

# THE SIGN

**APRIL 2024**



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

# THE SIGN

## April 2024

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**



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

*Front Page Photo – Easter Garden 2024*

Dear Friends,

How quickly the month of March passed by in busy-ness and beauty. Spring finally arrived and we had a flurry of daffodils and blue skies; although the wind blew most of my daffs flat.



The death and resurrection of our dear Lord, Jesus Christ was marked and celebrated; Alleluia, Christ is risen! He is risen indeed, Alleluia! And now we journey through the season of Easter towards Ascension and Pentecost.

Tim Purves gave a very respectful and emotional talk on his experience of being involved in the late Queen's funeral, where £600 was raised for the church and SSAFA (The Armed Forces Charity) and a wonderful Bake Sale raised nearly £200. Thank you to everyone who supported these events.

There are more fundraising events coming up in April and May. I hope you are able to participate and help beat the deficit.

Wishing you a blessed Easter.

*Nicki*

## Reflections for April from the NSM.

*Sang the sun rise on an amber morn – ‘Earth, be glad! An April day is born.*

*Winter’s done, and April’s in the skies, Earth, look up with laughter in your eyes!’*

*And the thronged succession of the days Uttered up to God a psalm of praise.*

*God in all the concord of their mirth Heard the adoration-song of Earth.*

This poem was written by George Douglas Roberts, a Canadian poet and writer, who died in 1943. It’s one of a series of poems forming part of America’s National Poetry Month. For a poetry lover like myself – and I know there are others in the congregation – it’s such a pity that here in the UK we just have one National Poetry Day, which takes place on the first Thursday of October.

Last month I talked about walking through Lent using a book by Janet Morley, offering a poem and commentary for each day, and in fact continuing through Easter Week. I have found it inspirational and thought provoking. Indeed, I find that poets, like artists and musicians, can convey an emotional or spiritual message far better than myriads of words in prose.

However, as we progress through the initial joys of Palm Sunday to the poignancy of the Last Supper, followed by the trauma of Good Friday and then the triumph of the resurrection on Easter Sunday, I’m sure that others will find

that the readings, prayers and commentaries from the pulpit or theological reflections in their books to be their main support through this momentous week in our liturgical calendar.

But what next? Apart from the joys alluded to in my opening verse - longer light, birds nesting, flowers blooming and other glories of nature - our services in church continue to offer something new each time. In March, numerous cases of ill health saw the numbers attending our monthly Thursday afternoon service drop somewhat, but Joan, Caroline and I have an exciting new trio of cameos to offer you concerning the days following the Resurrection. Entitled 'After the Resurrection....', do come and join us, feel intrigued to find out what the dots are all about. What messages will we convey? What different insights into the period will emerge? Will there be more poetry? I'm saying no more – just come and take part on Thursday 4<sup>th</sup> April at 2.30pm, and then join us for fellowship and refreshments in the hall afterwards.

In the meantime, my love and blessings to you all,

*Margaret*





## Thursday Service

April 4<sup>th</sup>, 2024 at 2.30pm

The theme will be:

### After the Resurrection....



**Please join us for this informal service,**

**Everyone is welcome and we hope to see you there.**

**Refreshments will be served after the service**

*Future services: Thursday, May 2<sup>nd</sup> and Thursday, June 6<sup>th</sup>*

**Thursday Service: May 2<sup>nd</sup>, 2024 at 2.30pm**

The theme will be:

**Rogation Days - What are They?**



**Please join us for this informal service,  
Everyone is welcome and we hope to see you there.**

**Refreshments will be served after the service**

*Future services: Thursday, June 6<sup>th</sup> and Thursday, July 4<sup>th</sup>*

# APRIL 2024

## Music Notes



The hymns and anthems sung and organ voluntaries played at our services in April all reflect the joyful nature of the season of Easter – a stark contrast to the music selected throughout Lent. This contrast is particularly apparent to me as I watch the BBC television programme from King’s College, Cambridge on Holy Saturday evening each year: in the music performed, we move from the mock triumphalism of Palm Sunday, through the events of Holy Week, to the joy of the resurrection. It is wonderful to follow this journey in words and beautiful music, and is something that I commend to all our readers next year. In St Cuthbert’s, the one musical choice this year which does not reflect the Easter season, but rather looks back to the Passion, is the anthem which will be sung at Evensong on 14 April. The words of “All in the April evening” were written by Irish writer Katharine Tynan (1861 – 1931). The music was composed in 1911 by Hugh S Roberton, the founder and conductor of the famous Glasgow Orpheus Choir. It is a particular favourite of our choir, and so it is good that we have an Evensong in April at which this piece can be sung.

