

# THE SIGN

MARCH 2022



ST. CUTHBERT'S  
SCOTTISH EPISCOPAL CHURCH  
COLINTON

# THE SIGN MARCH 2022

**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.

**If you wish to receive Home Communion, please contact Revd Nicki McNelly – Tel: 0131 441 7580**



**Facebook: @stcuthbertscolinton**



**Instagram: stcuthbertscolinton**



**Twitter: @stcuthbertsSEC**



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

Dear Friends,

What a mixture of weather we've been having lately, and more storms than I can ever remember. I wonder if this is due to climate change. Have you completed your questionnaire for the Eco group yet, to help us achieve the Eco-Congregation Silver Award? If not, they are at the back



of the church, and you still have some time to do them, as Bev and Julia don't need them back until the end of March. It was a bit of an eye opener when I completed mine; we just don't realise how small things damage God's beautiful creation – or how small changes can make a difference.

The other 'mixture' we are encountering at the moment is the different restrictions and rules surrounding covid. It is still recommended that we socially distance 1 metre in church and wear masks – yet I can sit in a restaurant, next to someone I don't know, without a mask and there is certainly not a metre between us. I know it is all very frustrating but while the government still have these regulations in place, whether we agree with them or not, we have to follow that guidance. As St. Cuthbert's is a relatively small church (physically), we have had to book in for each Sunday to enable that. As the 1 metre distancing is now recommended and not essential, the signs will be removed, and I will leave it to the individual to judge that distance. Please continue to check in on arrival though.

If, however, you would prefer to be in a pew with complete social distancing, please let me know before the service and I will ensure that your request is fulfilled.

March 2<sup>nd</sup>, Ash Wednesday, is the beginning of Lent. As Revd Margaret mentions later in her letter, after the past two years, I don't think any of us will be thinking about giving too much up this year, but it does give us an opportunity to allow ourselves to stop, reflect and pray about what has happened. How has the pandemic affected us, our families or friends – physically or emotionally?

Being part of a congregation is like being in a family, especially if you live alone or away from your own family. We have missed the social side of our church life, but I'm pleased to say that this will be changing soon. The Vestry now has a smaller group of people working alongside Margaret Holmes to arrange social events throughout the year. These are also aimed at raising funds, bearing in mind the large deficits predicted at the last AGM. Look out for more information later in the magazine.

Without giving something up, you could take up a Lent Course or join R&R. Revd Lesley is running a Lent Course on a Monday evening using Zoom and R&R continues throughout Lent and both would be pleased to welcome you.

Caroline, our Youth and Families Worker, has some wonderful things lined up for the youngsters and families in the area and is always on the lookout for volunteers to help with the various events. **She cannot run them without help.** Please speak to her if you would like to know more. A great opportunity for outreach – something we are all responsible for.

I wish you all a blessed Lent and look forward to seeing you soon.

Love and blessings. *Nicki*

# Bishop's Lent Appeal 2022



- The Welcoming supports refugees, asylum seekers and migrants to feel at home in Edinburgh. We support New Scots to learn English, secure employment and access local services, offering opportunities for friendship, health and wellbeing, and sustainable living. We also connect locals and New Scots through social and cultural exchanges, and a thriving volunteering programme.
- Our vision is of a diverse and inclusive Scotland, where everyone feels welcome and can achieve their potential. We have a twenty-year legacy of supporting new arrivals in Scotland. Our free English classes, friendship groups, one-to-one befriending service, and employability support are vital for many New Scots who face the challenge of building lives in a new country.
- We are asking for your donation so that we can continue providing our support to New Scots in Edinburgh. You can help make your Edinburgh a more welcoming place for refugees and migrants.

[www.thewelcoming.org](http://www.thewelcoming.org)

There will be more information on the Pew Sheets and website during Lent giving information about how to make a donation.

## March News from the NSM

Although, as I write, winter is still very much with us, all too often characterised by wild winds, overcast skies and driving sleet and rain, nonetheless the signs of spring are happily becoming more apparent, with early spring flowers appearing and the birds being increasingly vociferous and active. And in church, with restrictions being gradually eased again, we can now offer refreshments after services, the welcome delight of fellowship being added to the joy of worshipping together.

Our Thursday afternoon service at the start of February witnessed the return to post worship refreshments. Twenty-five of us shared an inspiring service led by Caroline Seville, entitled 'Christ as a Child,' and then we joined together in the hall for afternoon tea and fellowship. We felt we were following Jesus' life on earth, when after praying, healing and teaching, he so frequently accepted and shared hospitality with others, often marginalized people. That thought struck me very forcefully when talking to a visitor from St. Fillan's, an elderly lady caring for a disabled husband, who was so thrilled to have this opportunity not only to enjoy worship, but to sit down and have a cup of tea and a chat with others.

