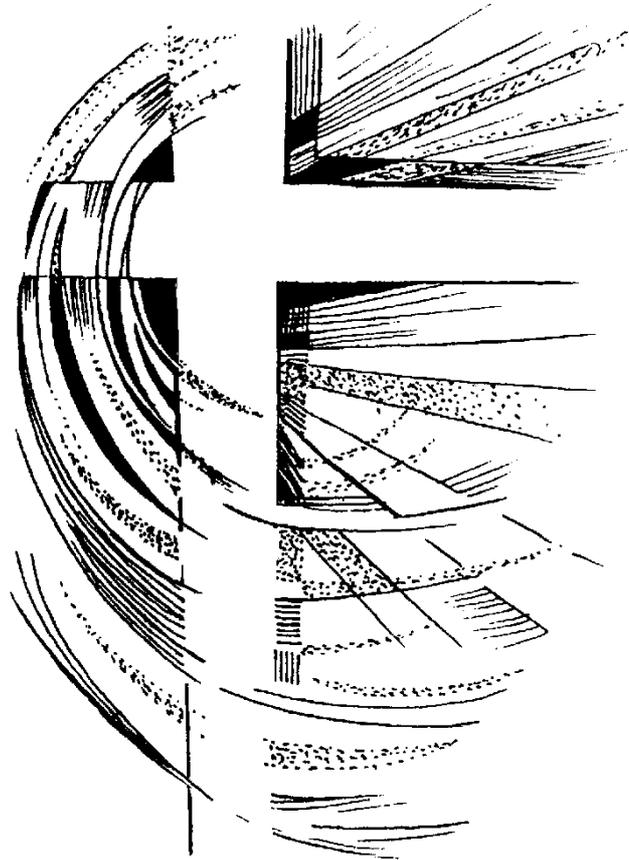
youthstcuthberts@gmail.com

VESTRY REPORT JANUARY 2021

- It was agreed that Julia get the Vestry minutes approved by email, so that a version could be submitted to the next Church magazine within the month. People who submit questions to Vestry will receive a written reply within two weeks of a Vestry meeting.
- Martin reported on the income and expenditure to the end of November. Regular annual donations are likely to fall and Hall Rental will be lower as Angela Watson is now not allowed to continue her classes. The actual amounts are difficult to guess. Salaries have increased due to the extra cleaning of the Church and Hall as have administrative costs but Heating and Lighting costs are down. The deficit next year is still expected to be around £60,000.
- The Church has been notified of a legacy from Colin Murray, in the form of shares. Vestry approved that the shares be sold by the solicitors on our behalf.
- Megan raised an issue at the last vestry about returning the Furlough Scheme money that we had been given (£3661). Vestry agreed to give this amount to charity.
- The Diocese has asked if we will donate our Quota discount which amounts to £800 to one of three causes: i. Diocese- for admin expenses; ii. Other Churches- COVID support fund; iii. Additional Mission and Ministry support for Charges. Vestry supported the Furlough money plus the £800 being split equally between ii and iii.
- Marie has reduced the Photocopier options to one, and will arrange a trial as soon as the COVID-19 situation allows.
- Nicki reported that the festival of Light raised £830 in donations plus £500 promised by the Coop store. This is to be split between Ogangs Community Church to feed the people and Make 2nds Count. The baubles on the Christmas tree raised £545 for Make 2nds Count.
- Nicki and Vestry expressed thanks to Pentland Men's Shed for giving their time to create the Nativity scene. They are already planning for Easter and an Angel to add to the Nativity scene for next year. They do not want any money but it was agreed that we would consider making a donation.
- Nicki reported that the three Christmas services were all full and the Midnight Mass recording was well watched on YouTube.
- Caroline had submitted a written report to Vestry, which will be printed in the magazine. Vestry acknowledged that it has been very difficult for Caroline, as she arrived just as lockdown 2020 began.
- Rolf and Nicki have been leading Assemblies for all the local Primary Schools on Zoom. Nicki would like Caroline to take her place from the beginning of January.
- Iain provided vestry with a spreadsheet summarising the work completed, required, planned and in progress with cost estimates.
- The Church Noticeboard is in position and being used and people have been looking at it.
- We have received 3 quotes for the roofing repairs and stonework required. One quote is significantly cheaper than the others and our Architects are checking that all of the work is being covered by this quote.
- The siting of the Defibrillator may need to be reconsidered as informal consultations with a Historic Environment Scotland member and the Council, suggest that it may be easier to get permissions if it is sited somewhere more out of sight.
- Options for ways forward with respect to renewing the Church lighting had been sent to Vestry. Wendy suggested that we should wait and replace the lighting as a project within the Phase 1 Church Development plan. Vestry agreed with this and so no further action will be taken for now.
- Options for: double glazing; secondary glazing; refurbishment of the Rectory windows, had been sent to Vestry for consideration. Vestry unanimously agreed on the Lodge Restoration option, refurbishing the existing frames and replacing the single glazing with 12mm Slimlite/Slimline double glazed units at an approximate cost of £30,820.
- The Church Architects are searching for acoustic and heating consultants to advise on moving the organ speakers out of the Lady Chapel and how to heat the transept, and front and back of the church separately. Lockdown has now slowed progress with this. We need to make sure that any possible Organ replacements will fit into the new space and the same for replacement speakers. Philip (also David Turner) requested more space to sit when the organ is moved to the site of the current pipe organ.
- The Architects have proposed a ramp from the exit area to the courtyard into the choir vestry as a way to connect the Church and Hall. Vestry asked for a diagram to better understand what is involved.

