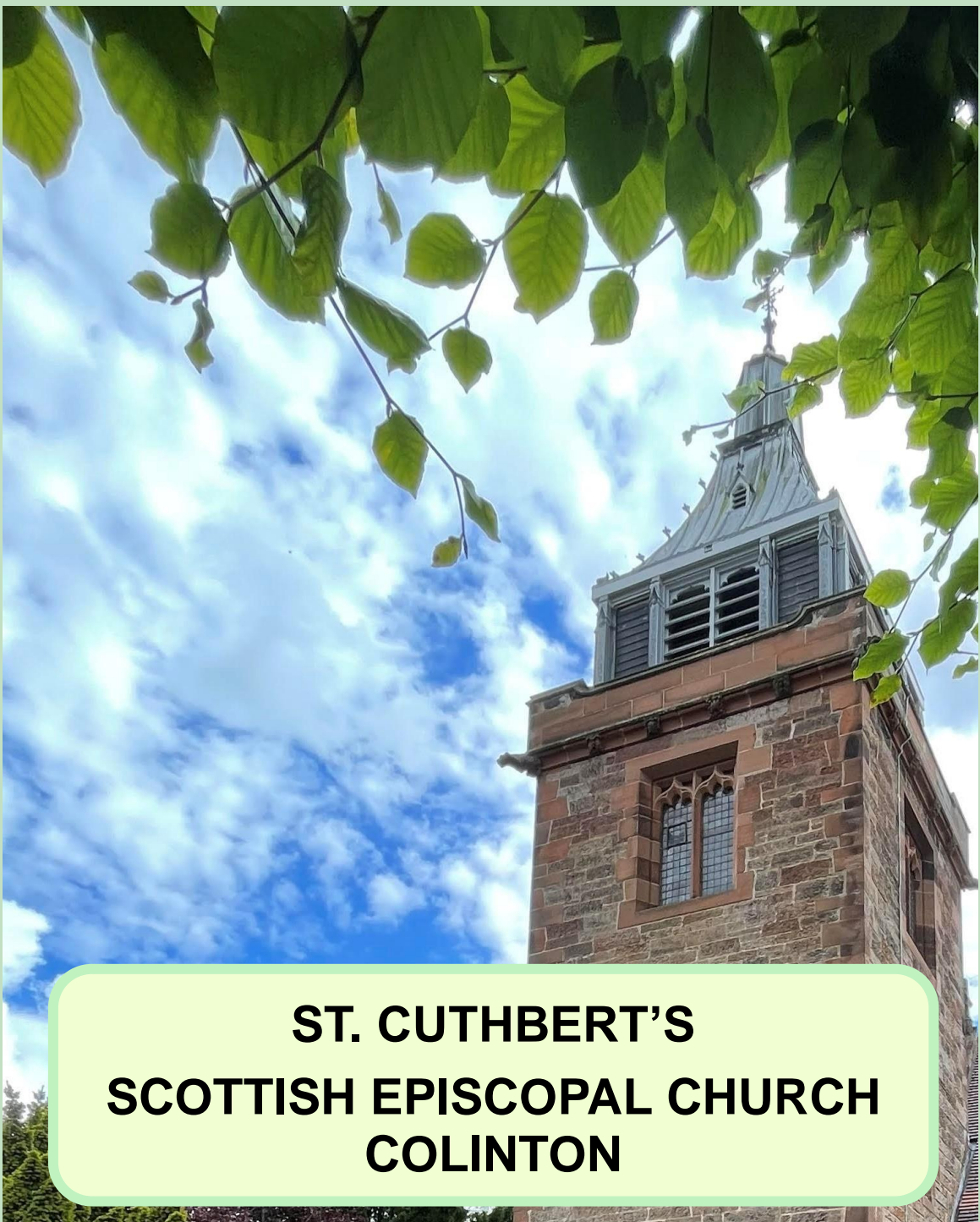


THE SIGN

SEPTEMBER 2023



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

THE SIGN

September 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



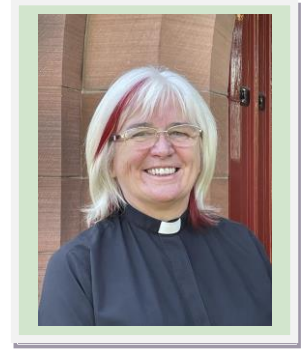
**St Cuthbert's Scottish Episcopal Church
Colinton**

Front Page Photo – Season of Creation, St Cuthbert's Garden 2023

Dear Friends,



August was a very sad month when we were all shocked by the death of Rosemary Yeoman.



Barbara Sykes told me that, in hospital, Rosemary had told her that she was happy to have reached her 90th birthday, which we all celebrated with her on the same day as the Coronation picnic. Rosemary will be missed by many.

