

THE SIGN

FEBRUARY 2024



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

THE SIGN

February 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



X (Twitter): @stcuthbertsSEC



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

Front Page Photo – Baptistry, St Cuthbert's

Dear Friends,

I hope this finds you all well and warm, as we currently go through a very cold spell in Edinburgh. This hasn't been helped with difficulties with the heating in church and the hall, which has taken a while to rectify. My apologies to anyone who has been affected by this and thanks to Marie, Ross and Iain who have persevered in trying to get it fixed.



Early in January the Vestry and others who participate in leading groups in church got together for a day of fellowship, idea sharing and thinking about the future of St. Cuthbert's. We were accompanied through the afternoon by Revd Canon Oliver Brewer-Lennon, Vice-Provost of St. Mary's Cathedral, Glasgow, who helped us identify our own gifts and learn about the gifts others had. We are blessed at St. Cuthbert's with people of many and varied gifts and as Jesus called the disciples, he is also calling us to use them for the benefit of St. Cuthbert's and God.

One group using their gifts is the fundraising and events group. I attended a meeting to learn of their plans for the coming months and was so impressed with their generosity of time and their forthcoming plans for community building and fundraising to beat the deficit we have. I hope you feel able to support them in all they plan to do in the coming year.

We had a 'Dean's Visitation' in January, where she inspected all our registers and made sure we are up to date with all things as listed in Canon Law. You will be pleased to hear that we are doing everything as we should, and I thank the Vestry (past and present) for all their help in bringing all documentation up to date.

Later in the month I will be having my annual retreat with people I studied with at Cranmer Hall, Durham. Each year we visit a Cathedral City, enabling us to participate in all their worship as part of our retreat. It is so affirming to get together, because of the peer and prayer support we give each other during this time. This year we are visiting Winchester.

Although Christmas is a long time past, I wanted to share with you the joy of welcoming so many visitors over the period. Particularly the Crib Service (120) where Judith was a great cat, and Midnight Mass (132). It was lovely to see so many people enjoying the worship and experiencing the beauty of St. Cuthbert's.

We also had Carols at The Collie, where 80 people joined us and 51 Bde Carol Service, where some members of the Army Cadet Force joined us.

In the summer we plan to have a 'Welcome Weekend' where you will be asked to invite a friend or family member along to church. Obviously, you can invite people before then, but hopefully you now have enough notice to think and pray about who you would like to invite.

Lent begins very shortly with Ash Wednesday on February 14th. I hope you can join us for our service at 10.30am to begin our time of fasting and reflection.

*Every blessing.
Nicki*

On February 11th, our guest preacher will be Ross Stirling-Young, the Mixed Mode SEI student we funded this year with our annual grant. He will be preaching on The Transfiguration, having actually given a reflection on top of Mount Tabor, at the Church of the Transfiguration, while at St. George's College, Jerusalem.





Ash Wednesday

14th February 2024 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



This year's Diocesan Lent Course focusses on The Emotions of Jesus.



Through the course, you are invited to encounter Jesus and to explore your own emotions through some of the emotions we see in him through the gospel stories.

A mixture of so-called positive and negative emotions has been chosen, to explore our response to emotions, and how they may help our life of faith and discipleship.

We will hold our Lent Course on Tuesdays,
March 5th – March 26th, 2-3pm in church.

Join us when you can.



News and Reflections from the NSM

2024. Another year. One that unfortunately didn't start propitiously for me, as I contracted flu two days beforehand! Regrettably, I know that I was not alone in being affected by numerous bugs going the rounds.

Certainly, so far this winter has brought much ill health and bereavement for too many people we know. But, as the poet Shelley observes in his Ode to the West Wind, 'If Winter comes, can Spring be far behind?' Spring conjures up the delights of increasing light, and hopefully may remind us that we have not long celebrated Christmas, the arrival of God's son, Jesus, the light of the world, come among us as a human being.



Light and hope: two significant facets of our Christian faith, and ones we can cling onto when faced with adversity and distress. And these we need to carry with us as we face another season of examining our souls during Lent, which starts with Ash Wednesday on February 14th. It seems barely any time since our truncated Advent, with its fourth Sunday falling on Christmas Eve, and now, because of an early Easter, we have an early start to Lent.

