

THE SIGN

JULY & AUGUST 2021



**ST. CUTHBERT'S
SCOTTISH EPISCOPAL CHURCH
COLINTON**

THE SIGN JULY & AUGUST 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.



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

[Front Page Photograph: From the Church garden in June]

Dear Friends,

We continue on our roller coaster of covid restrictions changing and I'm sure there have been a lot of disappointed people around. However, we still have a lot more freedom than previously, so as long as we remain sensible, hopefully soon, we will be back doing the things we love and miss.



During June, General Synod was held on Zoom. It was not easy going, sitting in front of a screen for two days but it was certainly an interesting and worthwhile event. Topics discussed ranged from liturgy within our own church, inter-church relations, pensions, climate change, stipends, complaints procedures, a bullying and harassment policy, clergy time off and ethical investments. There was a great presentation by the Provincial Youth Committee, which starred our own bee hotel and young folk talking about the environment.

Climate change has always been an important topic.

'We know that the whole creation has been groaning as in the pains of childbirth up to the present time'. (Romans 8.22).

God created this wonderful earth for us to live and thrive and maybe, due to ignorance, we are not caring for it as we should. I dread to think what my granddaughter will face when she grows up and I'm sure you feel the same.

Luckily there are now many resources available to help us battle Climate Change and achieve net zero carbon emissions by 2030 – as agreed in last year’s synod. Eco Congregation has wonderful advice on their website and there are plans within the Province to have centralised information regarding heating for our churches.

With COP26 in Glasgow this year, I think it is so important that, as a church community, we do everything within our power to improve the way we care for God’s creation – no matter how small our efforts – in church, at home and within our community.

We are members of Eco Congregation and received an award in the past but, sadly, not a lot is happening at the moment. I would love to reform an Eco Congregation committee and get more involved with their network locally. I know our youngsters are participating in projects, so let’s join them and commit to make God’s world a better place for their future. PLEASE let me know if you would like to be involved. Because of our failings, people are losing homes and lives throughout the world. This really has to stop.

The Church in Society Committee presented an action plan on Climate Change at Synod, which included 10 points of overall guidance, which you can find following in this magazine.

I look forward to seeing you sometime soon and hope you are all well. Have a lovely summer.

Love and blessings.

Nicki



Church in Society – Action plan on Climate Change Ten Points of overall guidance

1. Seeking to reduce energy use in all our buildings and moving from oil/gas to electricity where possible.
2. Implementing renewable energy solutions such as heat pumps and solar power on our property.
3. Using less polluting forms of transport, moving to electric or hybrid cars, car sharing, wherever possible walking or cycling.
4. Developing wildlife conservation schemes in our land.
5. Using Fair Trade, environment – and animal-friendly products wherever possible.
6. Reducing waste by composting and recycling as much as possible.
7. Reducing paper usage (and then only using recycled paper).
8. Using online meetings often, but balanced with our need for human contact and Christian fellowship.
9. Disseminating information on good practice, and seeking expert advice, practical help, and funding possibilities.
10. Promoting sustainability through our preaching, liturgy and teaching, and setting a good example.

The Church in Society Committee recognises that not all of these apply to every congregation and that some will depend on the lifting of Covid19, but we can begin to plan now. They also urge everyone in the church to consider as individuals and households how the guidance can be applied in their own lives.

Services in Church:

As of Easter Day 2021, services restarted in Church each Wednesday and Sunday at 10.30am (and on-line on our YouTube channel)

As numbers are restricted, as before, booking is required to attend.

How to book:

By Email: stcuthbertscomms@gmail.com
By Telephone: 07305 911986

When to book:

Monday, Tuesday, Wednesday 10am – 1pm

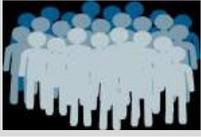
If there is a place available at the service requested, you will receive confirmation by email, or telephone.

If you are not booked in, you will be unable to attend.

If you would like any further details, please contact stcuthbertscomms@gmail.com.

We look forward to welcoming you to a service in church.

Returning to Church



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.



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.

"My warmest wishes are with you for the summer. I hope to see some of you at church, and in the September issue of 'The Sign', I will tell you more about my time at St. Fillan's and a wonderful retreat in June."

