

THE SIGN

JUNE 2023



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

THE SIGN

June 2023

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**

Front Page Photo – Rhododendron – see also Lesley's article on Pages 6 & 7

Dear Friends,

It appears that spring has sprung, for a day or two at least. After the cold and damp of early May, it was wonderful to wake up on May 13th to sunshine, which lasted all day for a wedding at church. I hope we will have more days like that for the remainder of the month. To be honest, I enjoy all the weather we get here in Colinton, but I do miss having proper seasons. I suppose that is all down to climate change. Have you made any small changes in your life yet to try to reverse the damage we have done to God's beautiful creation over the years?



There is so much information on the internet showing events and activities to help us do this. There is a calendar of eco awareness days and in June we have World Environment Day, World Oceans Day, Clean Air Day, World Turtle Day, National Insect Week, World Giraffe Day and World Rainforest Day. If you would like to investigate any of these further, you can find information here:

<https://www.itsourplanettoo.co.uk/blog/6-month-eco-calendar-jan-jun23>

Although we had good weather for the wedding, we weren't as fortunate for the Coronation Picnic. However, I would like to thank Margaret Holmes and her team for the wonderful picnic that was supplied on the day for about 70 people. We received £336.40 in donations and once expenses had been paid, that left us with £181.83 raised for church.

I would also like to thank Rosemary Yeoman and her family for providing the prosecco and cake for her 90th birthday on the same day.

There has been a lot of miscellaneous property work going on at church lately and I would like to thank Ross Addison for all he does with property and the garden, along with Marie who helps opening the building for contractors and hall lets. Lately, Ross has been at church more than I have! If anyone would like to help Ross in this role, could you please get in touch. Sadly we have failed to recruit a Property Maintenance Supervisor which was advertised earlier in the year.

July is the 130th anniversary of the first AGM and the Consecration of the Church by Bishop Dowden, the Vestry having had its first meeting in March and appointed the first incumbent, Rev Xavier Peel Massey. (An Act of Faith, St Cuthbert's Episcopal Church, Colinton, *The First One Hundred Years* by Wendy Stewart).

To mark the occasion, on July 2nd we will have services of celebration at the 10.30am service and Evensong. It would be lovely if you could join us on the day.

Wishing you all a wonderful Pentecost season.

Love

Nicki

Youth, Families & Childrens' Worker

You will have noticed that that the number of children attending Sunday School has decreased in the last 6 months. There are various reasons for this and reducing 'official' Sunday School to once a month did not help. In addition, our young people are now beyond school age which affects our youth work.

The best attended events are our toddler group and one-off family events associated with Halloween, Easter and Christmas which Caroline has very successfully led. These events however do not fill her current 10 hour/week contract.

We had a conversation with Caroline to consider a reduction in hours and also, sadly, redundancy as the revised hours, in view of the changes described above were limited. Caroline has understandably opted for redundancy - she was not originally employed to run a toddler group and we recognise she is wasting her significant skills, especially with youth which is where her heart lies. Caroline has kindly agreed to stay until the end of June to finish the term with the playgroup. We do plan to keep the playgroup going after the summer break as well as the one-off events for Easter, Halloween and Christmas.

I am truly sorry that we were not able to use Caroline's gifts and talents to the full and thank her for her time with us and wish her every blessing for the future.

From Rev. Dr. Lesley Penny...

This month the Sign article has coincided with assignments for the final taught module of the theology, mission, and ministry course that I am currently completing. A dissertation still needs to be written in the next academic year, but nearly there!

It seems sensible and theologically economical to use the material I am already writing. This is about the potential of awe and beauty in improving spiritual, mental and physical health. I was first inspired by a quote from an interview (link below¹) with the Christian philosopher Dallas Willard describing his experience of God's grace through nature; *'Beauty is, above all, a manifestation of grace, of abundance and generosity. It's the reason why God placed flowers on the earth: to have little voices calling to us constantly about grace'*.

At the time I was preparing a sermon on the wonderful words of Jesus in Matthew 6:25-34 where Jesus commands us not to worry and to 'consider the lilies'. How relevant Willard's comments seemed at that point. We live in a world that is busy and frantic and with so many bad things happening it can be difficult to find peace and space to be still and know God, to experience beauty and awe although the potential for that is all around us. Not only in nature but in great music, dance, and art. In many shapes and forms.