But our Thursday afternoon service group have an answer to help you over these coming weeks. Following Caroline's excellent presentation of my material for Epiphany, taking over because I was unwell, it is Joan's turn to lead our monthly service. Her somewhat mysterious title for her theme

is 'New Beginnings.' Surely that conveys hope, and the picture she's chosen to accompany this presentation (see below), with a little shoot breaking through the earth, also brings a sense of light. Light and hope. So, do come on February 1st at 2.30pm, be inspired and then join us for fellowship and refreshments afterwards. We look forward to seeing you.

In the meantime, I leave you with my love and blessings,

Margaret.

Thursday Service

1 February 2024 at 2.30pm



All are welcome

Refreshments will be served after the service

Next services: Thursday 7 March, Thursday 4 April

Greetings from the Borders!

The first few months have just flown in, and it turns out that October is a good time of year to arrive in a new church(es) as there is no option than to just ‘get on with it’ as Christmas comes hurtling towards you!

Both congregations have been very welcoming and helpful as I get used to working between two separate churches and different styles of services and liturgies. So far, I have been in the right place on a Sunday and have only forgotten my cassock on one occasion. The beautiful stole that you gave me when I left has been in action, much admired, and is very at home in its natural environment!

We have settled quickly into the modern rectory and, now that pictures are on the walls, it feels like home. We are enjoying being so close to the Tweed and lots of good dog walks but there has been a lot of rain! Mackie has had to have a trim to reduce his capacity for mud transportation, but he is generally enjoying being a Border’s dog.

Both churches have small but enthusiastic congregations. At St Peter’s there is a thriving mid-week Messy Church which has been a great way to meet people and at St John’s there is a twice monthly Memory Café which is an amazing resource for the people of Selkirk and is much appreciated- there were over 60 at the Christmas Party.

I am very much enjoying being here. The local clergy, both SEC and other local churches have been welcoming and supportive and I am enjoying feeling that sense of team that is easier in a smaller geographical area. I have been asked to be the chaplain to the young people in the Air Training Corps that meets in a building adjacent to the church. This is a lovely thing to be asked to do - or it will be once I get through the paperwork.

I have so many fond memories from St Cuthbert's, and I use what I learnt with you every day in one way or another.

Sending you all best wishes for a blessed, healthy, and peaceful 2024,

Lesley and Colin x



Lesley at Christmas with
a 'visiting dog'!

Best Wishes for 2024
Lesley – from all at
St Cuthbert's

***PLANNED DATES FOR
SUNDAY EVENSONG at 6pm:-***

14 April

12 May

9 June

7 July (time tbc)

28 July

6 October (Harvest)



FEBRUARY 2024

Music Notes



By the time that this article appears in print, our new digital organ will have been in place and in use for a year. As organist, I continue to be very pleased with it and the way in which it is able to lead our worship, and continue to thoroughly enjoy playing it. Choir and organist have quickly grown accustomed to its location underneath the pipework of the old organ case, and there have been very few hitches in the course of this process. The room that has been created under the tower, where the former pipe organ was located, is now working well as a choir music library, whilst also providing a suitable space for the storage of altar frontals.

Readers might be interested to hear what has happened to our previous digital organ, which was nearly twenty-five years old and was sold to Allens in part-exchange for our new instrument. After it was removed from St Cuthbert's, it was taken to the company's workshop near High Wycombe, where it was given a thorough overhaul, and then put up for sale on the company's website, with replacement speakers as we retained our existing ones. It is now back in Scotland, having been purchased by a Roman Catholic church on the edge of Glasgow, which previously did not have an organ. There, it has been well received and is serving the church well – it is good to know that it has gone to a good home!

It is hard to believe that, with Christmas now behind us, we will shortly be moving into Lent in the middle of the month. The anthems planned for the choir to sing at our services in February are detailed below.

4 February:	Look at the World	-	John Rutter
11 February:	Timeless Love	-	Norman Warren
18 February:	O Lord, my God	-	SS Wesley
25 February:	View me, Lord	-	Richard Lloyd

Philip Rossiter

Arunima Hospice in The Diocese of Calcutta:

Embarking on my third visit to the Arunima Hospice in the Diocese of Calcutta, Church of North India, from November 30th to December 5th, was a heart-warming experience. This journey began in 2015 when I first became involved with this important cause, supporting children orphaned or abandoned due to the stigma surrounding their HIV/AIDS status. The hospice currently houses 56 such children.