The full minutes are available from the Vestry Secretary. An electronic version can be requested by email, contact: julia.roberts01@btinternet.com

Compline for Holy Week



Monday 29th, Tuesday 30th & Wednesday 31st

at 7pm

A short service of prayer at the end of the day

Contact Nicki about how to
Join the Zoom Meeting

AGAPE

Maundy Thursday

7pm on Zoom

Contact Nicki about how to
Join the Zoom Meeting

The Agape Meal (Love Feast) is an ancient tradition, dating back to the early church. Before church was formalized, before the Eucharist became the ceremony we know today, early Christians would gather around their dining tables. They would read scripture, tell stories, and pray. This Maundy Thursday, you are invited into this tradition.

As we are not able to gather together to share bread and wine, please join us on Zoom with your own food and drink to engage in this ancient tradition. If you are able, also have a candle nearby.

Please contact Nicki if you have any queries.



Stations of the Cross

A service of readings, meditations,
Music, prayer and silence

Available on St. Cuthbert's YouTube on Friday
2nd April 2021

[https://www.youtube.com/channel/UC3iPQOkQiVERje
HZbj2OnBQ/featured](https://www.youtube.com/channel/UC3iPQOkQiVERjeHZbj2OnBQ/featured)

Writing this article at the end of the first week of February, with the nationwide vaccination programme gathering momentum, we are starting to see signs that life will eventually return to some sort of normality. Who would have thought, when we went into the first lockdown almost a year ago, just how much and for how long our lives were about to change?

Across the country, musical activities have been hit hard by the pandemic, especially those involving choirs. A year ago, the St Cuthbert's choir was rehearsing the music it planned to sing, but never did, at our Holy Week and Easter services. As has been mentioned before, members of the choir have kept in touch through a regular newsletter, into which Caroline Seville and Archie Clark have put a great deal of work. At Christmas, we produced a "special edition", which involved choir members selecting and writing about their favourite Christmas carols, and we are planning to produce something similar for Holy Week and Easter. However, in no way can doing something like this replace meeting together to sing.

Every choir in the country has experienced the same disappointment of being unable to meet together to sing. Cathedral and professional choirs have maintained some sort of activity, although with far fewer numbers and with singers widely spaced, producing a very different effect to the beautiful cohesive sound which we have come to expect. Some adult choirs, with very experienced singers, have held zoom rehearsals and made recordings, but talking with people who have done this, the general consensus is that this has lost momentum over time, and lacks a sense of purpose. In schools, some choirs have gone down this same route, but it has been hard to recruit new singers, and some choral activity has folded. I conduct the Colinton and Merchiston Choir and the Dunbar Choral Society: both these choirs have now not functioned for almost a year, and even when restrictions are partially lifted, I fear that it will be a long time before rehearsals are allowed to resume, and suspect that some members will be very hesitant to rejoin.