But, as we move forward in the church calendar, we're aware that we are about to start Lent, a season of meditation and reflection. It's also a season when traditionally people 'give up' something, something they enjoy, in order to undergo the sense of resisting temptation, as Jesus did in the wilderness. However, I feel that this year, as we work through our third Lent during this pandemic, many people may well feel that they're thoroughly wearied with already and constantly giving up so much, that relinquishing the small bar of chocolate or glass of wine, that has given them some pleasure during this lengthy period of isolation, restriction, fear and anxiety, is a step too far.

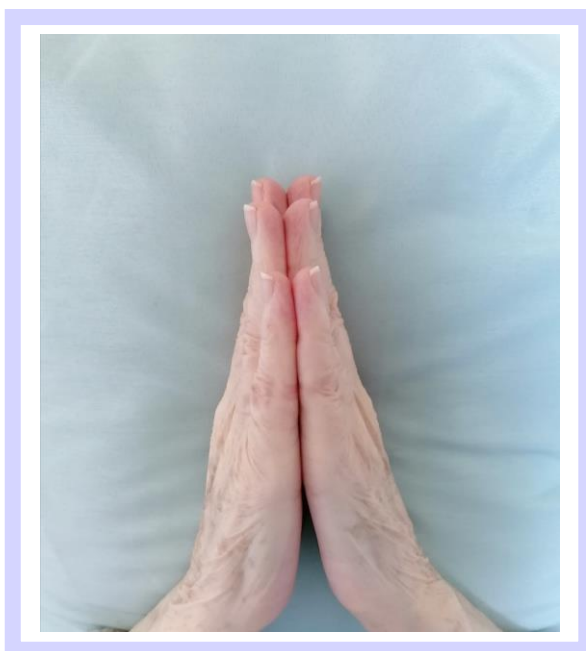
So, perhaps some of us might look at an alternative way of sharing Jesus' wilderness experience, by giving up (or at least attempting to!) spiritual and emotional traits which we've probably become too self-indulgent over during this pandemic, such as resentment, anger, bitterness, disbelief, or self-pity.

The temptations have undoubtedly been there over this agonizingly long two years, so perhaps instead of bemoaning and feeling bitter about the old friend who hasn't bothered to get in touch, we should just lift the phone and reach out to them instead. Instead of feeling abandoned by God, our belief being thoroughly shaken, we should pray to him to help us face the trials we're experiencing. Instead of being angry with someone whom we perceive has let us down, we should pray for them and pray for forgiveness and patience for ourselves.

The key to resisting all types of temptation, the key to sharing Jesus' wilderness journey, the key to being prepared for Holy Week, the cross and Easter, the key to seeking forgiveness for our own failings – the key to all of this is **PRAYER**. May this be the focus of our own journeys through Lent.

With love and blessings, Margaret.

PS. Do join us on Thursday afternoon, March 3<sup>rd</sup>, the day after Ash Wednesday, for our special Lent service: details elsewhere in the magazine.



# Thursday Afternoon Service

Thursday, 3<sup>rd</sup> March at 2.30pm

Please join us for this short informal service.

The theme will be **'Temptation, Prayer, Action:  
Following Jesus' Wilderness Journey'**



Everyone is welcome and we hope to see you there.

Future services:

Thursday, April 7<sup>th</sup>

Thursday, May 5<sup>th</sup>

Refreshments will be served after the service



# March

## Music Notes:

The publication of the March edition of *The Sign* sees us moving into the penitential season of Lent, with Ash Wednesday falling on 2 March.



Hymns are selected from the comprehensive index of hymns for the Lectionary from the back of our hymn book, and from the Royal School of Church Music's publication *Sunday by Sunday*, both of which give us a selection of hymns which complement well the readings appointed for the day. The choir's anthems and the organ voluntaries are also of a more somber and reflective nature, along with the more reflective setting of Kyrie, Sanctus, Benedictus and Agnus Dei by the Scottish composer James MacMillan, which we use in Advent and Lent. After all this, the joyous nature of the music selected for Easter Sunday comes as a complete contrast.