7 April:	O sons and daughters	- trad, arr John Barnard
14 April: (10.30am)	Jesus Christ is risen today	- Richard Lloyd
14 April: (Evensong)	All in the April evening	- Hugh S Roberton
21 April:	My shepherd is Lord	- Harrison Oxley
28 April:	Bread of Heaven	- Robert Jones

*Philip Rossiter*





## *Summer Evensongs*

We will have Evensong on the following dates at 6pm:

14<sup>th</sup> April

12<sup>th</sup> May

9<sup>th</sup> June

28<sup>th</sup> July

6<sup>th</sup> October – Harvest Festal Evensong

We plan to offer wine and nibbles following each service and will be inviting donations from all those attending. Whilst these are not fundraising events, we do have to cover our costs so that we do not add to the deficit. Please consider this when attending.

Also, please car share, walk or take a bus to the services if you plan to have a drink.





## *Music, Memories and Cake*

**St. Cuthbert's Church Hall  
Westgarth Avenue, Colinton**

**First & Third Monday of every month  
2pm – 4pm**

Join us when you can, for an hour of music  
and memories, followed by refreshments.

## *All Welcome*

Please call Nicki for more information  
on 0131 441 7580 or [stcuthbertsrector@gmail.com](mailto:stcuthbertsrector@gmail.com)

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



# St. Cuthbert's Playgroup

10am - 11.30am

Every Monday during  
school term time

£2 per family



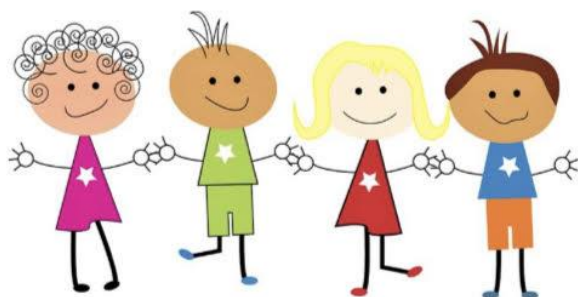
SCAN ME

St. Cuthbert's Church Hall, Westgarth Avenue

Contact Nicki McNelly for more information:

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

or 0131 4417580





# APRIL 2024 ROTAS



# READINGS FOR APRIL 2024

## Year B

Readings are taken from the NRSV

### 7<sup>th</sup> April - Second Sunday of Easter

Acts                    4. 32-35  
1 John                 1. 1 – 2.2  
John                    20. 19-31

### 14<sup>th</sup> April - Third Sunday Of Easter

Acts                    3. 12-19  
1 John                 3. 1-7  
Luke                    24. 36b-48

### 21<sup>st</sup> April - Fourth Sunday Of Easter

Acts                    4. 5-12  
1 John                 3. 16-24  
John                    10. 11-18

### 28<sup>th</sup> April - Fifth Sunday Of Easter

Acts                    8. 26-40  
1 John                 4. 7-21  
John                    15. 1-8

### 5<sup>th</sup> May - Sixth Sunday Of Easter

Acts                    10. 44-48  
1 John                 5. 1-6  
John                    15. 9-17



# Springtime Tea

## Saturday 13 April 2024

at 2.30pm - 4.30pm

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

*Enjoy a delicious afternoon tea*

**Tickets £10**

*In aid of church funds*

Contact any member of the Events & Fund Raising Group  
Or

Email: [stcuthbertsevents@gmail.com](mailto:stcuthbertsevents@gmail.com)



Scottish Charity Number: SC007578

## Honey-roast radishes with whipped butter beans and dukkah

Serves greedy 1 sharing 2. Will keep in the fridge for seconds!

Roasted radishes are quite amazing – they turn into beautiful, sweet, purple-pink gemstones while retaining their bite. Serve this vegetarian dish with some flatbread or crackers or as a side to other springtime dishes. Dukkah is an Egyptian and Middle Eastern condiment consisting of a mixture of herbs, nuts and spices. It is typically used as a dip with bread fresh vegetables for an hors d'œuvre.

### Ingredients:

200g radishes	Olive oil
¼ tsp coriander seeds	¼ tsp cumin seeds
¼ tsp fennel seeds	2 tbsp chopped hazelnuts
1 tbsp sesame seeds	400g tin butter beans
1/2 garlic clove	1 tbsp tahini
Squeeze of lemon	1 tsp honey

### Method

Cut the radishes in half and toss with olive oil, salt and pepper. Roast in a 180°C fan/ gas 6 oven for 15 minutes.