The Covid-19 pandemic has brought about a crisis in the choral world. I very much hope that as we emerge from it, discussions will start about when choral activity will be allowed to resume. In our services in St Cuthbert's, singing has always played an important part, yet at present, even the congregational singing of hymns seems a dim and distant memory. I very much hope that we will reach the stage when we can discuss the resumption of singing in church, and really look forward to when that day comes.

Philip Rossiter

You are invited to a scheduled Zoom meeting
Topic: Sunday Social

Time: Every Sunday at 11:00 AM

If you wish to join contact Nicki for details

A Lamb Story:

Some of you will be aware my in-laws are farmers in Cheshire and I help out at times. A busy time is early January when the sheep are lambing. This is planned as the pedigree sheep year starts in January.

Two pedigree breeds are on the farm, Suffolk and Charollais. Suffolk lambs are born black.

It becomes a round the clock operation for a week to ten days, while approximately 110 ewes give birth. Normally a couple of trainee vets are employed to assist with the lambing. Clearly weather at this time of year plays a big part, with all the expectant ewes being taken inside into barns. However, as some of the barns are partly open sided, frequent checking that the lambs don't get separated from their mothers and miss a feed is essential. The lambs are marked with the same number as their mother to make this easier.

By the time I left there were about 180 lambs alive and well.

Ross

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 April Issue will be

Sunday 14 March 2021

Please send to

stcuthbertscolinton@gmail.com

Thank you!

Membership 2021

We will be updating the Membership records for St Cuthbert's this year.

Further details will follow in the pew notes, The Sign, by email, and by post.

Once this has been completed, a new 'Membership Booklet' will be produced.

Thank you.

Diana Kinnear RIP

Diana's Son-in-Law, Paul, gave the eulogy in the absence of Tony Kinnear who was unable to be present due to Covid restrictions.

97 Years ago in a house called "Ludovica" – which the family only discovered recently from her Birth Certificate was on the Lanark Road near to Gillespie Crossroads - Katherine Diana was born to William and Ella Bell.

She was the second child and the only girl in a family of 4 children which she told us was very helpful in later life as it taught her how to cope with boys.

The family moved and Diana grew up in Liberton House and used to amuse her grandchildren with very believable stories of seeing a ghost in this very old house.

Unfortunately, the dark clouds gathering in Europe would deeply affect the Bell family as Diana's elder brother went straight from school into the Army and was KIA in Burma at the age of 21. Diana and a close girlfriend enlisted in the WRAF as soon as they could and went off to help the War effort.

This was done against the wishes of her mother who wanted Diana to stay home and help with the family as her father had died recently. One memory of her WRAF service she shared with the family was on June 6 (D-Day) 1944, when she was stationed at Fighter Command HQ in Stanmore outside London. She was working on the evening shift when Churchill and Eisenhower visited the plotting room to watch the action from the balcony. All the WRAF's had been instructed not to look up at them although it was hard not to take a glance at them. Diana also shared happy memories of celebrating VE Day in Piccadilly Circus even failing to catch the last train back to her base. On Remembrance Day 2019, she shared her memories of WWII with the Braids Rotary club when she enthralled the audience with her vivid tales.

Upon returning to Edinburgh, Diana was enrolled in the Atholl Crescent Finishing School to learn domestic skills, which she tackled with her usual flair and determination. It was here that she met many young ladies who were to remain her friends for the rest of her life. One thing Diana did very well was to make and keep friends for life.

Her mother had by then moved to a new family home in Ormidale Terrace in Murrayfield. Diana worked in a number of jobs around this time, including as a medical secretary to a surgeon at the Edinburgh Royal Infirmary.

Diana met Robert Ian Kinnear at a party given by one of her friends, initially at her house and then at Murrayfield Sports Club. Now Diana at 5 feet 10 inches was tall (and stunning) which, she said, prompted her to sit down at many of the social functions so that worthy bachelors would not know her height before they were committed to dancing with her. How times have changed!

After an initial dinner date at the Epicure restaurant in the West End they began their courtship. Only one dinner there she recalls because his wages at the Water Dept would not stretch to another! After a very short courtship he proposed and Diana accepted.