On Sundays in March, the Choir is planning to sing the following reflective anthems during the administration of Communion:

- 6 March - O Lord, my God (Samuel Sebastian Wesley)
- 13 March - Turn thy face from our sins (Thomas Attwood)
- 20 March - Lord, for thy tender mercy's sake  
(John Hilton / Christopher Farrant)
- 27 March - Ave verum corpus (Geoff Weaver)

Congregation members will have noticed that since the outbreak of Covid, we have not returned to the singing of a psalm (traditional, responsorial or hymn paraphrase) between the first two readings at a Sung Eucharist. We will look at reinstating this, along with the singing of a communion hymn, once the rules about mask wearing and social distancing for singers have been relaxed.

*Philip Rossiter*

# READINGS FOR MARCH 2022

## Year C

Readings are taken from the NRSV  
(Good News Bible on the first Sunday of the month)

### 2 March – Ash Wednesday

Joel                    2.1-2, 12-17  
2 Corinthians    5.20b-6.10  
Matthew            6.1-6, 16-21

### 6 March – First Sunday of Lent

Romans            10.8b-13  
Luke                4.1-13

### 13 March – Second Sunday of Lent

Genesis            15. 1-12, 17-18  
Philippians      3. 17 – 4.1  
Luke                13. 31-35

### 20<sup>th</sup> March – Third Sunday of Lent (St. Cuthbert's Day)

Daniel             7. 1-3, 15-18  
Ephesians        1. 11-23  
Luke                6. 20-36

### 27<sup>th</sup> March – Fourth Sunday of Lent (Mothering Sunday)

Joshua            5. 9-12  
2 Corinthians    5. 16-21  
Luke                15. 1-3, 11b-32

### 3<sup>rd</sup> April – Passion Sunday

Isaiah             43. 16-21  
John                12. 1-8

**St Cuthbert's**  
**Online Lent Course 2022 (ZOOM)**  
**6 weeks**  
**Monday 28<sup>th</sup> February – Monday 4<sup>th</sup> April**  
**7-8pm**

What is at the core of Christian Faith and Belief?  
This year we will be exploring the beliefs at the heart of the Christian Faith looking at the Nicene and Apostles' Creeds. We will be using a book from the Pilgrim Series which has been used previously (and enjoyed) in St Cuthbert's.

All are welcome to attend.

The course will be led by Lesley Penny our Curate.

To register please contact [stcuthbertscomms@gmail.com](mailto:stcuthbertscomms@gmail.com)



To find our more information about the course see the Pilgrim website:-

[http://www.pilgrimcourse.org/books/the-creeds-\(book-5\)](http://www.pilgrimcourse.org/books/the-creeds-(book-5))

# St Cuthbert's Youth

This month sees the start of the playgroup on a Monday morning, when I am writing this we have advertised it locally and on social media and had a number of families book in to come along. I am looking forward to meeting new families and working with them as they become part of the life of the wider Church. If this sounds like something that you might be interested in, please come and speak to me.

At this time, I am planning a meeting with people who have indicated interest in setting up a Holiday Club in the summer. I will be looking for more volunteers as we get closer to the time. You do not have to give up the whole week and if there is something that you enjoy doing – making snacks/telling a story/crafts/organising games please let me know.

Sunday School has got an exciting delivery of new Godly Play materials and I look forward to using some of them as we get into Lent. They are beautiful and if anyone wants a wee look, please let me know and we can bring them out during coffee time.



STARTING 21 FEBRUARY 2022

# ST. CUTHBERT'S PLAYGROUP

10AM MONDAY

ST. CUTHBERT'S CHURCH

HALL

WESTGARTH AVE

COLINTON

£2 PER FAMILY

**BOOKING REQUIRED**

Contact Caroline Daye for more  
information or to book:

[youthstcuthberts@gmail.com](mailto:youthstcuthberts@gmail.com)

OR 07738811416

SCOTTISH CHARITY NUMBER: SC007578





# Eggcellent Adventure

Saturday 16th April  
10am-1130am

CELEBRATE EASTER AT ST CUTHBERT'S WITH  
FUN, GAMES, CRAFTS, HOME BAKING AND  
STORIES!

CONTACT CAROLINE DAYE FOR MORE  
INFORMATION OR TO BOOK A PLACE ON  
07738811416 OR

[YOUTHSTCUTHBERTS@GMAIL.COM](mailto:YOUTHSTCUTHBERTS@GMAIL.COM)

ST. CUTHBERT'S SCOTTISH EPISCOPAL CHURCH SC007578

# WASTE WATCHERS HOLIDAY CLUB



**MONDAY 18 - FRIDAY 22 JULY**

**10AM - 12.30PM**

CONTACT: CAROLINE DAYE 07738811416 OR  
YOUTHSTCUTHBERTS@GMAIL.COM FOR MORE INFO OR TO BOOK A  
SPACE!