The six days involved immersing myself in the lives of these incredible children I've come to now call family. From engaging in playful activities to accompanying them to school, celebrating their academic milestones, and delighting in their singing and dancing, each interaction left a lasting memory. Among the highlights was organizing an outing to Nicco Park—an amusement haven where laughter filled the air as they enjoyed thrilling rides, concluding with shared delights of ice cream.

Accompanying me on this trip was my Diocesan Bishop, Ian Paton, whose presence was greatly valued, especially when we danced with the children! Welcoming him to the hospice, amidst his busy schedule with Bishop Paritosh Canning, was a moment of happiness. He learned about the various initiatives we've supported, a legacy nurtured by our former Primus and Bishop, David Chillingworth, who continues to be fondly remembered here.

Summarizing the multitude of incredible experiences in this short piece seems impossible. Witnessing the progress made in educating others about HIV/AIDS stigma was heartening. Several of the children, once confined by circumstances, are now pursuing higher education at colleges and universities—something

unimaginable in 2015. This transformation is a testament to the unwavering dedication and hard work of Hospice Manager, Mr. Suvabrota Das, and his exceptional team under the amazing oversight of Bishop Paritosh.

As part of my grant application, I was awarded £500 for the implementation of a self-sustainable vegetable and herb garden. The ground was blessed and prayed for by Bishop Ian during his visit. Moreover, one of the older boys will be sent to Horticultural College to learn the skills required to maintain this important initiative.

My gratitude extends to the Global Partnerships Committee whose support made this journey possible. The Arunima Hospice continues to remain a strong part of my ministry and outreach.

Ross Stirling-Young



Ross is the Mixed Mode SEI student St Cuthbert's Colinton has funded this year with our annual grant, and we look forward to his visit on 11th February.

World Vision UK Trek Nepal 2023

Date Change

Thursday February 8th

2pm in church

Join Nicki for a presentation on her trek
and visits to World Vision projects in
Nepal

A collection will be taken for the
continuous work of World Vision in
that area





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

www.forgetmenotes.org.uk
www.stcuthbertscolinton.org.uk

Operation Unicorn

Queen Elizabeth II's funeral following her death in
Scotland

A personal reflection from

Tim Purves

Director

William Purves Funeral Directors

At St. Cuthbert's Episcopal Church, Westgarth Avenue

8th March 2024 at 7pm

Followed by canapes and wine in the hall,
raising funds for SSAFA (The Armed Forces Charity)
and St. Cuthbert's Church

Tickets £20 per head

Contact stcuthbertsrector@gmail.com / 0131 4417580





St Cuthbert's Bake Sale

on

*Mothering Sunday
(March 10th)*

Following the 10.30am service

*All money raised helps us to
beat the deficit!*

*Please speak to Joan or Judith
for more information*





FEBRUARY 2024 ROTAS

READINGS FOR FEBRUARY 2024

Year B

Readings are taken from the NRSV

4th February – Epiphany 5

Isaiah 40. 21-31
1 Corinthians 9. 16-23
Mark 1. 29-39

11th February – Sunday before Lent

2 Kings 2. 1-12
2 Corinthians 4. 3-6
Mark 9. 2-9

14th February - Ash Wednesday

Isaiah 58. 1-12
2 Corinthians 5. 20b-6.10
Matthew 6. 1-6, 16-21

18th February - First Sunday of Lent

Genesis 9. 8-17
1 Peter 3. 18-22
Mark 1. 9-15

25th February – Second Sunday of Lent

Genesis 17. 1-7, 15-16
Romans 4. 13-25
Mark 8. 31-38

3rd March – Third Sunday of Lent

Exodus 17. 1-7
Romans 5. 1-11
John 4. 5-26

Toy Appeal for Holy Trinity Foodbank



I am very pleased to report that there was a good response to my request for new toys. I was able to deliver about 50 gifts, toys, books and games, to Fiona Watson at Holy Trinity. They were added to ‘Santa’s Store Cupboard’ so that foodbank clients were able to choose a gift for their child/children. Shortly after my visit I received this note from Fiona:

‘We would like to say thank you to the people of St.Cuthberts for the most generous support given to the Holy Trinity Foodbank at Christmas and throughout the year. We truly could not do what we do without you. With best wishes for a Happy Christmas and a peaceful, healthy 2024’. Fiona M.M. Watson.

If you would like to know more about St.Cuthbert’s members support for this Foodbank, contact me, Susan Clark.