Rosemary was very organised in her funeral planning and had completed the form used at Grave Talk. This made things much easier for her family as they knew exactly what she wanted, which included a very kind gesture in having the retiring collection at her funeral for the benefit of St. Cuthbert's. Rosemary had also written her biography and with additions from her family, I was able to write the eulogy for Lesley to read at the funeral. I hope you all follow the example of Rosemary, and have your plans written out to help your families during difficult times.

At the end of my last letter, I wished you all a wonderful summer. Sadly 'summer' didn't seem to happen and I'm already sitting in the rectory at night, wondering how much longer I can leave the heating off, but we are already using blankets on the sofa! No doubt we will have a late summer at the end of September, when I will be away on my walking holiday on the Amalfi Coast. (Pre-training for Nepal).

Sadly, my time away with the Army Cadet Force was hindered with bad weather too, so the cadets missed out on some opportunities they usually experience.

This year the cadets seemed to be more interested in faith and the bible. Some of the boys even held a Bible Study each night (when they had spare time). They were all keen to receive their New Testaments (I ran out), were proud to tell me what page they were on when I met them, and really engaged in the short 'homilies' given at each parade.



As I said in a sermon a few weeks ago, I believe these youngsters are searching and we should all be willing to listen to them when given the opportunity. I don't think it will add to church Sunday numbers, but we don't know what seeds we are planting.

During September we will be participating in the Season of Creation, looking at the wonder of, and damage we have done to, God's creation. This will also include a visiting preacher from Mission to Seafarers on the 17th – there will be a retiring collection for them on that day.

Maybe during this month, we can all spend time thinking about how we can attract wildlife into our home and church gardens. You can find more information at Eco Congregation Scotland:

<https://www.ecocongregationscotland.org/ten-tips-for-attracting-wildlife-into-your-garden-and-churchyard/>

This is Lesley's last month with us and I am sure, like me, you will be very sad to see her go. Her last service will be Evensong on October 1st, where we will say goodbye with a reception afterwards. I hope you can join us. Please make sure you put your names on the list at the back of church.

Love and blessings

Nicki



**SEASON OF
CREATION**



The Sanctuary Project Update

Work on the new toilets started a little earlier than expected, which was good news. They are now in place and in working order.

The completion certificate for the organ replacement has not yet been issued, due to an error in not putting in a Canon 35 for the removal of the wooden ladder when emptying the pipe room. The congregational consultation was on display on the noticeboard throughout August, so once this has been submitted, hopefully the completion certificate will be issued.

A building warrant has been issued for work on the extension to provide a storage space and the hatch from the kitchen. When we have complete drawings from the architect, a congregational consultation will begin but first we have to deal with the leak which caused damage to the office. All necessary drying out and inspections have been completed, so hopefully this won't take too long.

2023 SEASON OF CREATION PRAYER

Creator of All,

From your communion of love life sprung forth like a mighty river and the whole cosmos came into being. On this Earth of overflowing love, the Word was made flesh and went forth with the life-giving waters proclaiming peace and justice for all creation.

You called human beings to till and keep your garden. You placed us into right relationship with each creature, but we failed to listen to the cries of the Earth and the cries of the most vulnerable. We broke with the flowing communion of love and sinned against you by not safeguarding the conditions for life.

We lament the loss of our fellow species and their habitats, we grieve the loss of human cultures, along with the lives and livelihoods that have been displaced or perished, and we ache at the sight of an economy of death, war and violence that we have inflicted on ourselves and on the Earth.

Open our ears to your creative, reconciling and sustaining Word that calls to us through the book of Scripture and the book of creation. Bless us once again with your life-giving waters so that the Creator Spirit may let justice and peace flow in our hearts and overflow into all creation.

Open our hearts to receive the living waters of God's justice and peace, and to share it with our suffering brothers and sisters, all creatures around us, and all creation.

Bless us to walk together with all people of good will so that the many streams of the living waters of God's justice and peace may become a mighty river all over the Earth.

In the name of the One who came to proclaim good news to all creation, Jesus Christ. Amen.