Married life began for them in Morningside in a 3rd floor flat on Falcon Road West. Carefree days in a central location were perfect for the young couple until Robin Anthony came along! The process of getting up and down those stairs with all the assorted baby paraphernalia was proving too difficult.

Falcon Road was sold and they bought a bungalow on Dovecot Park, just off the Lanark Road. Coincidentally, this was close to where she was born. Ian's parents also lived in Spylaw Avenue so family were close at hand to help out. By this time, Ian had joined his father's firm as a civil engineer. At the same time more children were coming along so the bungalow had become too small for a family of six.

They loved the street and the amenities so Ian did what any self-respecting Civil Engineer would do and got his drawing Board out. He designed a way to take took the roof off the house before adding another floor with more bedrooms before replacing the roof. Actually, this was, the first time this had been done in Scotland and Ian had to plead his case before the Dean of Guild before planning permission was granted and work could proceed.

During the years when the children were growing up, Diana was diagnosed with Multiple Sclerosis, a progressive disease about which little was known at that time. She faced this challenge with her typical fortitude and continued with her role for the family. She did some research into MS and determined that banning gluten from her diet would help the condition and she avoided it for the rest of her life.

Diana's desire to help others with MS led her to become very active in the MS community in Edinburgh. She spent time visiting and collecting MS sufferers to take them to a Day Centre where she would help and assist before taking

them home at night. One of her biggest regrets is that not enough funding has been put into MS Research.

Diana and Ian loved their life at Dovecot. They were both keen gardeners and kept the garden beautifully until they were both well into their 90's. Diana was also a talented baker, cook, dressmaker and craftswoman; skills that she passed onto her children and grandchildren over the years.

Living in the same house on the same street for 62 years is quite uncommon these days but Dovecot Park has seen other families with the same love of the area. This promoted a real sense of a local community. Diana was known to one and all along the street for her kindness and helpfulness to all of them at various times in their lives. It is a fitting tribute to her that the residents of the street have asked for the hearse to drive along the cul-de-sac so they could stand outside and pay their respects in the best way they during the Covid restrictions.

Diana became a grandmother to eleven children and latterly a great-grandmother to six. True to form, she took an active interest in them and shared many happy holidays with those in the UK and family that lived further away. Her relationship with those closer to home was warm and loving with a shared interest with one granddaughter in Lacemaking classes. A Grandson, who lives in Los Angeles, even brought his girlfriend to Edinburgh to meet Granny before taking her to the Isle of Skye to propose! Such was the esteem in which she was held by the younger members of the family that many a trip was made to Edinburgh and Thorburn Manor just to see and be with Granny Kinnear.

I am sure you will all appreciate what a remarkable loving and caring person Diana has been all her life; 97 years. She tolerated living during a pandemic with courage and patience and will be hugely missed by generations of Kinnears, Hudsons, Scotts, Rosses and Rendells.

Paul asked if he could add a personal memory. "During the many years I knew Diana she was always a very kind friend to me. I was very fortunate to visit her and take her flowers on 13th January 2021, it was my 70th birthday! We chatted for more than 45 minutes through the bedroom window in her care home, she was still in lockdown! We spoke happily about life, the universe and everything. Therefore, it was terribly sad that Covid took her from us so soon afterwards. So many people will miss such a wonderful and gracious lady"