As I explored this topic further, I discovered that there is a whole field of 'awe science' (yes, really!) and evidence that experiencing awe has many positive emotional and physiological effects, including improving physical health, improving mood, increasing generosity and connection with others. For more information see link below².

Jesus was not the only person to suggest that we might consider things of beauty so that we might worry less and find peace. Paul writing in Philippians 4 about experiencing the peace of God suggests the following;

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

There is a beautiful rhododendron available at the front of the church to practice on!



¹ <https://conversatio.org/spiritual-disciplines-in-a-postmodern-world/>

² https://greatergood.berkeley.edu/article/item/eight_reasons_why_awe_makes_your_life_better

The Sanctuary Project Update



Unfortunately, we are still waiting for quotes and drawings to move on to the next stage of the project.

We have been looking at heating options and a few people have trialed an under-pew heater, which appears very successful. We are not only doing this for The Sanctuary Project but also to help us work to Net Zero 2030, as agreed at Synod. If you would like to see the SEC action plan, you can find it here:

https://www.scotland.anglican.org/wp-content/uploads/Draft-SEC-Net-Zero-Action-Plan-2023-2030-15_02_23b.pdf



Keys

I had no responses following the request for key holders to notify me which keys they hold last month – and I know people have keys.

Please let me know immediately. If the church is broken in to and the police ask me who has keys and I say that I don't know, our insurance will not be valid. Alternatively, all locks will need to be changed.

Thank you, Nicki

JUNE 2023 Music Notes



Having had a busy time with Easter and additional services, the choir enters a somewhat quieter period of the year, and the holiday season, when the music sung at our services will be constantly under review, depending on the number of singers we have available from week to week.

At present, we are focusing our attention on preparing for a choral evensong to be held on the first Sunday of July, at the end of the weekend marking the 130th anniversary of St Cuthbert's. I really would appreciate hearing from any singers, especially men, who would be prepared to augment the choir for this occasion.

The anthems planned for June are as follows:

- 4 June - Holy, holy, holy (Schubert)
- 11 June - O Holy Spirit, Lord of grace (Tye)
- 18 June - Lead me, Lord (SS Wesley)
- 25 June - Teach me, O Lord, the way of thy statutes (Attwood)

I am extremely grateful to Andrew Matheson for deputizing for me at the organ on 18 June, when I am away on holiday.

Since the last edition of *The Sign*, as part of the Sanctuary Project, the choir's music library has been moved from the existing vestry to the room created by the removal of the old pipe organ. My thanks go to Ross Addison and Iain McNelly for the work which they did on the cupboards to facilitate this move.

Philip Rossiter

Youth, Children & Families

May is always an interesting month with all the bank holidays and this year we had an extra one! This has meant that the playgroup has not had the option to meet very often. We have been having a lot of fun and I have spent a Monday doing some decluttering.

The Sunday School talked about the Coronation. We talked about the Kings in the Bible and what they did for their people. We repurposed some cones which we tried to balance regally and walk around the hall. We made our own crowns too and also some paper chains with lots of different ideas on what makes a good leader like being kind and caring, making sure everyone has everything they need, making sure we help other countries, helping everyone to be peaceful and encouraging us to look after the planet.

I have had the opportunity to meet with the ecumenical children and youth workers group where we had breakfast and prayed together for our roles and families. I am also looking forward to meeting our new Advisor for Christian Life who will take on the Youth and Children Officer role as part of that.

This month we have been keeping Robert in our prayers as he takes his exams.

Caroline



EVENSONG SERVICES IN **ST CUTHBERT'S, 2023**

Sunday 28 May at 6pm (Pentecost)

Sunday 2 July at 6pm (Church Anniversary)

Sunday 13 August at 6pm

Sunday 10 September at 6pm

Sunday 1 October at 6pm (Harvest)

Social Walking Group

Last Wednesday of the month, meeting at 12 noon at church.

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.