Blessings,
Margaret Dineley



June seems to have disappeared but it has been filled with fun and interesting meetings and conversations.

The service led by the young people was incredible and they worked hard to put together a talk for the Family Service. They have given us their thoughts on small ways we can work

together towards living more sustainably and trying not to buy things that are not environmentally friendly. Some of our Sunday School featured in a video put together by the Provincial Youth Committee at General Synod also looking at climate change asking the Church as a whole at becoming more environmentally friendly – not just talking about it. They had pictures of our Bee Hotel, how it was put together and why this can help the environment.

The Sunday School has continued to meet outside and they had a lovely time in the Sun creating images of growing trees using fallen leaves, sticks and petals we found in the garden showing how we are always growing in faith.

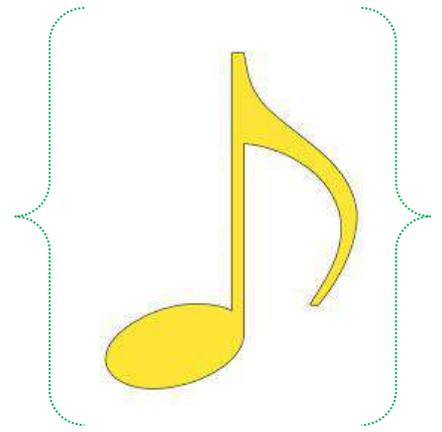
Over the summer we will be having a Family Service on the 4th July and Sunday School on the 25th July. I am looking forward to spending time working on what we will be doing after the holidays and hoping we will all be able to be back in Church more. I am looking forward to seeing everyone for Sunday School on 15th August and Youth Group on 29th August.

Caroline



Music Notes:

I had hoped to be writing this article at a point when more of the Covid restrictions had been lifted, and that a return to a more normal life could be envisaged. However, with the delays to this process announced by the government in mid-June, this was not to be.



We hear on news broadcasts regularly about the frustrations and anxieties felt by those who work in the performing arts and hospitality industries, but, to my mind, apart from coverage given to weddings and funerals, little attention is given by the media to general attendance at places of worship. At St Cuthbert's, I know that congregation members are frustrated by the lack of an opportunity to attend in greater numbers and to sing the familiar hymns which they hear being played at our weekly services – the temptation to sing must, on times, be very hard to resist. I know that for our choir members, who last met together to sing fifteen months ago, the lack of an opportunity to do so has left a great hole in their lives, as is also the case for church choir members across the land. We are starting to discuss how we can start to use music to further enhance our worship once again, but with the Covid situation still so uncertain, no concrete plans can be made. What is certain, however, is that any return to our normal pattern of worship will only be gradual.

I very much hope that by the time that the next St Cuthbert's magazine is published for September, the future will be a little more certain.

Philip Rossiter

Zoom Sunday Social

As you will be aware, our zoom Sunday Socials have met weekly for half an hour since the beginning of February, and we have had on average an attendance of 23 people. Each week Nicki begins with the Collect for the Day and then we go into small “break out rooms” of between 3-5 people, where we are able to chat informally for about 20 minutes. We then return to the larger group where people are able to communicate more generally and then we close by saying “The Grace” together.

With the arrival of better weather, and gradual easing out of Lockdown, many of us are starting to get out and about seeing family and friends, which is wonderful.

Inevitably numbers meeting on zoom have become smaller and although those of us meeting still really enjoy the companionship, it feels appropriate to take a break over July and August. Some of us are fortunate to have cottages or caravans booked in other parts of the country and others will be taking holidays even closer to home- in our back gardens!



The intention is to re-start Sunday Social on **Sunday 5th September at 12 Noon**, but we will review latest Covid Restrictions and confirm details nearer the time.

Thank you to everyone who has attended and helped to make Sunday Social such an enjoyable half hour.

Photographs from the Garden in June...



If you would like to help arrange the flowers in Church at any time during the year, please let Margaret Holmes know. Thank you.