READINGS FOR MARCH 2021

Year B

7 March – Third Sunday of Lent:

1 Corinthians 1.18-25
John 2.13-22

14 March – Fourth Sunday of Lent: (Mothering Sunday)

Numbers 21.4-9
Ephesians 2.1-10
John 3.14-21

21 March – Fifth Sunday of Lent: (Passion Sunday)

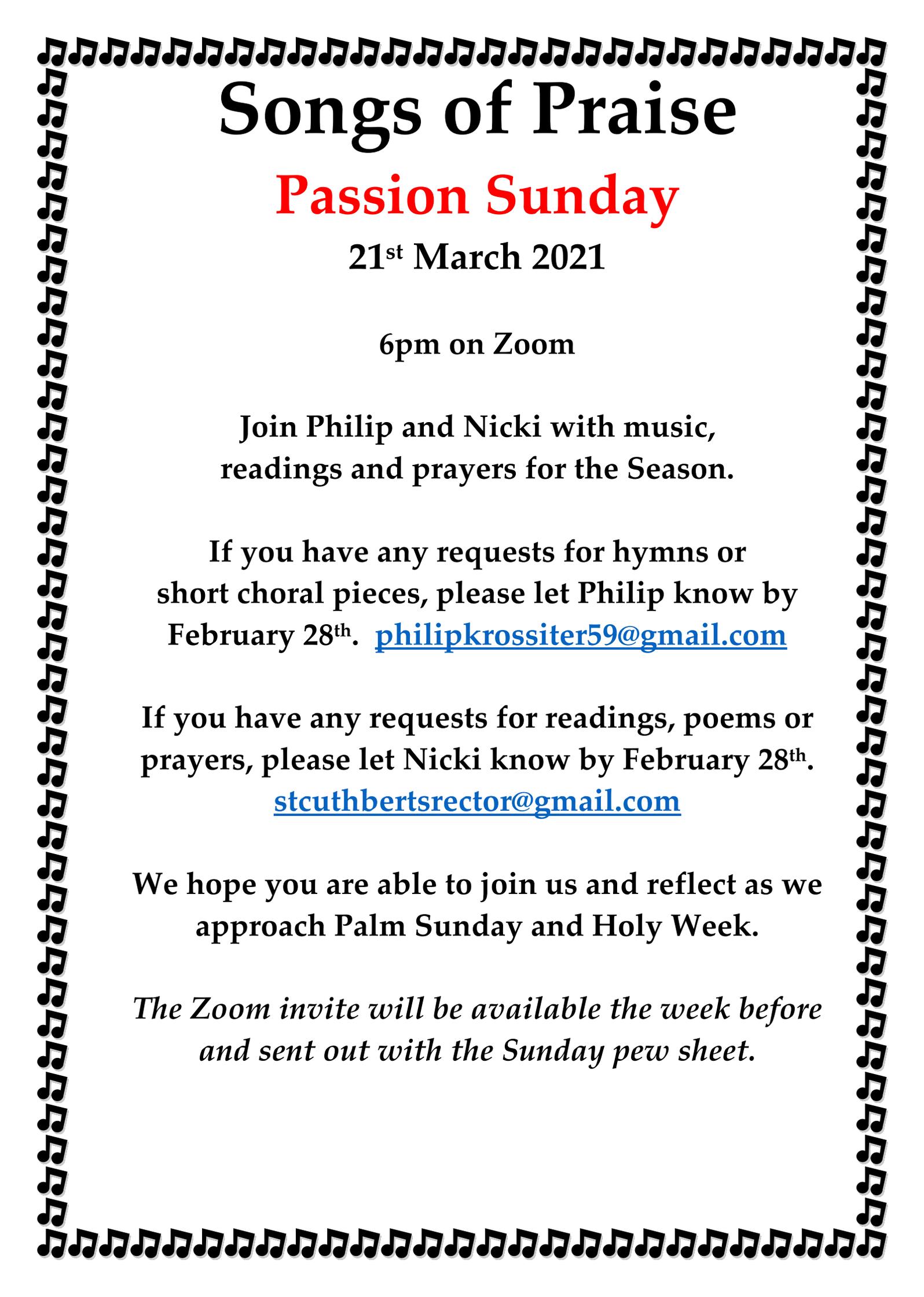
Jeremiah 31.31-34
Hebrews 5.5-10
John 12.20-33

28 March – Sixth Sunday of Lent: (Palm Sunday)

Palms Mark 11.1-11
Passion Isaiah 50.4-9a; Philippians 2.5-11
Mark 14.1-15, 47

4 April – Easter Day

Acts 10.34-43
Mark 16.1-8



Songs of Praise

Passion Sunday

21st March 2021

6pm on Zoom

Join Philip and Nicki with music,
readings and prayers for the Season.

If you have any requests for hymns or
short choral pieces, please let Philip know by
February 28th. philipkrossiter59@gmail.com

If you have any requests for readings, poems or
prayers, please let Nicki know by February 28th.
stcuthbertsrector@gmail.com

We hope you are able to join us and reflect as we
approach Palm Sunday and Holy Week.