Next walk planned: **Wednesday 28 June**

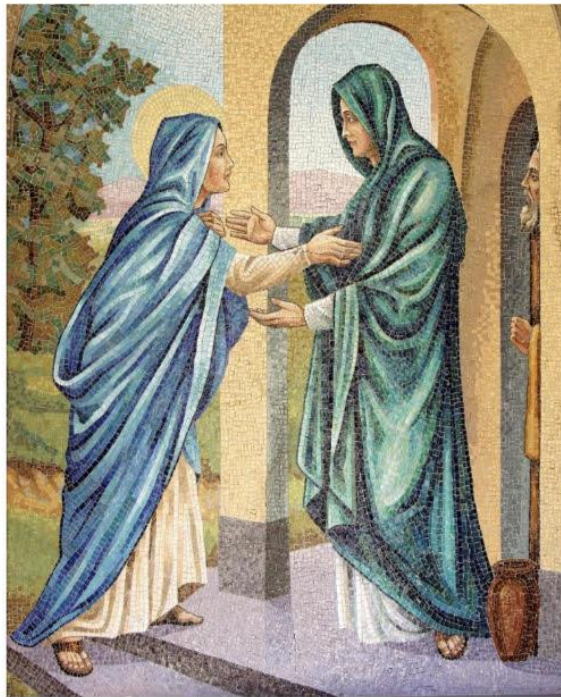
All welcome to join us.

Thursday Afternoon Service

The Thursday Service

1 June 2023 at 2.30pm

The Visitation of Mary to Elizabeth



Unknown Author licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)

All are welcome

Next Thursday services

6 July

3 August

Dear Friends,

I have been overwhelmed by the love and support that I have received from the congregation over the last 6 months and particularly in March and April. Thank you for all your letters, cards, emails, prayers, food, flowers and your presence at the funerals following Dad's death on 20th March followed so quickly by Mark's passing on 14th April. Ben, Kate and I are finding it very hard to come to terms with our loss but your love helps to give us the strength to put one foot in front of the other, taking a day at a time. Please continue to keep us in your prayers. I am pleased to report that after Dad's funeral I sent cheques for £300 to Alzheimer's Scotland and £340 to Christian Aid. Following Mark's funeral I sent cheques for £450 to Maggie's Centre Edinburgh and £450 to Marie Curie.

With Love, Megan





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.

* * *

**Our 10.30am Sunday Services
are live-streamed, and recorded
and are available to view on our
YouTube Channel anytime:**

**St Cuthbert's Scottish Episcopal Church Colinton
or via the Welcome Page of our Website:**

www.stcuthbertscolinton.org.uk



CORONATION PICNIC

On behalf of everyone who attended this splendid Event on 7th May, a great big thank you to our Catering Team for the splendid picnic they prepared. This was enjoyed by all.

Pity about the weather, but the hall was beautifully decorated.

Well done for making this a most enjoyable occasion.

George (Bungay)
People's Warden

A promotional banner for an event. On the left is a circular logo containing a bishop's mitre (gold and red) above a shield with a white saltire on a blue background. To the right, the text 'THE BIG' is in large, bold, yellow capital letters, with 'story' written in a smaller, light blue cursive font below it. At the bottom, the text 'Saturday 3rd June' is followed by a yellow dot, '10.30am-3.30pm' is followed by a yellow dot, and 'St Mary's Cathedral' is followed by a yellow dot.

THE BIG
story
Saturday 3rd June ● 10.30am-3.30pm ● St Mary's Cathedral



READINGS FOR JUNE 2023

Year A

Readings are taken from the NRSV

4th June – Trinity Sunday

Genesis 1.1-2.4a
2 Corinthians 13. 11-13
Matthew 28. 16-20

11th June – Pentecost 2

Hosea 5. 15 – 6.6
Romans 4. 13-25
Matthew 9. 9-13, 18-26



18th June – Pentecost 3

Exodus 19. 2-8a
Romans 5. 1-8
Matthew 9. 35 – 10.8

25th June – Pentecost 4

Jeremiah 20. 7-13
Romans 6. 1b-11
Matthew 10. 24-39

2nd July – Pentecost 5

Jeremiah 28. 5-9
Romans 6. 12-23
Matthew 10. 40-42



The steep increase in the price of food and fuel has seen many more people turning to foodbanks for help. In a recent update from the Holy Trinity Foodbank they said that most weeks they were helping about 70 households in food crisis, an increase of about 70% from the previous year. However, in one week in January, they gave out over 100 food parcels. The aim of this Foodbank is crisis support, 'immediate help with signposting people to sources of help to address underlying issues in household situations'.