Margaret Searl was a member of St Cuthbert's for many years. Her husband John too. He was in fact Rector before Stephen Parsons took up the position. They were both very well known in St Cuthbert's. The Searl's moved up North a few years ago to Gairloch. John sadly died during the pandemic. Margaret Searl’s son John sent a message to June Bungay at Christmas, with the following message –

“Following a short spell in hospital, Mum is receiving good care in a nursing home”. Mum loves to receive postcards and letters - so if you or anyone at St Cuthbert's has time she would love to hear any news you might have.”

If you would like to/are able to write to Margaret, please contact June Bungay for her address. Margaret's son has given June permission to share this information. Thank you.

THE SIGN

Please note –

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

Sunday 11 February 2024

Please send to stcuthbertscolinton@gmail.com

Thank you!

‘THE SIGN’ Subscriptions 2024

‘Thank you to all our magazine subscribers.’

If you would like a paper copy of ‘The Sign’ magazine each month in 2024, collected from church, subscriptions are due by 31 January 2024 please.

Annual Subscription Cost:-

Paper copy £20

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

If you would like to pay by bank transfer, or for more details, please contact Marie –
Email: stcuthbertscolinton@gmail.com



PHOENIX GROUP

A group of 16 of us had a delightful Christmas Lunch at Kingsknowe Golf Club in early December. As before, the golf club was an excellent and very pleasant venue for our reasonably priced festive lunch. The food was delicious, the staff were very helpful and there was much camaraderie and good conversation.

In past years, our Christmas Lunch has been our main and best attended event but happily we now have a good response to all the gatherings we organise. We look forward to welcoming you at Caroline's Quiz on 26 February and thank Caroline for organising these very enjoyable quizzes.

We are planning a guided tour of Rosslyn Chapel followed by lunch and hope to make another round trip on the canal from Ratho in Spring or Summer, as the last one was so successful and popular.

We always welcome suggestions for future events.

Margaret Kieran, Jean Myers and Margaret Temple

*The Phoenix Group's (very light-hearted) Quiz
Monday, February 26th, 2024:
2pm to 4pm in the Church Hall*



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 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
school term time

£2 per family



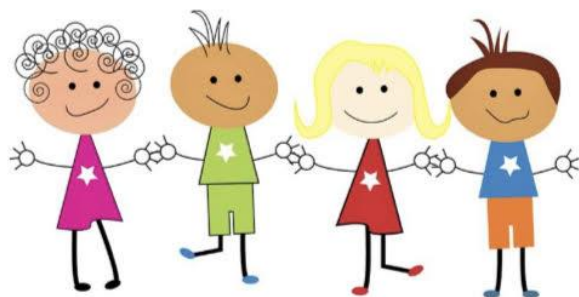
SCAN ME

St. Cuthbert's Church Hall, Westgarth Avenue

Contact Nicki McNelly for more information:

stcuthbertsrector@gmail.com

or 0131 4417580





We look forward to another busy church hall in 2024! Already events and parties have been booked in advance throughout the year.

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

'Almost White' Bread with Stoneground Flours

Making your first loaf of bread, and you want something that's like a regular white loaf but a bit more special? Then this very easy almost-white loaf will be a great place to start. Quick to mix together, almost no kneading, and rich with flavour. You can make it with all-white flour but start with a little experimentation. Choose wholemeal - or rye, spelt, emmer, kamut – mixed with a regular strong white bread flour, and you'll get a result to be proud of!

Ingredients:

1 tsp fast-action yeast
1 tsp sea salt
1 tsp honey
100g wholemeal (or rye, spelt, emmer, kamut) flour
300g lukewarm water (35c in winter, 20c in summer)
350g strong white bread flour
oil for folding the dough
flour for shaping the dough
butter or oil for greasing the tin



Things you'll need:

A Mixing Bowl	A dough whisk
Kitchen scales	A 2lb bread tin
a plastic dough scraper	a jug for water
a really sharp knife/blade/dough scoring knife/pair of scissors	

Method

1. Measure the yeast, salt, honey, and wholemeal flour in a mixing bowl, keep the salt and yeast apart in the bowl. Pour on the warm water and use your dough whisk to mix everything together until smooth.
2. Add the white flour and mix to a smooth soft dough. No need to knead it but do let the machine stir it well to make sure there are no lumps or patches of dry flour. Cover the bowl and leave for 30 minutes (at room temperature, about 20C).
3. Rub oil onto a patch of worktop, an area about 30cm in diameter, and scoop the dough onto it with your scraper.