To make the dukkah, toast the coriander seeds, cumin seeds and fennel seeds in a hot dry pan, then roughly grind in a pestle and mortar.

Sieve to remove the sometimes coarse pieces.

Toast the chopped hazelnuts and sesame seeds in the same pan, then mix them with the spices and a pinch of salt flakes.

Drain the butter beans, then put the beans in a blender or mash with a fork (less smooth but original) with the garlic and tahini.

Whizz/beat until smooth, adding a splash of water if it looks too thick, then season with salt, pepper and a squeeze of lemon.

Drizzle the honey over the roast radishes, return to the oven for 5 minutes.

Serve on a bed of the bean purée with the dukkah sprinkled on top and a final drizzle of oil.

Add a baked potato or dip with the flatbread!

So good for you!

Never made a flatbread?...

## Yogurt Flatbread

### Ingredients:

200g Plain Flour  
180g Plain Natural Yogurt (*unsweetened*)  
1 1/2 tsp Baking Powder  
1/2 tsp Salt  
Olive oil or melted butter

### Method:

The dough needs (kneads, haha!) to be slightly tacky, but not so much it sticks to your fingers.

Add more flour or yoghurt as required.

Kneading is necessary, but proving is optional (as there is no yeast).

Kneading the dough for a few mins will smooth out the dough, which is necessary which helps keep the bread from cracking.

Let it rest for 20mins or so, just to help the dough relax/rise slightly.

A floured surface and a rolling pin then cut dough into four and roll out.

Lightly brush both sides with olive oil or soft/melted butter, it crisps them up very slightly, or you can add them straight into a pan completely dry.

For a little thick, a little chewy, nicely charred and slightly firmer than regular flatbreads, have the heat fairly high.

If you want more pliable, less charred flatbreads, a medium heat will do.

Or garlic flatbreads?

Add a small grated clove of garlic at mixing stage.

Have Delicious Dunkin'!

The Secret Baker



# St. Cuthbert's Walking Challenge May 2024

10, 30 or 100 miles in a month

You choose the challenge and the entry fee is  
£1 / £5 / £10 respectively

Ask friends and family to sponsor you, with all  
funds helping St. Cuthbert's beat the deficit

Ask a friend to join you, get a group together in  
church, get outdoors, great for physical and  
mental health.

Speak to Judith or Joan for more information



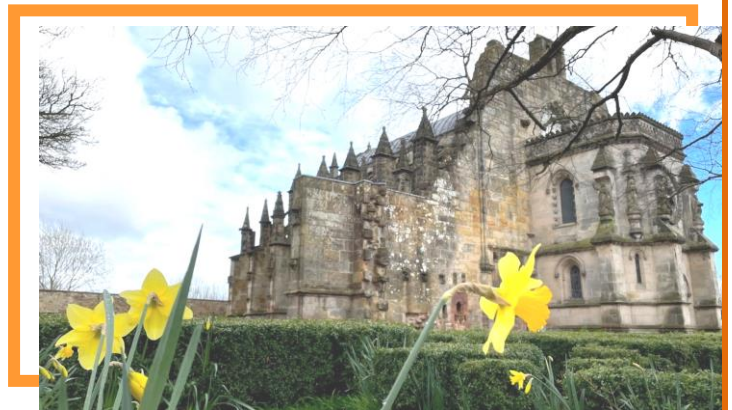
## The Phoenix Group

We are very grateful to Caroline Seville for organising a most enjoyable and fun Quiz on a Monday afternoon in February. We were a group of 24, on tables of 4, enjoying a huge variety of questions all set by Caroline herself. We had a break for tea, cake, biscuits and a chat and we thank Susan Leishman for her delicious baking and the others who helped. The event was free but we had a raffle and a donation was made to church funds. We look forward to another such Quiz in the Autumn.

**We have booked a visit to,  
and guided tour of:**

**Rosslyn Chapel  
from 12.15 pm to 1.45 pm on  
Thursday 9 May.**

The concessionary price for over 65's is £7. 50 per person, (the full price being £9.50) and we can each pay on the day.



If you wish to join the group for lunch afterwards, please join us at **2 pm in the Conservatory at The Original Rosslyn Inn, 4 Main Street, Roslin** where we have made a provisional booking. We will need to take pre- orders for the lunch nearer the time. Various people have offered to drive others.