READINGS FOR JULY 2021

Year B

30 June & 4 July – Pentecost 6

Ezekiel	2.1-5
2 Corinthians	12.2-10
Mark	6.1-13



7 & 11 July – Pentecost 7

Amos	7.7-15
Ephesians	1.3-14
Mark	6.14-29

14 & 18 July – Pentecost 8

Jeremiah	23.1-6
Ephesians	2.11-22
Mark	6.30-34, 53-56

21 & 25 July – Pentecost 9

2 Kings	4.42-44
Ephesians	3.14-21
John	6.1-21

28 July & 1 August – Pentecost 10

Exodus	16.2-4, 9-15
Ephesians	4.1-16
John	6.24-35

READINGS FOR AUGUST 2021

Year B

4 & 8 August – Pentecost 11

1 Kings	19.4-8
Ephesians	4.25-5.2
John	6.35,41-51

11 & 15 August – Pentecost 12

Psalms	34.9-14
Ephesians	5.15-20
John	6.51-58

18 & 22 August – Pentecost 13

Joshua	24.1-2a, 14-18
Ephesians	6.10-20
John	6.56-69

25 & 29 August – Pentecost 14

Proverbs	9.1-12
James	1.17-27
Mark	7.1-8, 14-15, 21-23

1 & 5 September – Pentecost 15 **(Creationtide)**

Isaiah	35.4-7a
James	2.1-10, 14-17
Mark	7.24-37





R& R has met and will continue to meet on Zoom in the autumn, after a summer break.

We will gather virtually from Wednesday 1 September, for an hour, 7.15(7.30 start) to 8.30pm, each week. Depending on recommended Covid guidelines, we may be able to meet in person later in the year.

The group works on a drop-in basis, so come when you can!

Some members do come along most weeks and find the rhythm of prayer and a reflection helpful.

R&R primarily offers us a space to refresh spiritually, to grow and deepen our relationship with God. We always begin with a time of “stilling” which helps to quieten our minds and move from the busy -ness of the day into the presence of God. There are times of silence when we reflect on a passage using materials from the previous Sunday’s readings. There is an opportunity for sharing prayer experiences in a 15 minute slot, but there is no obligation for anyone to speak at all. If you are tempted to give R&R a try, you will be made most welcome, and if you would like to have a chat with one of the leaders beforehand to find out more, please do. We can explain the different prayer tools we use or point you to other helpful resources.

Thank you to a few attendees for their comments...

“In the last year so many things have been curtailed but there have also been opportunities. When the proposed Lent course did not run Nicki pointed me in the direction of R&R.

The group were to use a book for daily reading and weekly discussion. I joined the Wednesday evening zoom for Lent.. and then stayed!”

~

“While some things just don’t seem to work on zoom this quiet contemplative time seems to suit the medium very well. I was made to feel so welcome and gently encouraged to be still, to listen, to think and to share. I have discovered a new way to find a calm, supportive place for prayer and reflection. Thank you to everyone especially Elaine, Wendy and Julie for their hard work, imagination and kindness. I perhaps did not think it would be for me, but it is, and it might be for you too!”

~

“...The group has always meant a lot to me but especially since we have not been able to meet face to face. It has been a social contact as well as a prayerful and thought provoking hour together each week. I have learnt a lot about prayer, reflection and silence. Before the group started I had always found the latter difficult but now really appreciate periods of silence.... Love shines through our meetings.”

~

“RnR has provided an anchor for my faith particularly during the dark days of the pandemic. I have truly valued the kind and gentle fellowship of the group and always leave each week enriched by the shared reflection and prayer time – I would highly recommend it!”

~

For further information, please contact:

wendypearson37@gmail.com



COP 26

Eco Congregation Scotland

We all breathe. Our bodies are programmed to take breaths in and out for us. Breathing is not a function that we are conscious of, until it becomes difficult for us. Article 24, of the United Nations Convention on the Rights of the Child, talks about children enjoying the right to the best possible health, with access to clean water, good food and a clean environment to live in, and lays an obligation on richer countries to help poorer countries achieve this. Yet air pollution is a problem in many parts of the world, including areas of Scotland. Air pollution has direct links to ill health and the presence of air pollution exacerbates health conditions such as asthma.