ST. CUTHBERT'S SCOTTISH EPISCOPAL CHURCH SC007578

# Brew & Bingo



*Come and enjoy Afternoon Tea and have  
some fun playing Bingo*

**Saturday 30<sup>th</sup> April**

**3.00pm – 5.00pm**

**At St Cuthbert's Episcopal Church Hall  
Westgarth Avenue**

**Tickets £10**

*In aid of church funds*

Booking required contact

[philipkrossiter59@gmail.com](mailto:philipkrossiter59@gmail.com)

St Cuthbert's Scottish Episcopal Church SC007578



# Wednesday

## 10.30am

You are invited to join us  
for a short service of Holy  
Communion

Followed by refreshments



# Ash Wednesday

2<sup>nd</sup> March 2022 at 10.30am

A service of Holy Communion and  
Imposition of Ashes

**All Welcome**

*Ash Wednesday*



*Remember that you are dust,  
and to dust you shall return.*

E C C L E S I A S T E S 3 : 2 0

**If you would like to share your 'news' with the congregation, to be printed in the pew notices, and appear on our Website, please just email:**

**[stcuthbertscolinton@gmail.com](mailto:stcuthbertscolinton@gmail.com)**

**or telephone: 07305 911986**

### **St. Cuthbert's Badminton Club:**

Once called the 'Senior' Badminton Club, to identify it from that run by the Youth Fellowship, the club is back up and functioning. We meet to play on Monday evenings at 8pm in the Church Hall. In existence from about 1946, the club is non-competitive and open to those over 18. We currently have vacancies for new members. For more details, contact Barry Tatlock (444 2919) or Archie Clark (449 4703).

*Archie Clark*

### **Pastoral Visiting:**

If you would like to continue being a pastoral visitor, or join the team, please contact Nicki if you have not already done so. Thank you.



## Morning Prayer on Zoom

A small group meets each Tuesday and Thursday at 9am for a service of Morning Prayer. After the reading, we have a short time of discussion about it and then continue in prayer.

If you would like to join us,  
Please contact Nicki.



## Social Walking Group

Last Wednesday of the month at 11.30am

Walking between 3 – 5 miles from church, ending at The Colinton Inn for a soup lunch. Please let Nicki know if you would like to join the walk by the Monday beforehand.

Future dates: 30 March, 27 April, 25 May, 29 June



## Let's talk about the climate emergency

Scotland has a beautiful coastline, offering a variety of seascapes from the wild cliffs that are home to cathedrals of sea birds to flat rolling sandy beaches with mobile dune systems. The coast has always had an important place in Scottish life too, for example Nairn was known as the Riviera of the North and was the must-visit holiday destination for generations from wealthy Victorians to family 'staycations,' peaking in the 1970's. 'Going to the beach' has been a highlight of so many childhood memories, days spent making sandcastles on clean sandy beaches.

Marine pollution is now noticeable all along our coastline and also in our rivers. Plastic bottles, cigarette butts, cotton buds, crisp bags and sanitary applicators form the top five pollutants found on beaches. Much of this waste enters the food chain.

Fishing is still an important part of the economy and identity of many coastal communities. However, it is not without controversy – for example, fishing quotas lead to edible fish being returned dead to the sea and overfishing of sandeels has reduced a vital source of food for sea birds.

Climate change will bring sea-level rises and more extreme weather, which will affect vulnerable parts of Scotland's coasts and threaten the very existence of some nations and communities across the world. *What can we do to stop it?*

## THE LEPROSY MISSION SCOTLAND



Dear Friends,

I have been reading about a new project which TLMS is currently raising money for. It is THE GREATER HEIGHTS PROJECT, which aims to raise money to build a new research centre at Anandaban Hospital in Nepal.

The current centre is no longer fit for purpose. The research teams are anxious to carry on their work to find better treatments for people diagnosed with leprosy. The sooner leprosy is diagnosed the better the success will be in preventing loss of limbs and shattering lives.

Do you know who Stef Reid is? She is a Paralympian who lost her leg in a boating accident when she was 15 and now has a prosthetic leg. She knows all about the challenges people who have lost limbs because of undiagnosed leprosy. Stef visited Anandaban Hospital and met both patients and the research staff. She is Vice President of this project. I recently watched a video made by her about the project, which was both upsetting and uplifting.

If you wish to read more about this project you can find it at:  
[THE LEPROSY MISSION.ORG.UK/GREATER HEIGHTS](http://THELEPROSYMSSION.ORG.UK/GREATERHEIGHTS)

I hope that our next contributions can be added to the fundraising for this project.

Please let me have your Blue Tubs and/or donations by the end of March. If you aren't in church to hand them in, I am happy to collect them from you.