**We have also booked:**

**2 Boats with the Seagull Trust for another Round Trip on the Canal from 11am to 2.30 pm on Tuesday 2 July.**

The trip was most enjoyable last year. Again, further details will be given nearer the time. It is some time ahead but **places are limited so please let one of us know if you are interested asap.**

*Margaret Kieran, Jean Myers and Margaret Temple*

## THE LEPROSY MISSION GREAT BRITAIN

Dear Friends,

Thank you for all your donations in the last few weeks.

I shall be sending the accumulated amount early in April.

Thank you to everyone who supports The Leprosy Mission in our church.

With every blessing at Easter.

*Barbara Tatlock*



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### **Morning Prayer on Zoom**

A small group meets each Tuesday and Thursday at 9.15am 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.



## **Would you like to know how to hear God's voice more clearly?**

**God's invitation to relationship** is a six week prayer course online to introduce you to ways of praying to support you into a deeper prayer life through

- facilitators' input (all trained spiritual directors with the **Epiphany Group**)
- guided prayer experience
- sharing

What participants have said:

- *I am forever changed due to the course and very excited to grow deeper in my spirituality through prayer.*
- *It has been eye-opening the different ways that we can pray and hear God's voice.*

**Starts Wednesday 10th April 7.30pm- 9pm on line**

Pick up a leaflet at the back of the church or visit

**[www.epiphanygroup.org.uk/training-courses/introduction-to-ways-of-praying/](http://www.epiphanygroup.org.uk/training-courses/introduction-to-ways-of-praying/)**

For more information and to apply for this free course

Email: *invitation @***[epiphanygroup.org.uk](mailto:invitation@epiphanygroup.org.uk)**



the  
*colinton &  
merchiston*  
community choir



**A series of fun, enjoyable evenings for all,  
singing a wide variety of classical, popular and folk songs.  
No previous singing experience required!**

# *SUMMER SESSIONS*



**Mondays 22 April to 10 June  
7.20 pm - 9.00 pm  
St Cuthbert's Episcopalian Church  
Westgarth Avenue  
EDINBURGH EH13 0BB**

**Cost: £47.00  
includes music hire, tea and coffee  
To book contact:  
[secretary@colintonchoir.org](mailto:secretary@colintonchoir.org)**



*Margaret Kieran on behalf of the Choir*

Do you remember the Turkey-Syria Earthquake in February 2023? It would not be surprising if you don't, given the many disasters that have happened around the world in the last year. Even before the earthquake there were over 4 million adults and children in need of aid in North-west Syria. When disaster struck, a rescue operation was rapidly launched to meet immediate needs. In the last year Christian Aid (and many other organisations) has been working through local partners in a variety of ways. Since last summer they have been providing one-to-one educational and emotional support for children who have been traumatised by what they have suffered. In total, **4,000 children attend these safe spaces** and are able to take part in fun activities designed to help reduce stress levels and promote the well-being. These children have not only survived a terrifying earthquake, but have also lived most of their life during Syria's 12-year-long conflict. These safe spaces can provide hope for a brighter future not only for the children, but for the entire community.



**Salwa and Mahmoud** were survivors long before the earthquake struck their homes early on the morning of 6th February, having spent their entire lives through the 12-year conflict in Syria. Both families fled their homes to avoid the fighting, and settled in an area close to what became the centre of the earthquake. After the shock, Mahmoud and his family lived in a tent for two weeks until they felt safe enough to move back home. “I was afraid that there would be another tremor,” he said. “We were scared to sleep indoors. We were afraid the roof would collapse.”

Both children were unable to attend school, but thankfully in June they were able to start classes run by Christian Aid’s local partner Hurras Network (Child Guardians).

Salwa says “I consider the summer school my second home. I feel very safe here. I am with my friends, which helps me forget about the earthquake.” Mahmoud’s favourite subject is maths.

“When I grow up I want to be an engineer so I can rebuild houses destroyed by earthquakes.”



*Patricia Brignall*

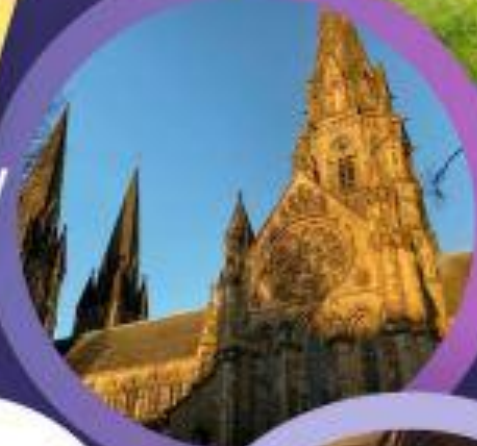




— Diocese of —  
**EDINBURGH**

# THE BIG DAY

*Let Us Pray!*



**SATURDAY  
11 MAY  
10:30-3:30**



Worship and Song



Prayer Workshops



Individual Prayer Stations



[edinburgh.anglican.org](http://edinburgh.anglican.org)