VESTRY REPORT JULY 2023

- Wendy has yet to contact the Diocese about environmentally friendly heating advice but will do this.
- Martin had sent Vestry the accounts for the 9 months to May 2023 and the revised budgets for the next 3 years, prior to the meeting.
- Freewill offering (envelopes) is down slightly but more than offset by an increase in cash collections. Standing orders remain ahead of budget. Money is due in soon from Gift Aid and from hall rental and a second payment of endowment income is due in August. Expenditure is mostly in line with budget except for property repair which is significantly lower. There is a saving on heating and lighting due to an electricity refund on change of supplier. A new gas contract has been agreed but this will double to around £7,500 per annum. The 3-year budget has changed due to Lesley leaving in October. The deficit for 2023-2024 is reduced significantly.
- Vestry training is being organized by the Diocese at George Watson College on the 30th of September. Details are in The Communicant and Nicki encouraged all Vestry members to attend, especially if they didn't attend the last training session.
- Kay Dalley had written requesting support for Alice to attend The Provincial Youth Summer week. Vestry approved this. Nicki will let her know.
- John Peacock is resigning as church archivist after many years of service. Vestry is very grateful for all he has done and thanks him for all his work in this role.
- Following a visit by the Dean and Convenor of the Diocesan Buildings Committee, Vestry received a letter requesting that we submit a Canon 35.
- Nicki is obtaining quotes from two companies to replace all the locks and is awaiting visits from workmen to get quotes for the installation of electric heaters in the church. This prompted a discussion about needing someone to liaise with workmen to get quotes and to open the church to let workmen in.
- Watchman Alarms is due to come and fix faulty lights. Joan and George both offered to let them in if needed.
- **Sanctuary Project:** The installation of the new toilets is beginning on the 20th of July and all but the toilet nearest the church will be out of action from then. We are waiting for action from the Architect on the hatch as they need to contact the fire people to approve the proposed design. This is delaying progress with the new kitchen.
- The cost of the new heaters for the church would be around £7000 but we are awaiting quotes for installation. We have received one quote of £8000.
- **AGM: - Vestry members.** Vestry discussed the protocol in the constitution for when Vestry members are due to retire. Joan is going to check the

constitution. It is believed that two members need to retire each year. Therefore, there will be two vacancies for Vestry members to be filled at the AGM.

- John Peacock has compiled a comprehensive history of the church proceedings based on collating information from church minutes. This would be very useful for someone wanting to do research about the church in the future. Vestry expressed their thanks for all his effort with this. Vestry approved the printing of some copies and making it available on the church website. Hilary is to coordinate.
 - Nicki thanked everybody who helped with the Armed Services day.
 - We have a grant for 2 years to pay for 'Forget-me-Notes' to run sessions at the church. The sessions will be on the 1st and 3rd Monday of the month, 2-4pm. We need helpers to organize tea/coffee for these sessions. Advertisements are being arranged in the local magazines and with the Colinton Amenity Association.
 - Volunteers are needed to help at the playgroup on a Monday during Term time. This can be as little as once every few weeks, helping with the teas. Help is especially needed during September and October while Nicki is away. Playgroup starts on the 4th September.
 - There will be a skip probably round the 21st of August to rid out old toys and unwanted items from the old vestry. Vestry would appreciate users of the old Vestry to see if there are things in the cupboards that could be disposed of.
 - Nicki asked about a collection for Fresh Start and wondered if items were brought in on a Sunday could they be collected on a Monday morning before the Playgroup starts. Hilary is to check if this is possible.
 - Nicki is away now at Cadet Camp for two weeks as pastor to 150 adults and 350 teenagers.
 - Vestry approved the moving of the November Vestry meeting to 9th November.
 - Jean suggested that the illustration produced for the pastoral visitor cards could also be used for merchandise such as bookmarks.
 - Jean also asked why the font that was made by the Grassmarket Community Project does not have a plaque to say who made it and when. Vestry approved her contacting the people who made it to have a plaque made to give this information.
- At the funeral of Betty Snell, her daughter, Pippa, remarked that *'St Cuthbert's has demonstrated Christian love at its best'*.

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

From Rev. Dr. Lesley Penny...

Colin and I are just back from a week in Valtos on the Isle of Lewis. It is a beautiful place. We go there because 1) it's good for fishing and 2) more importantly, to visit my best friend from vet school who moved there two years ago.

We met on a Fresher's tour on our first day at Glasgow University in 1985. It was the start of our long friendship, helped by being adjacent to each other on the class list, both being twins and both having a Christian faith. It is one of these friendships where we might not see each other very often but when we meet it is as if we have never been apart.

Friendship is a huge blessing in life and comes in all sorts of different shapes and forms. One of the wonderful things about training for the ministry has been meeting so many new people and making new friends from different backgrounds and outlooks. I have learnt about being friends with people whose theological perspective may be very different from mine and how a bigger picture of the Church as the Body of Christ in all its infinite variety brings perspective- what holds us together is greater than what pulls us apart.

Coming to St Cuthbert's has been another place of new friendships and enjoying the connection that a shared faith brings between people. I love the way that you love and look out for each other. I am so grateful for the way that you have

welcomed Colin and I into the church and made us feel so at home so quickly.

I am extremely grateful to Nicki who has allowed me to be me whilst still teaching and encouraging me in areas of churchmanship that were less than familiar! She has been a kind and patient teacher and we have had quite a few laughs along the way. I will miss our 'double act'. Everything is easier with a friend alongside you.