Many thanks as always for your continued support.

**MAKE LEPROSY A THING OF THE PAST**

**Barbara Tatlock**  
[leprosymission.scot](http://leprosymission.scot)



**CHRISTIAN AID**

What does the Lord require of you but to act justly, and to love mercy,  
and to *walk humbly* with your God?

## **The View From Here**

*(A letter from Sally Foster-Fulton, Head of Christian Aid Scotland to all our supporters)*

We're now a few steps along the road of the New Year, and the view from here is... let's call it cloudy. These first paces into the unknown are always uncertain with the destination just out of sight and the path less than smooth.

### **But the joy in the journey is found in those we walk alongside**

Many of our most vulnerable fellow travellers find their way obstructed by Covid-19, conflict and climate injustice. Many have lost homes and livelihoods; their opportunities to access education, good health care and food sources have been damaged.

### **And the road is made by walking**

This year, Christian Aid will join the Kiltwalk across Scotland. During Christian Aid Week, supporters will be walking 300,000 steps in the shoes of our neighbours in Zimbabwe. And those steps will tread a path towards vaccine justice, climate justice and equality for all.

### **The way to justice is not easy**

"But when we stumble along because the path is hard and the darkness is falling, our brother stays with us and together we find the way." Christ walks the road beside us. Whenever and wherever and however we go, Jesus walks with us. And we are called to walk the same way with each other.

## So walk humbly

The journey to Easter starts with Ash Wednesday. Each week, we'll be providing a podcast reflection along with some questions which you might want to share with fellow-travellers. You can sign up to the **Walk Humbly** podcast for [Lent 2022 here](#). Alongside you, dear supporters, we are committed to acting justly and loving mercy. We will continue to walk humbly with you, with our fellow global travellers, and with our God.

## Go well along the path set before you

*Sally Foster-Fulton*



## ***A Prayer for Walking Humbly***

*We have walked to Glasgow for climate justice*

*We have walked 300,000 steps*

*We have walked with Christian Aid envelopes*

*We have walked to hand in petitions*



*We have walked to get medical help*

*We have walked for daily water*

*We have walked to reach new*

*pasture*

*We have walked to get an education.*

*Show us this Lent what it means to walk humbly with you*

*as we seek to act justly and love mercy.*



**Please note –  
the deadline for information and articles for  
the April 2022 issue is**

**Sunday March 13th**

**Please send to [stcuthbertscolinton@gmail.com](mailto:stcuthbertscolinton@gmail.com)  
Thank you!**

# POST-PANDEMIC RESET

SATURDAY 26TH MARCH 2022,  
10AM-4PM.  
ST CUTHBERT'S CHURCH HALL, EH13 0BB.



- \* EXPERIENCED TRAUMA OR STRESSFUL LIFE EVENTS?
- \* FINDING IT HARD TO SHAKE OFF ANXIETY FROM THE PANDEMIC?
- \* NEED TO RESET YOUR NERVOUS SYSTEM?
- \* MIND-BODY HEALING EXPERIENCE
- \* BASED ON PRINCIPLES OF POLYVAGAL THEORY AND EMDR THERAPY
- \* GROUNDING AND RESOURCING
- \* MINDFULNESS, YOGA AND NIA DANCE

DR. EMMA WILLIAMS, CLINICAL PSYCHOLOGIST, WITH OVER  
15 YEARS EXPERIENCE IN NEUROPSYCHOLOGY AND TRAUMA  
MANDY ABBOTT, ZEN YOGA TEACHER  
BRONWYN TUTTY, NIA DANCE INSTRUCTOR

£95 PER PERSON.  
10% OFF UNTIL 12TH  
FEBRUARY

FOR MORE INFORMATION AND TO BOOK  
CONTACT: [EMMAWILLIAMS@EMPSYCH.CO.UK](mailto:EMMAWILLIAMS@EMPSYCH.CO.UK)



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

**Westgarth Avenue, Colinton, Edinburgh EH13 0BD**

**Tel: 0131 441 7580**

**Email: [stcuthbertsrector@gmail.com](mailto:stcuthbertsrector@gmail.com)**

**Website: [www.stcuthbertscolinton.org.uk](http://www.stcuthbertscolinton.org.uk)**

### ***Services:***

#### **Wednesday:**

**10.30am          Said Eucharist**

#### **First Thursday of each month:**

**2.30pm          An informal service for all**

#### **Sunday:**

**8.30am          Said Eucharist, no sermon**

**10.30am          Sung Eucharist**

**(Family Service on the First Sunday of each month)**

Scottish Charity Number: SC007578