The Foodbank is naturally affected by rising food prices too. 'At the start of 2023 a major exercise was undertaken regarding optimization of purchasing, including a review of foods available for distribution in the light of balanced nutrition'. Now the total mix of foods has a reduction in the level of sugar and increased protein, fresh fruit and vegetables. In the autumn/winter they would like to replace the tinned 'main meal' foods, which are currently given, with freshly cooked main meals prepared in the Café.

This Foodbank is very appreciative of all the financial help they get from many sources, including members of St. Cuthbert's. They are particularly grateful to those who have added Gift Aid to their donation as this increases the value by 25%. A member of St. Cuthbert's asked me if I knew how much our Church members were donating. As far as I can gather, in the financial year ending 5th April 2023, it was something over £6,000.

If you would like more information about this outreach project do feel free to contact me.

Susan Clark



R&R continues to meet weekly on Zoom and face to face in church, normally the last week of each month. Anyone is welcome to join our gathering for an "Ignatian hour" where we spend time in the presence of God, and one another. If you are curious about what we do, (its not just about sitting in silence for an hour!) the 6 week free online course, "Gods Invitation to Relationship" offers an introduction to the various ways of praying that R&R attendees have found rich and fruitful over the weeks and months we have been meeting together. Please speak to Wendy Pearson for more details.



Copies of this leaflet are available at the back of church, and from Wendy Pearson.

A six week course online
Ω
Wednesdays 7.30pm – 9pm
5th July to 9th August 2023

The Phoenix Group



Following our very successful and delightful Christmas Lunch at Kingsknowe Golf Club in early December, we decided to go there again in April for Afternoon Tea. We were a group of 17 who very much enjoyed a lovely and very reasonably priced Afternoon Tea in a refurbished lounge with excellent views over the golf course. The staff were very helpful and the sandwiches, sausage rolls, scones and cakes were delicious. We are grateful to Audrey Naden who is a member there for organising it all with the club.

We are also grateful to Caroline Seville for her light-hearted and fun quiz in February. It was really good and we are very pleased that Caroline is going to organise and host another one in September. There will be more details of this event in the next 2 editions of The Sign.

In the meantime, please Save the Date of

Monday 11 September at 2pm

for Caroline's next Quiz. As before, it will be open to all.

We are planning a round trip from Ratho on a barge on the canal with the Seagull Trust over the summer. Further details will be in the Pew Notes or the next edition of The Sign.

We always welcome suggestions for future events. Please pass any ideas to Jean Myers or Margaret Temple or me.

Margaret Kieran



ARMED FORCES DAY 24 June 2023

Edinburgh & The Lothians Branch of SSAFA,
the oldest military charity in the UK which
supports our soldiers, sailors, air force personnel
and their families,
invites you to celebrate Armed Forces Day with us
at
St. Cuthbert's Episcopal Church,
Westgarth Avenue, Colinton.

BBQ and fun for all!

12 – 4pm

ssafa | the
Armed Forces
charity



We Cinque Creatives have just met and have each created a tile to be submitted to the Scotland National Mural Mosaic.

We had a lovely session together (as well as a tasty wee snack) - and now have to submit our entries for the "Europe Connects" Concept Design "celestial" section of the Mural Mosaic.

Our section of the basic grid looks like this:



When we email our picture it will be processed and then each one fitted to one of the squares. Then when everyone else submits their entries it should look slightly different. Our completed entries currently look like this:



If you are interested - see <https://www.muralmosaic.com/about/> About – Mural Mosaic

Jean Myers



CHRISTIAN AID

Seven teams met in the Hall on Saturday 14th May under the aegis of our quiz-master, Graham, to battle for the kudos of winning the annual Christian Aid Quiz Night. After two years of quizzing by Zoom it was wonderful to be back in person, not only for the buzz created by the presence of other people, but also for the sandwiches provided by the Committee and desserts from Waitrose! The reactions to the questions were, as usual, a mixture of the assured “I know the answer”, the senior moment “I know the answer, but can’t remember it”, and the utterly perplexed “Who? What? When, Why?”

Aside from the fun we had, we raised **£720**.

Thank you, Graham, for a grand evening.

As I write, Christian Aid Week has started, envelopes are being put into letter-boxes, the huge Book Sale in St. Andrew’s and St. George’s is in full swing.

Our prayers are with the people of Malawi, the particular focus of this Christian Aid Week, but also with people throughout the world in desperate need, who dream of a better future.