The verse that comes to mind is Thessalonians 5:11
'Therefore encourage one another and build each other up, just as in fact you are doing.'

I am hoping the new congregations I am joining will be like that and I leave you in the knowledge that St Cuthbert's has this attitude in abundance already. Keep going and keep encouraging each other.

After all, no one has ever overdosed on love.



Lesley

[Lesley will be welcomed and commissioned to St John's, Selkirk and St. Peter's, Galashiels on Wednesday 11th October at 7pm at St Peter's, Parsonage Road, Galashiels TD1 3HS. Members of St Cuthbert's are invited to join this service and would be very welcome. As seating is limited please let Lesley know if you plan to attend stcuthbertscurate21@gmail.com]

News from the NSM, September 2023

It may well now be approaching September, but still vivid in my mind is the 31st July, when Ian and I got married. The weather did its common Scottish July trick of presenting us with rain, but, thanks to a generous gift of a chauffeur driven Rolls Royce to take us to the wedding, no rain could dampen the pleasure of arriving in style at the charming little hotel where the wedding took place. Nicki conducted a beautiful and meaningful service before close family friends, then we relaxed over drinks before sitting down together to an excellent meal. The hotel staff were wonderful: nothing was too much for them. It was a very special day for Ian and me, surrounded by those dear to us.

My warm thanks to everyone who sent cards or emails or expressed their good wishes for us verbally. As the whole congregation has always been so supportive of my ministry, I'm attaching some wedding photos for you to enjoy.

I finish with a reminder of our monthly Thursday afternoon services, for which I am ultimately responsible. On August 3rd Caroline gave those present a well-researched and fascinating talk about St. Dominic, founder of the Dominican Order. On September 7th I will be leading a reflection related to the Month of Creation, but from a very different perspective. It's entitled Spiritual Poetry and Nature: A Different Approach to God's Creation. Come and find out about the messages these amazing writers can share with us about how important our relationship is with the elements of the natural world round us – and, of course, share fellowship and refreshments afterwards.

My love and blessings to you all, Margaret (McCrindle).



31ST JULY 2023



Budgets for the next 3 years

As I did last year I set out the budgets for the next three years as agreed by the Vestry. Obviously given the current inflation and energy prices there is a certain amount of guesswork. The Vestry have agreed a policy of only allowing essential expenditure over this period although the quinquennial inspection of the property will be due in this period.

If you would like a copy of the full budgets please ask or email Marie.

Martin Fairley

<u>Income</u>	Budget 23/24	Budget 24/25	Budget 25/26
Total from Congregation including Gift Aid	59,500	61,500	63,500
Hall rental	16,000	17,000	18,000
Printing and magazines	1,000	1,000	1,000
Dividend income	37,000	38,000	39,000
TOTAL	<u>113,500</u>	<u>117,500</u>	<u>121,500</u>
<u>Expenditure</u>			
Total Salary and ancillary costs	82,000	79,750	81,750
Council tax, Insurance, Heat and Light	18,200	18,350	18,500
Property and Garden	10,500	10,500	10,500
General Expenses	12,400	12,750	13,100
Quota	11,000	11,500	12,000
Donations	5,000	5,000	5,000
SEI training support	13,000	-	-
TOTAL	152,100	137,850	140,850
DEFICIT	38,600	20,350	19,350

Membership Booklet & Nominal Roll Update 2023

If you have completed a membership and GDPR form and are happy that all content is correct, you need do nothing. If anything needs updating, (e.g., telephone number / email / permissions) please notify Marie at stcuthbertscolinton@gmail.com and put UPDATE in the subject line.

If you have not completed a membership and GDPR form and wish to do so, please contact Marie as above, and put MEMBERSHIP in the subject line on the email.

If you do not use email, please speak to either Nicki or Marie so that necessary updates can be made.

We hope to have a new Membership Booklet available at the AGM in November, which will only show contact details of those who have agreed to allow us to do so.

Deadline date – 1 October 2023

THE SIGN

Please note –

**The deadline for information and articles for the
October 2023 issue is**

Sunday 10 September 2023

Please send to stcuthbertscolinton@gmail.com

Thank you!

SEPTEMBER 2023

Music Notes



When the music article for the last edition of *The Sign* was written, to cover the months of July and August, we were looking ahead to marking the 130th anniversary of St Cuthbert's. It therefore seems strange, in early August, to be writing about the start of the autumn season!

As has become the tradition in the Scottish Episcopal Church, during the month of September, our predominant theme will be that of Creation, building up to our celebration of Harvest on Sunday 1 October. Therefore, throughout September, the majority of our hymns and anthems will follow this theme: selecting the hymns, it has amazed me how many hymns in our hymn book, both traditional and modern, are on this theme – indeed, there are many more than those suggested in this section of the index. Occasionally, new hymns will feature, which we will sing to more familiar tunes, so please do not be put off by hymn titles that you do not recognize.