Air pollution comes from a variety of sources such as motor vehicles, aircraft, industry, volcanic ash and wildfires. Our actions and choices about the kinds of transport we choose and the goods we purchase can have a direct affect on the ability of children to enjoy their right to as good health as is possible for them.

Have you noticed any effects of air pollution in Scotland?
How could we make sure that our use of transport, goods and other services doesn't stop children enjoying their right to as good health as is possible for them?

If you had to make one change to the way you travel or the things you buy tomorrow to help reduce pollution, what would it be?

Climate change – all you need to know but dare not ask

You might think that the science behind our current understanding of climate change, global warming, and carbon footprints, would require a brand new vocabulary, but my recent research suggests that, once again, the Scots had a word for it long before the rest of the world cottoned on. Here are some of my findings (insert your own glottal stops, as appropriate).

Jeelly piece	the calm before the storm; a false war
Drookit	hand-held collapsible shelter; <i>alt: an anorak</i>
Stramash	global warming propaganda; <i>alt: electric means of urban transport</i>
Peely wally	person who took a low cost flight to lie on a beach for three weeks
Sonsie	two of the three things that young folk used to fly to Ibiza for
Braw	recollection of childhood day trips to Portobello Pool
Bricht	intimate rash caused by global warming
Moonlicht nicht	light pollution on a cosmic scale, due to global warming
Crivvens	expansion cracks in arctic ice due to global warming
Jings	sound made as a block of arctic ice drops into a glass of whisky
Help ma boab	the appeal of a cute polar bear, on seeing an approaching crivven
Wheesht	sound of giant hailstones coming down the chimney
Stottin'	running away in high heels (<i>is this to do with climate change? – Ed</i>)
Doon the watter	a tropical thunderstorm, <i>esp: in Glasgow</i>
Up the watter	electrical surge caused by a lightning strike
Jammy dodger	lightning conductor salesman, <i>esp from Glasgow</i>
Haar	reaction of scientist suddenly understanding chaos theory
Fankle	secret meeting place for eco-warriors, shared with sheep
Skelp	place where the sun's rays hit first and hardest
Scunner	place where the sun never shines
Tawse	bodily extremities particularly vulnerable during next ice age
Sair fecht	body parts which tawse used to be attached to, before next ice age
Cock–a-leekie	panic reaction to sudden onset of next ice age
Tattie bogle	food rationing allowance due to crop damage; <i>alt: blackmarketeer</i>
Shoogle	internet website devoted to earthquake research
Gleekit	a straight-sided glass, some malt whisky, and ice

Submitted by 'Anonymous' – source unknown.

Dear Donor,

Thank you so much for your kind donation to the work of the Foodbank here in Wester Hailes. It is very much appreciated.

The Foodbank is wholly funded by donations from the congregation of Holy Trinity Church and by generous financial and food donations from local Churches in the west of Edinburgh, individuals, Trusts and more recently, by a supermarket.

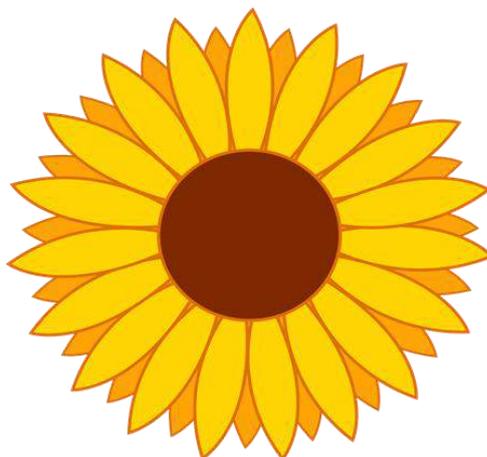
Thanks to a team of dedicated volunteers, and Foodbank supporters, we are helping over 180 people each month. In recent years we have seen a growing number of individuals and families who, without the help of the Foodbank would be going hungry at a time of personal crisis and this last year has added significantly to that need.

As well as food poverty, many are experiencing fuel poverty with no electricity to heat their homes or cook the food offered to them. Volunteers can also offer advice and direct people to suitable help which can address some of the issues which led to the crisis. This may be informing them of the work of Christians against Poverty (for debt issues), counselling services or local services that can be useful.