*The Zoom invite will be available the week before
and sent out with the Sunday pew sheet.*

Pew Sheet Weekly Prayers

Would you like to join me in finding or writing weekly prayers for our pew sheets? So many of you have told me how much you have enjoyed them, it would be good to have others involved.

Maintaining the Church

While we may not be open for worship, the church has a wonderful group of volunteers who carry out various roles to make sure the church is maintained, especially during the cold and wet seasons.

We are looking for someone to help with the heating. This will involve setting the timer for regular services but also additional times for extra services, or just to keep the church above freezing. Sometimes this does involve short notice calls.

Please get in touch if you'd like to help with either of the above. Many thanks. Nicki

Oxgangs Community Church Foodbank

This is a relatively new project within our boundary who are looking for donations of food. If you are able to help and can get to the rectory, please drop off any non-perishable items into the porch please, to help them feed the vulnerable in the area.

Please continue to support Trinity Food Bank as you have been during the pandemic. Thank you.

Lent Calendar 2021

1. <i>Be still and know that I am with you. Ps 46.10</i>	2. Pray for a family member who makes you smile.	3. Do an act of kindness.	4. Think of a good holiday memory.
5. Spend time with a good book.	6. Plan a nice meal.	7. <i>The Lord is on my side; I will not fear. Ps 118.6</i>	8. Put your feet up for an hour – and breathe.
9. Give yourself a treat.	10. Make someone smile.	11. Pray for a friend who makes you smile.	12. Daydream about your favourite pastime.
13. Give someone an unexpected call.	14. <i>Do not let your hearts be troubled and do not let them be afraid. Jn 14.27</i>	15. What made you smile yesterday?	16. Pray for someone you know needs your prayers.
17. Sing!	18. Watch a favourite film or tv show.	19. Give thanks for the roof over your head.	20. Dance!
21. <i>For with God nothing will be impossible. Lk 1.37</i>	22. Look at the beauty of God's creation.	23. Give thanks for the good food you enjoy.	24. Feed the birds.
25. When things return to normal, what is the first thing you'd like to do?	26. Pray for a child you know – can you make them smile?	27. Laugh!	28. <i>I can do everything through Christ, who gives me strength. Phil 4.13</i>
29. Open your window, breathe in the fresh air.	30. Give thanks for your pets if you have them. Or for those who bring joy to others.	31. Set yourself a task that is achievable and will give you joy.	32. Give yourself a pat on the back for yesterday.
33. Wear your favourite colour.	34. Read a poem.	35. <i>Give thanks to the Lord for he is good, his love endures forever. Ps 107.1</i>	36. Pray for someone you love.
37. Think about where you find God – in church, at home, in nature etc.	38. Give thanks for your relationship with God. Say 'hello' to God today.	39. Give somebody a plant or flowers.	40. Read your favourite bible passage / story.

The Verandah Café and Boutique

When I first joined St Cuthbert's I was slightly puzzled by references to the Verandah Club. I pictured ladies in vintage frocks sipping Singapore slings at Raffles! It was several years before I realised that it in fact referred to the cafe and boutique in the Royal Edinburgh Hospital run by different groups of volunteers every morning and afternoon throughout the week.

The cafe opened in 1973, and one of the founding members was Norma Beilby from St Cuthbert's. Sadly the cafe and boutique will close formally by the end of March though, of course, we have in fact been closed for almost a year. While Covid-19 has hastened its end we had been struggling for several years to find sufficient volunteers to keep going and numbers using the cafe had been falling.

St Cuthbert volunteers have covered Thursday afternoons from the beginning. Over the years money from the cafe and boutique has been given to the wards (up to £10,000 pa until recently) and has funded a wide range of activities: football kits for the hospital patients' team, basic literacy courses for patients going back into the community, art and craft materials, emergency toiletry kits, visits to Fringe Festival shows, breakfasts out in Morningside, and many more.

The end of our work will be a loss, not only to the wards who greatly appreciated the money in a stretched NHS system with nothing to spare for extras, but also to the volunteers who enjoyed meeting the customers and also getting to know fellow volunteers better. Perhaps some time in the future another group of people will find another way of reaching out to help the patients of the Royal Edinburgh Hospital.