Looking ahead to Harvest, which will also be Lesley's last Sunday with us, we are planning a choral evensong, in which the choir has a major part to play. As ever, it would be good to welcome anyone who would be prepared to swell our ranks on this occasion. Such special services as this and the Advent and Christmas carol services, do depend on the choir, and so additional support is always welcome. The rehearsal commitment need not be great: please have a chat with me if you are willing to lend your support.

The anthems which we plan to sing on the Sundays in September are detailed below.

- | | |
|------------------------|---|
| 3 September: | Beauty for brokenness -
Graham Kendrick, arr Barnard |
| 10 September, 10.30am: | Bread of heaven - Richard Lloyd |
| 10 September, 6pm: | Touch the earth lightly –
New Zealand melody,
from <i>Common Ground</i> |
| 17 September: | Ave verum corpus -
Geoff Webber |
| 24 September: | O praise God in his holiness -
John Weldon |



Philip Rossiter



EVENSONG SERVICES

**Sunday 10 September at
6pm**

Sunday 1 October at 6pm



The Phoenix Group

In mid August, a group of 16 of us had a delightful two and a half hour round trip westwards along the canal from Ratho on two boats, thanks to the excellent volunteers at the Seagull Trust. The weather was very pleasant with no rain and we were able to sit companionably on the front decks of each boat and appreciate the trees, lush greenery and countryside on both sides of the canal, while enjoying tea, coffee, cake and snacks.

What a well kept resource the Seagull Trust is, as are our canals. It was a very special afternoon for us all and we again thank Rosemary Procter for suggesting it and the whole team of volunteers at the Seagull Trust who maintain and crew the boats. They provide such an excellent and friendly service to so many groups.

Margaret Kieran



The Phoenix Group's (very light-hearted) Quiz
Monday, September 11th, 2023: 2pm to 4pm in the
Church Hall

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This will comprise 5 rounds of (hopefully) straightforward questions, aimed at the older generation!

In between rounds, tea and cake will be served and there will also be a free raffle. There will be plenty of opportunity to chat.

Please join us for a fun-filled afternoon. There is no need to get a team together, as we will sort you out on the day, as equitably as possible.

Please put the date in your diaries and let Caroline (Seville) know if you are coming. However, if you just turn up on the day, that's fine. Bring a friend!

All are welcome, men in particular! Nevertheless, there will NOT be a sports round!

This is a free event, but donations to church funds would be very welcome.



St. Cuthbert's Playgroup

10am - 11.30am

Every Monday during term
time - restarts Sept 4th

£2 per family



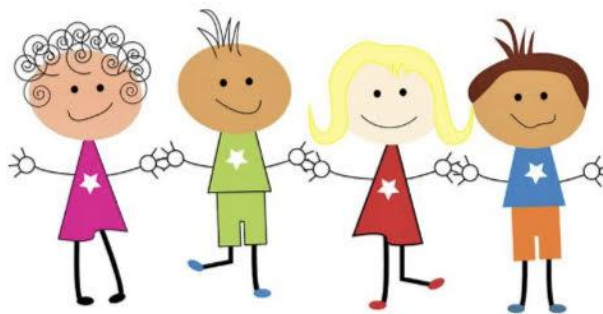
SCAN ME

St. Cuthbert's Church Hall, Westgarth Avenue

Contact Nicki McNelly for more information:

stcuthbertsrector@gmail.com

or 0131 4417580





**Coming to Colinton at
St. Cuthbert's Church Hall
Westgarth Avenue**

First and Third Monday of every month
Starting September 4th

2pm – 4pm

Join us for an hour of music and memories.
Bring a friend or come and meet new ones.

Followed by refreshments.

<https://www.forgetmenotes.org.uk>

<https://stcuthbertscolinton.org.uk>

Contact Nicki for more information.

stcuthbertsrector@gmail.com 0131 4417580



Sadly, no volunteers have come forward to help with this service to the housebound, therefore from October onwards, we will only have one live-streamed service once a month, and on special occasions, with thanks to Martin Fairley.

The dates are:

1st October
5th November
26th November
10th December
25th December

With apologies to those who use this service.