Thank you for partnering with us in this vital service.

Warm regards,

Angela Thomson



From the Archivist

This is the continued account of the history in the Old Testament after the death of Solomon:

The Exile in the Babylonian Empire

The first exile took place in 597 BC when Nebuchadnesser (various spellings) removed a large number of Jewish leaders, including the Prophet Ezekiel. In the first three verses of the book we are told that the prophet was among the exiles (about 592 BC). King Jehoiachin (various spellings) was taken away with these exiles. As a direct descendent of King David, he was recognised as the king.

To picture these Jews working as slaves in chain gangs would be wrong. Those who were deported from Judea by the Babylonians were the most literate and able members of society. The towns and farming communities would have welcomed their skills.

These exiles, and those who followed in 586 BC, formed their own communities, rejecting the pagan world of Babylonia. Their religion and its laws bound them together. With no Temple, they assembled in groups to study the Torah (the first five books of the Bible). They may have wept for the fate of Jerusalem (Psalm 137) but their own lives may have been more prosperous than any who remained in the city.

A new prophet appeared among them. We do not know his story or even his name. His words were added to the Book of the Prophet Isaiah who had died long ago. The second Isaiah looked to a brighter future (Isaiah Ch 61 v 1-7) which must have seemed an impossible dream. Chapter 53 tells of the Suffering Servant:-
'Therefore I will allot him a portion with the great,
And he shall share the spoil with the mighty
Because he exposed himself to face death
And was reckoned among the transgressors
Because he bore the sin of many
And interceded for their transgressions.'

The Prophet Daniel was taken away during the first exile. He was a young man who, according to the Book of Daniel, rose to importance in Babylon. The prophet lived in the city and witnessed the Persian take over (c 539 BC). The prophecy in chapter 9 took place during the first year of King Darius I. (522 BC) at a time when the new king was preparing to allow some Jewish exiles to return to Jerusalem.

The Persian rulers looked more favourably on local cultures and religions than did their predecessors, the Assyrians and Babylonians. Jewish leaders, now exiled in the city of Babylon and the fertile lands to the south were permitted to return to Judea. Many of them chose not to do so.

The Book of Esther is set in Susa, the chief capital of the Persians. Mordecai, a man who had been taken by the Babylonians at the time of the first exile, defeats a plot to destroy the Jews. He was helped by Esther, his uncle's daughter.

The Return of the Exiles

The new Persian rulers allowed the Jews to return to their homeland in Judea. Zerubbabel, a member of the ruling house of Judea, and Jeshua, a priest, took the opportunity to lead a group of exiles from Judea to Jerusalem. The people who were already settled in the land offered to help. They too had been exiled from their original homes by the Assyrians and married into the local Jewish families. Their offer was refused. (Ezra Ch 4 v 3) This led to bad feeling and resistance against the rebuilding of a new Temple.

Zerubbabel and Jeshua received support from the Prophets Haggai and Zechariah. Thus between the years 520 and 515 BC a new smaller temple was built in Jerusalem despite the opposition of the surrounding peoples. However, there was much still to do.

It is difficult to put a date on Ezra's mission to Jerusalem. It was probably around 450 BC, seventy years after the arrival of Zerubbabel and the building of the second Temple. He came with a letter from the Persian king, appointing him judge over all the religious laws. (Ezra Ch 7 v 25-6) Ezra was especially outraged by inter-marriage with non-Jews and launched an inquiry. These women were then dismissed by their husbands. (Ezra Ch 10 v 6-9).

A few years after the arrival of Ezra, the Persian king sent Nehemiah all the way from Susa. He was the king's cupbearer and thus probably responsible for all the drinks supplied to the palace. Kings of the Ancient World (and even into later times) feared their scheming relatives and often employed trusted foreigners as security officers. He was certainly no slave. The man who ruled all the land from the Nile to the Indus was not going to discuss royal business with a slave. (Nehemiah Ch 2 v1-10).

He spent three days in Jerusalem before setting out at night to inspect the defences of the city. Nehemiah was not impressed by what he saw. Then he summoned the Jewish leaders together and instructed them to rebuild the walls and gates. They faced opposition from the non-Jewish people who lived in the district, forcing Nehemiah to post guards to protect the project.