I would like to thank not only the current team but also the many more in St Cuthbert's who have volunteered over the years. Thank you for your support.

Hilary Pritchard.

From the Archivist

This is an account of the history in the Old Testament after the death of Solomon. It places the rulers and prophets in their historical context and I hope will help the reader navigator their way through the latter half of the Old Testament.

Jeroboam, Son of Nebat

The last years of Solomon saw discontent grow among his Jewish subjects. His large empire (covering parts of modern Syria and Jordan) and extravagant lifestyle had to be paid for. The heavy taxation and forced labour, not surprisingly, proved very unpopular. One man, who led the opposition, was a former overseer of a forced labour gang called Jeroboam. He appears to have been encouraged by the Prophet Ahijah who told him that God would give him rule over ten of the twelve tribes. When the news reached Solomon, Jeroboam, son of Nebat, fled to Egypt. King Solomon died in the year 922 BC (All dates in this era of history are approximate.).

Solomon was succeeded by his son Rehoboam who was immediately crowned in Jerusalem. After this, Rehoboam set off to meet the elders of the other ten tribes at Shechem. (Judah and Benjamin had already accepted his rule.) Much to Rehoboam's annoyance the elders laid down conditions for their support – reduced taxes and the end of forced labour. In an angry reply, Rehoboam informed them that life would be even tougher under him than under Solomon. The leaders of the tribes turned to the former opposition leader who had returned from Egypt and so Jeroboam, son of Nebat, became King of Israel.

(1 Kings Ch. 12, 2 Chronicles Ch. 10-11)

Civil war seemed inevitable but a sinister hand had been guiding events. Shishak I, Pharaoh of Egypt, had allowed Jeroboam to return, hoping, no doubt, to cause division and revive Egyptian power. Rehoboam, faced with overwhelming force, gave in. Shishak seized the treasures of the royal palace and the House of the Lord. These included the gold shields made by Solomon. This leaves us with one of the great mysteries of world history. What happened to the Ark of the Covenant? We are met with a wall of silence, despite the fact that only 50 years previously the Ark was central to Jewish worship.

Jeroboam was faced with a serious problem. Solomon had not only built the temple in Jerusalem but he had also made it the centre of Jewish worship. The new king of Israel needed his own religious centre before his supporters turned to Jerusalem which was firmly in the grip of his rival. He set up altars in Dan and Bethel. Each contained the image of a golden calf. The author/s of the Jewish histories saw this as an idol. Others viewed it as a pedestal on which the invisible God stood. Jeroboam became known as 'the man who made Israel sin.' He ruled over Israel for 22 years.

Christian Aid

“Climate change is here and it’s devastating”

The words of the reporter Peter Osborne

“I travelled to Bangladesh with Christian Aid to see how climate change is affecting people’s lives. Unless we act now, by the end of the century over 20% of Bangladesh will be under the sea. Currently it’s home to 20 million people.

I took a boat through the Sundarbans, the largest mangrove forest in the world. Fishermen told me they have to lift their homes on plinths in order to cope with the higher tides. These tides, however, have destroyed their crops.

I met a group of women who have overcome extraordinary hardship. Selina was married at 12. Climate change forced her husband to leave home. She was forced to beg for rice. Thanks to a loan arranged by Christian Aid she’s developed a thriving business, owns 3 acres of land and rents 8 shops in the local market.

On to a composite farm where they’re developing ways of dealing with the extra salinity in the water and other problems which are coming from climate change. There’s been very little rain lately, or none at all -> plants not growing -> collapse of farming -> young people forced to look for work elsewhere. Many have had to leave their homes and go to the capital Dhaka. Millions more will follow.

I spent a wonderful couple of hours with a co-operative. How they struggle with really bleak external conditions and yet they’re battling on. They’re still incredibly cheerful, incredibly optimistic in the face of what really is probably a very bleak future.

The people I’ve met on this journey are kind, hospitable and tough, but they’re living on the front-line of climate change. This is something they haven’t caused, yet they’re the ones who suffer. Charities like Christian Aid are trying to support these local people, but to tackle the problem seriously we need to see much greater action to cut carbon emissions. Progress is being made, and the cost of clean energy is falling, but if we don’t act faster, many, many more people will suffer a similar fate.”

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