Patricia Brignall

THE LEPROSY MISSION SCOTLAND

Dear Friends,

There is still plenty of time to fill your Blue Tubs with your small change. I will let you know when I'm ready to send the next cheque to TLMS.

There is a new Leprosy Mission Summer Catalogue filled with a wide variety of goods ranging from cards for all occasions, stationery, books, and gifts, including many special offers. If you are interested, you can ring 0330 124 2668 to ask for a catalogue or go to the website:

www.theleprosymissionshop.com

Every purchase helps towards the goal of ending leprosy for ever.

Thank you, as always, for your continued support of TLMS.

Barbara Tatlock



THE SIGN

Please note –

**The deadline for information and articles for the
DOUBLE July & August 2023 issue is**

Sunday 11 June 2023

Please send to stcuthbertscolinton@gmail.com

Thank you!

**If you are unable to collect and wish to continue receiving a
copy posted, please email: stcuthbertscolinton@gmail.com
or Tel: 07305 911986**

The Sign will continue to be sent by email each month.

Thank you.

THE THURSDAY GROUP

**Formerly Colinton Townswomens's Guild, this new group
would like to extend a warm invitation
to our next meeting.**

**Topic: The Work of the Tiphereth Group, a Scottish charity
helping people with learning difficulties.**

Date: Thursday 8 June 2023

Time: 14.15

**Venue: St Cuthbert's Episcopal Church Hall,
Westgarth Avenue, Colinton**

Tai Chi Class

Movement, mobility and
relaxation



WHERE: St.Cuthbert's Church Hall

WHEN: Tuesdays (11am - 12pm)

Starting June 13th, 2023.

£6 per class.

Suitable for all abilities.

For More Info: c_intihar@yahoo.co.uk

WHO'S WHO AT ST CUTHBERT'S

Rector	The Revd Nicki McNelly stcuthbertsrector@gmail.com Tel: 0131 441 7580
NSM (Non-Stipendiary Minister)	Revd Dr Margaret Dineley <i>stcuthbertsnsm@gmail.com (07931 483906)</i>
Curate	Revd Dr Lesley Penny stcuthbertscurate21@gmail.com (Tel: 07761 056504)
Church Administrator	Marie Neil stcuthbertscolinton@gmail.com 07305 911986 (working hours Monday, Tuesday, Wednesday 9am-1pm)
Rector's Warden	Judith Mackintosh 443 1313
People's Warden	George Bungay 478 0834
Children & Young People (contact)	Caroline Daye youthstcuthberts@gmail.com
Gift Aid	Contact our Church Administrator
Lay Representative	Margaret Temple 441 3379
Alternate Lay Rep.	Joan Smith
Safeguarding	Christine Nimmo 445 3053 <i>christinenimmo@btinternet.com</i>
Organist & Choirmaster	Philip Rossiter 283 0234
Property Committee	Nicki McNelly, Martin Fairley (Chair), Ross Addison
Sacristans	Bev Henderson, Joan Smith
Treasurer	Martin Fairley 441 7873
Vestry Secretary	Julia Roberts 441 4965 <i>Julia.roberts01@btinternet.com</i>
Website & Magazine Editor	Church Administrator stcuthbertscolinton@gmail.com
Archivist	John Peacock 449 4553
R&R	Wendy Pearson wendypearson37@gmail.com
Badminton Club	Archie Clark (& Julia Roberts) 449 4703
Christian Aid	Patricia Brignall 441 1184
Coffee Rota	Audrey Naden 441 1545
Eco congregation	Kay Dalley 441 7920
Flower Convenor	Margaret Holmes 441 7394
Hall Bookings	Contact our Church Administrator
Leprosy Mission	Barbara Tatlock 444 2919
Phoenix Group	Margaret Kieran 445 3751
St. Raphael's Rep.	Judith Mackintosh 443 1313
Vestry Members	George Bungay, Andrew Daye, Judith Mackintosh, Hilary Pritchard 449 4336, Julia Roberts 441 4965, Philip Rossiter, Wendy Pearson, Margaret Temple (Lay Rep) 441 3379, Jean Wood, Joan Smith (Alt. Lay Rep)



St Cuthbert's Scottish Episcopal Church

Westgarth Avenue, Colinton, Edinburgh EH13 0BD

Tel: 0131 441 7580

Email: stcuthbertsrector@gmail.com

Website: www.stcuthbertscolinton.org.uk

Services:

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