With finances tight, Nehemiah refused to take the allowance due to him as Governor of Judah. (Nehemiah Ch 5 v 14-9) However, the rebuilding project was successfully carried through.



CHRISTIAN AID

I'm writing this at the end of a rather strange Christian Aid Week – yes, there were envelopes, but only for delivery, and generally no knocking on doors. From the number of envelopes that have been returned, it's clear that more people give if there's someone waiting patiently on the step!

However, despite the relatively small number of envelopes returned (about 200 out of 1,100 delivered), we have been astounded by your generosity: **£4,651** in the envelopes (+ **Gift Aid** which hasn't yet been calculated) + **£1,045** on the JustGiving page which included the proceeds from the Quiz Night.

TOTAL £5,696 THANK YOU!

As well as Christian Aid Week, we usually raise money throughout the year for a specific long-term project. We commit to raising a sum, usually £5,000, which is match-funded by the Scottish Government, the UK Government, or some other body. We fulfilled our last commitment a year ago. We haven't got a such a project at the moment, but I hope to hear about one soon from Christian Aid.

We Raise Money and We Pray

God, our refuge in times of trouble,
we pray for our brothers and sisters
in the midst of war today.

Lord, be with the emergency
services as they battle to help the
thousands injured.

Hold those who have lost loved
ones in the palm of your hand.

In the tragedy of loss, we pray your comfort.

In the chaos and injury, we pray your calm and divine healing.

In the devastation and the heartbreak, we pray your peace.

We pray that in the despair that lies amid the rubble of the explosion
there will be glimmers of hope and life. Amen.



Patricia

THE LEPROSY MISSION

SCOTLAND



Dear Friends,

Thank you to everyone who gave in the Blue Tubs and also to members of St Cuthbert's who gave donations for me to send to TLMS. I am pleased to tell you that the total came to £200.

I received copies of the latest edition of DOCHAS recently. I'll be pleased to send one to you if you contact me. As always there are interesting articles to read about people suffering from leprosy who have been helped by TLMS both with their cure and rehabilitation. For example there is an uplifting story about Nuhu in Nigeria, who was given Multi-Drug Therapy. He went back home, thinking he was cured but, as you will read, that wasn't the end of his story. You can read what happened to him later in the magazine, as well as other information about what people in Scotland have been doing to raise funds in support of the ongoing work in the hospitals in India, Nepal, Bangladesh, and Myanmar.

There is also the ongoing need for people in India to be vaccinated and cared for in hospitals across the country. So our contributions will help towards supporting the front-line staff in the Leprosy Mission Hospitals where the Covid infections are adding to their work load.

With thanks for your ongoing support.

Barbara Tatlock



leprosymission.scot

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.



If you or someone you know uses 'Amazon' to shop online, please remember that if you use 'Shop AmazonSmile' at

<https://smile.amazon.co.uk/ch/SC007578>

*Amazon donates to St Cuthbert's Episcopal Church: at no cost to you! If you would like further details, please contact stcuthbertscolinton@gmail.com
Thank you.*

The Sign Magazine

If you would like a paper copy of 'The Sign' magazine until the end of 2021, which will be posted or delivered to you, the cost will be £12.

**2021 Subscription Cost is £12
(Paper copy posted or delivered)**

Thank you to everyone who has already made a donation towards the cost of The Sign.

We value your continued support.

If paying by cheque, please make payable to St Cuthbert's Episcopal Church, and either hand in or send to Marie Neil, Church Administrator
c/o The Rectory
6 Westgarth Avenue
Edinburgh, EH13 0BD

If you would like to pay by bank transfer, please contact Marie – stcuthbertscolinton@gmail.com

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

Sunday 15 August 2021

Please send to stcuthbertscolinton@gmail.com

Thank you!



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Services as of 4 April 2021:

Wednesday:
10.30am Eucharist

Sunday:
10.30am Eucharist

**BOTH SERVICES WILL BE THE SAME.
THE WEDNESDAY SERVICE IS CURRENTLY RECORDED
FOR OUR YOUTUBE CHANNEL.**

**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