HARVEST EVENSONG AND PARTY



**Sunday 1 October
at 6pm**

**Join us to celebrate Harvest
and to say farewell to Lesley**



**Donations will be
invited to cover
costs and for
church funds**



**SEPTEMBER
2023
ROTAS**

READINGS FOR SEPTEMBER 2023

Year A

Readings are taken from the NRSV

3rd September - Creationtide

Jeremiah 15. 15-21
Romans 12. 9-21
Matthew 16. 21-28

10th September – Creationtide 2

Ezekiel 33. 7-11
Romans 13. 8-14
Matthew 18. 15-20

17th September – Sea Sunday

Genesis 50. 15-21
Romans 14. 1-12
Matthew 18. 21-35



24th September – Creationtide 4

Jonah 3. 10 – 4.11
Philippians 1. 21-30
Matthew 20. 1-16

1st October – Harvest Festival

Deuteronomy 8. 7-18
1 Timothy 2. 1-7
Matthew 6. 25-33

Thursday Afternoon Service

Thursday, September 7th 2023 at 2.30pm

The theme will be:

Spiritual Poetry and Nature - A Different Approach to God's Creation



**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, October 5th and Thursday 2nd November

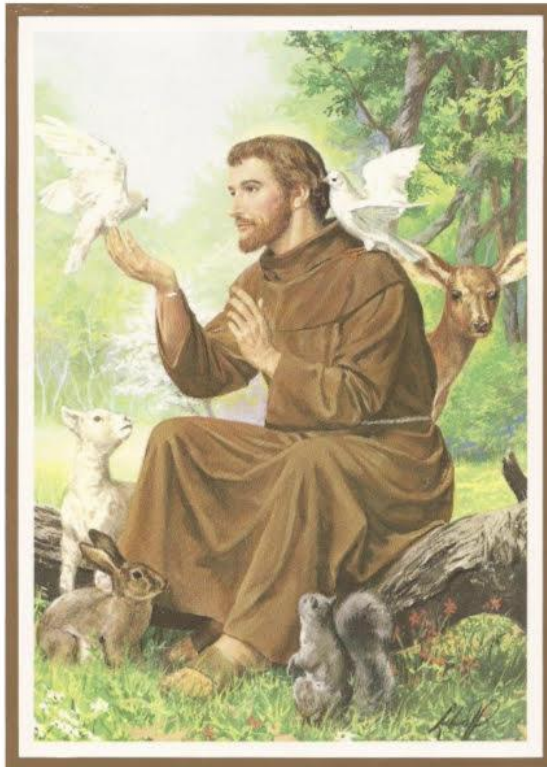


The Thursday Service

5 October 2023

2.30pm

All creatures great and small



The story of St Francis of Assisi

All are welcome

Refreshments will be served after the service

Future Thursday Services

2 November

7 December

Dear friends

In the four months since Mark died I have used walking in the hills to help me process my grief. It gives me a reason to get up in the morning, ensures I have someone to talk to each day (I have a rota of friends who are accompanying me) and is making sure I stay healthy. I needed a goal so I am walking the West Highland Way 15th-

22nd September. Friends suggested that I walk for charity in memory of Mark so I have decided to raise funds for Guts UK. I hope you may feel able to support me in this challenge.



https://www.justgiving.com/page/megan-emmerson-1691926681699?utm_medium=fundraising&utm_content=page%2Fmegan-emmerson-1691926681699&utm_source=copyLink&utm_campaign=pfp-share

Other ways of donating if you cannot use the link above:-

Google 'Just Giving', put Megan Emmerson into search and click on Megan and Emma Walking West Highland Way for Guts UK. Alternatively hand a donation in an envelope to Megan at church.

Mark died of oesophageal cancer only 5 months after diagnosis. It is the eighth most common cancer in the UK but has a poor early diagnosis and a poor survival rate. Only 15% of those diagnosed survive for 5 years or more. Mark went to the GP 6 months before diagnosis with vague symptoms which were not recognised and only when symptoms became much worse did he start palliative treatment. We discovered that

Mark's cancer had a hereditary link (his mother died of pancreatic cancer at the age of 50 and his brother Peter died of pancreatic cancer at the age of 40.) There is no early warning test at present for Ben and Kate. For these reasons I am keen to support Guts UK in their work to develop breath tests to pick up oesophageal cancer in its early stages when it is more likely to be cured, in researching more effective treatments and in raising awareness of the symptoms. Guts UK also fund research into Pancreatic Cancer.

I have paid for all my travel costs, accommodation and luggage transfer for the week on the West Highland Way so all money donated here will go directly to Guts UK.

Mark and I loved walking in the Pentlands and further afield and I have been training on well loved routes in the Pentlands over the last few weeks. I have been averaging 50 miles a week so feel well prepared for the challenge ahead.

With Love,
Megan



VOLUNTEERS NEEDED!



Monday Playgroup, 10-11.30am during term time

Volunteers needed to help set up and tidy up, welcome families, and serve refreshments to continue the excellent work started by Caroline.

Forget me Notes, 2-4pm (First and Third Mondays of the month)

Volunteers needed to help set up and tidy up, welcome those attending, help with singing and serve refreshments for this new project, which is being funded by a grant awarded by Tor Christian Foundation.

Both of these are wonderful opportunities for outreach and any help offered will be gratefully received.