St Mary's Cathedral, Edinburgh



**A free, family-friendly day of learning, creating, and worshipping together.**

**Time to sign up and get planning!**

Our Diocesan Gathering this year is an opportunity to explore prayer and pray together. The day will include:

- Worship and Song
- Prayer Workshops
- Individual Prayer Stations

We begin from 10:15am with tea and coffee, before gathering together at 10:45am for an introduction and worship. We will break for lunch at 12noon (this will be provided and is default vegetarian). We will join together in Taize after lunch and finish the day by 3:30pm with compline. For catering purposes, please register attendance via [the registration form](#).

Alternatively, if you wish to sign up as a congregational group, please [email Joanna Appleby](#) with numbers. Thank you.



# **THE SIGN**

**Please note –**

**The deadline for information  
and articles for the May 2024 issue is**

**Sunday 14th April 2024**

**Please send to**

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

**Thank you!**

# WHO'S WHO AT ST CUTHBERT'S

<b>Rector</b>	<b>The Revd Nicki McNelly</b> <b>stcuthbertsrector@gmail.com</b> <b>Tel: 0131 441 7580</b>
<b>NSM (Non-Stipendiary Minister)</b>	<b>Revd Dr Margaret McCrindle</b> <i>stcuthbertsnsm@gmail.com (07931 483906)</i>
<b>Church Administrator</b>	<b>Marie Neil</b> <i>stcuthbertscolinton@gmail.com</i> <i>Tel: 07305 911986/ 07761 056504</i> (working hours Monday, Tuesday, Wednesday 9am-1pm)
<b>Rector's Warden</b>	<b>Judith Mackintosh</b> 443 1313
<b>People's Warden</b>	<b>George Bungay</b> 478 0834
<b>Children &amp; Young People</b>	<b>Contact Revd Nicki McNelly</b>
<b>Gift Aid</b>	<b>Contact our Church Administrator</b>
<b>Lay Representative</b>	<b>Andrew Daye</b>
<b>Alternate Lay Rep.</b>	
<b>Safeguarding</b>	<b>Christine Nimmo</b> 445 3053 <i>christinenimmo@btinternet.com</i>
<b>Organist &amp; Choirmaster</b>	<b>Philip Rossiter</b> 283 0234
<b>Property Committee</b>	<b>Nicki McNelly</b>
<b>Sacristans</b>	<b>Bev Henderson, Joan Smith</b>
<b>Treasurer</b>	<b>Martin Fairley</b> 441 7873
<b>Vestry Secretary</b>	<b>Julia Roberts</b> 441 4965 <i>Julia.roberts01@btinternet.com</i>
<b>Website &amp; Magazine Editor</b>	<b>Church Administrator</b> <i>stcuthbertscolinton@gmail.com</i>
<b>Archivist</b>	<b>Contact Revd Nicki McNelly</b>
<b>R&amp;R</b>	<b>Wendy Pearson</b> <i>wendypearson37@gmail.com</i>
<b>Badminton Club</b>	<b>Julia Roberts &amp; Archie Clark</b> 441 4965
<b>Coffee Rota</b>	<b>Audrey Naden</b> 441 1545
<b>Eco congregation</b>	<b>Kay Dalley</b> 441 7920
<b>Flower Convenor</b>	<b>Margaret Holmes</b> 441 7394
<b>Hall Bookings</b>	<b>Contact our Church Administrator</b>
<b>Events &amp; Fundraising</b>	Email: <i>stcuthbertsevents@gmail.com</i>
<b>Leprosy Mission</b>	<b>Barbara Tatlock</b> 444 2919
<b>Phoenix Group</b>	<b>Margaret Kieran</b> 445 3751
<b>St. Raphael's Rep.</b>	<b>Judith Mackintosh</b> 443 1313
<b>Vestry Members</b>	George Bungay, Kay Dalley, Frances Davies, Andrew Daye, Susan Leishman, Judith Mackintosh, Hilary Pritchard 449 4336, Julia Roberts 441 4965, Jean Wood

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

**John 3.16**



## **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](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**

**Evensong – ‘announced’ in our pew notices and  
on our Website.**

*Scottish Charity Number: SC007578*