Please contact Nicki for more information



Save the
Date



COLINTON AND MERCHISTON COMMUNITY CHOIR

COME AND SING DAY

SINGING CLASSICAL CHORAL FAVOURITES

SATURDAY 9 SEPTEMBER 2023

COLINTON PARISH CHURCH

10.00 am to 4.30 pm
followed by a free
performance at 5.00 pm
All welcome

Further details will be posted on



and

www.colintonchoir.org

Programme to include:

- | | |
|-----------------|----------------------------|
| Handel: | Hallelujah (Messiah) |
| Handel: | Zadok the Priest |
| Mozart: | Ave Verum Corpus |
| Vivaldi: | Gloria (Gloria in D) |
| Orff: | O Fortuna (Carmina Burana) |
| Goodall: | The Lord is my Shepherd |

The Colinton & Merchiston Community Choir:

Open Rehearsal in the Memorial Hall, Merchiston Castle School, Colinton on Monday 11 September at 7 pm for 7.20 pm.

We start rehearsing for our next concert on 11 September, a rehearsal open to all who would like to learn more about our choir and gain experience of singing with us. As with the Come and Sing Day, no past choral experience is necessary; we don't audition singers and there is no commitment to join thereafter. We now have a mixed range of ages and run social events so that new members and existing members can get to know each other better.

We rehearse in the Memorial Hall at Merchiston Castle School from 7.20 pm to 8.50 pm on Monday evenings. We are grateful to Merchiston Castle School for the use of the Memorial Hall and access to the School's Music Library.

For more information and to keep up to date with developments, or even to hear us sing, please refer to our website: www.colintonchoir.org. Or catch us on Facebook.

Margaret Kieran, On behalf of the Choir



THE LEPROSY MISSION SCOTLAND

Dear Friends,

MAKE LEPROSY A THING OF THE PAST

I hope you enjoyed the summer holidays.

I shall be sending the next cheque to TLMS for the accumulated moneys collected over the summer at the end of September.

Thank you for your ongoing support.

Barbara Tatlock



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.

* * *



.....

TAI CHI CLASS:

Every Tuesday from 11am – 12 noon

£6 per class

Suitable for all abilities

For more information: Email – c_intihar@yahoo.co.uk



St Cuthbert's Badminton Club:

The Badminton Club recommences on Monday 25th September. We play two terms a year, this first one ending on 11th December with the second running from 8th January to 18th March 2024.

We meet in the Church Hall on Monday evenings from 8pm until 10pm.

The Club provides a venue for those wishing to do some moderate exercise while exchanging social news. It is not exactly non-competitive, but does allow players of varying abilities to meet and enjoy the company of like-minded souls.

If you wish to know more about the Club, you can contact me or Julia Roberts. New members would be very welcome.

Archie Clark

Colinton Scottish Country Dance Club

Come and join us Scottish country dancing this Autumn be you a beginner or experienced dancer. We have live music, an excellent teacher and lots of fun! The Autumn session begins on Thursday 14th September and continues every fortnight finishing on 7th December with our party. We meet in St Cuthbert's Church Hall Westgarth Avenue from 7.45 - 9.15pm. The cost is £5.00 per night, pay on arrival. Come on your own, or with a partner, you'll be made very welcome, we're a friendly bunch. For more information contact 07751 186 359 or 07483 814 988.

For more information on any of the activities, or to hire the hall, please contact stcuthbertscolinton@gmail.com

ECO Group Questionnaire Report

In the Spring of 2022, the church ECO group decided to create a questionnaire as a means of engaging the congregation in progressing towards a more ECO- friendly future. The questionnaire firstly directed people to a website where they could calculate their carbon footprint (www.carbonfootprint.com). This was to highlight how the different aspects of our lives at home and when travelling and shopping contribute to our overall carbon footprint.

The second part of the questionnaire consisted of 30 questions relating to how our congregation is acting to reduce their carbon footprint, with a section where people could add additional information and ideas. We particularly asked for information of any recycling/repurposing schemes over and above the council collections.

About 50 questionnaires were taken but only 16 people /families in the congregation responded to the survey, which was anonymous.

Summary of Results of Survey:

- Q1.** 83% of respondents had a car.
- Q2.** Only 8% of cars owned were electric.
- Q3.** 16.7% of households had boilers less than 5 years old.
- Q4.** 58.3% did not heat all the rooms of their home.
- Q5.** 16.7% only heated the room that they sat in.
- Q6.** 66.7% did not leave their TV on standby when not in use (8.3% had no TV)
- Q7.** 100% avoided using a tumble drier (or didn't have one) when washing can be dried by other means.
- Q8.** 75% had LED bulbs in all the rooms of their home.
- Q9.** 67% had the recommended 180mm loft insulation.
- Q10.** 75% had refrigerators less than 15 years old.
- Q11.** 83% walked or cycled for short journeys.
- Q12.** 8% car shared to take children to school (but for 83% this Q was not applicable)
- Q13.** 58% spent 5 minutes or less in the shower.
- Q14.** 50% had reduced their meat consumption in the last 3 years.
- Q15.** 17% were vegan or vegetarian.
- Q16.** 50% grow some vegetables.
- Q17.** 100% of respondents try to buy fruit and vegetables that are grown in the UK.
- Q18.** 83% have actively tried to reduce the amount of fruit and vegetables that they buy out of season and must be flown in from abroad.

- Q19.** 83% do not buy bottled water.
- Q20.** 92% sometimes repair clothes rather than throwing them out.
- Q21.** 75% have sometimes not bought items because they considered them overly packaged.
- Q22.** 100% try to recycle as much as possible.
- Q23.** 75% use peat free compost (For 17% Q was not applicable)
- Q24.** 83% either make their own compost or send all their vegetable/garden waste to the council compost site.
- Q25.** 58% either make their own fertiliser or use mainly organic fertiliser.
- Q26.** 83% garden without harmful pesticides or herbicides (the other 17% Q was not applicable)
- Q27.** 75% of respondents sometimes or always use eco-friendly household cleaning products.
- Q28.** No respondents regularly bought hot drinks in disposable cups with plastic lids.
- Q29.** 92% use public transport rather than a car whenever possible
- Q30.** 50% have considered holidaying closer to home or travelling more by train to reduce CO2 emissions.

Additional comments/ ideas from respondents:

- 1. A study at Lancaster University had estimated in a peer reviewed study, that the contribution to greenhouse gases from mobiles, broadband devices, tablets, laptops, PCs, TVs, gaming equipment and the data centres and network centres that facilitate these could be as high as 3.9 per cent which to put in perspective is double that estimated for air travel (The Times Saturday 11th September 2021). This emphasises the importance to switch items off when not in use when this is practical and that we all have a responsibility to do this.*
- 2. Local supermarkets often take soft plastics (e.g., clean carrier bags, plastic food bags, soft clear plastic film lids etc.) and several people said they did this.*
- 3. Car sharing with family members was mentioned.*
- 4. Reducing number of cycles for washing clothes, number of showers/baths taken.*
- 5. Reducing water wastage by collecting water when running water to hot or cold from taps and using this on plants and the garden when required.*
- 6. Kettles can be switched off once water boils which can be 10 seconds or more before the automatic switch would switch it off.*

7. *Leave grass cuttings on your lawn as a natural fertiliser, they break down very quickly.*

Summary

Although the percentage data is calculated on a small number of responses it does give us a snapshot of how households are responding to the climate crisis and working towards a sustainable future. More Eco-friendly cars/using public transport more and Eco-friendly heating systems are probably the two biggest things we must address going forward both as a society and as individuals. However, the study on the technology use from Lancaster University shows that the contribution to greenhouse gases from the information communication technologies (ICT's) we use as individuals and those used by the infrastructure of our modern society, is significant and we all have a part in being responsible to reduce this.

The study shows that the members of the congregation that responded were mostly trying to garden sustainably and not using compost containing peat or harmful pesticides and herbicides, with most composting their own plant waste and almost 60% making their own fertiliser (A Kg of bought fertiliser creates 2.7KG of CO₂ to make it).

The majority do not heat all the rooms in their home and preferentially buy home grown fruit and vegetables (highly perishable foods out of season, such as asparagus have a higher carbon footprint). The church buys Naked Sprout eco-friendly paper products made from bamboo (toilet rolls, hand towels) which members can purchase for home use.

We facilitate the recycling of stamps and milk container tops through the church, and we could all recycle a lot of our clean, soft plastic waste through local supermarkets. This is as well as the recycling through council household recycling collections and recycling centres. It was great to observe the low number of households purchasing bottled water or hot drinks in disposable cups, as not buying in the first place is obviously far better than having to recycle or add to the waste cycle.

The aim was to make people more aware of their own carbon footprint and which aspects of their lifestyle contribute towards this as well as to begin a conversation on how we can all make efforts to reduce our carbon footprint and be more eco-friendly.



Julia Roberts July 2023

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 McCrindle <i>stcuthbertsnsm@gmail.com (07931 483906)</i>
Curate	Revd Dr Lesley Penny stcuthbertscurate21@gmail.com (Tel: 07761 056504)
Church Administrator	Marie Neil <i>stcuthbertscolinton@gmail.com</i> 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 Revd Nicki McNelly
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, 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 <i>stcuthbertscolinton@gmail.com</i>
Archivist	Contact Revd Nicki McNelly
R&R	Wendy Pearson <i>wendypearson37@gmail.com</i>
Badminton Club	Julia Roberts & Archie Clark 441 4965
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

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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