With oily fingers, pat the dough out about 2cm thick, then stretch fold it in on itself by thirds like you were folding a beach towel, first one way and then the other. Then flip the dough over and scoop it back in bowl for another 30 minutes.

4. Rub the inside of your bread tin with butter to stop the dough from sticking.

This time, lightly flour a patch of worktop, an area about 30cm in diameter, and scoop the dough onto it again with your scraper. With floured fingers, press the dough out once more to about 2cm thick, but this time fold the left and right sides in so they meet in the middle. Then roll the dough up tightly into a scroll, and place seam-side down in the tin.

Cover and leave at room temperature for an hour, it will rise by about 50% but not quite double.

6. Heat the oven to 200C fan. Sprinkle the top with flour. Using a blade (or a pair of scissors) slash or snip a criss-cross pattern on the top of the loaf. Place the tin in the oven, shut the door and bake for 35 - 40 minutes. Remove from the oven, leave to cool slightly then remove from the tin and leave sitting on a wire rack until cold before slicing.

My guess is you'll try and cut it while it's still warm....

Happy Baking!
The Secret Baker

~

A wee fact:

Roller-milling is how most of the white bread flour in the world is milled, whereas stone-milling is that way all flour used to be milled.

Did you know?

The finger prod is one of the best ways of calling proof for the home baker... Gently prod the tip of your finger into your risen bread dough and see how quickly the dough springs back into shape.

If this happens quickly then your dough needs to proof a bit more as the dough is still elastic and tight.

If it springs back slowly this means your dough is light and airy and ready for the oven.

If it does not spring back then your dough is over-proofed as it is too gassy and its structure is breaking down.

***(If you do make this bread, please let us know – send a photo!
Email: stcuthbertscolinton@gmail.com)***

THE LEPROSY MISSION SCOTLAND

Dear Friends,

Many thanks for continuing to hand in your Blue Tubs in recent weeks. Please continue doing so when you have coins to spare.

I'd also like to thank the faithful TLMS supporters who have handed donations to me over the Christmas holidays.

However, there are changes coming as THE LEPROSY MISSION **SCOTLAND** has joined with the Leprosy Missions in England and Wales to become:

THE LEPROSY MISSION GREAT BRITAIN

From now on, to increase the number of projects we support in our efforts to find a cure for people with Leprosy and to eliminate the disease completely, we will be supporting new projects in different countries as well as the areas we have been raising funds for in recent times. The hope and belief is that our combined teams will make a big difference to the work needed in all parts of the world where Leprosy is still affecting so many people of all ages.

So I hope you will continue to pray for everyone affected by this devastating disease and all the people working to find ways to eradicate it, so that Leprosy WILL be eradicated by 2035.

There is more information in the **ASK 2024 THE LEPROSY MISSION PRAYER DIARY**. There are copies for you to take on the shelf by the Font, where there are also empty Blue Tubs to pick up.

With many thanks for your support in the past and I hope you will continue to give your support in the coming months.

All best wishes for 2024.

Barbara Tatlock



MAKE LEPROSY A THING OF THE PAST

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.

Colinton Literary Society

The Society meetings take place in Dreghorn Loan Hall, Colinton at 8pm on Wednesday evenings. Tea, coffee and wine are served from 7.30pm.



February 7th. The Time of Troubles:

Russia's history leading up to the turbulent present. David Warnes.

February 14th. Wild History:

Journeys into lost Scotland. Jamie Crawford.

February 21st. The American Civil War: Ian Gardiner.

February 28th. The Zoo:

The Edinburgh Gilbert and Sullivan Society perform the one act opera by Arthur Sullivan.

March 6th. AGM: Also talk on how Edinburgh's Theo Williamson changed the Sound of Music. Joe McGeough.

More details can be found at:

www.colinton-parish.com/colinton-literary-society

Exercise your body as well as your mind

RELAX, BREATHE
BETTER, AND GET
ACTIVE GENTLY WITH
TAI CHI



Join our sociable class for all abilities at:
St Cuthberts Church Hall, Colinton. Tuesdays, 11-12noon.
Contact: Char at chiandtea@proton.me or 07813 747 672

There is still some space at this workshop with Charlotte:

FEBRUARY 3RD 2024

1-3 PM ST CUTHBERT'S CHURCH HALL, COLINTON

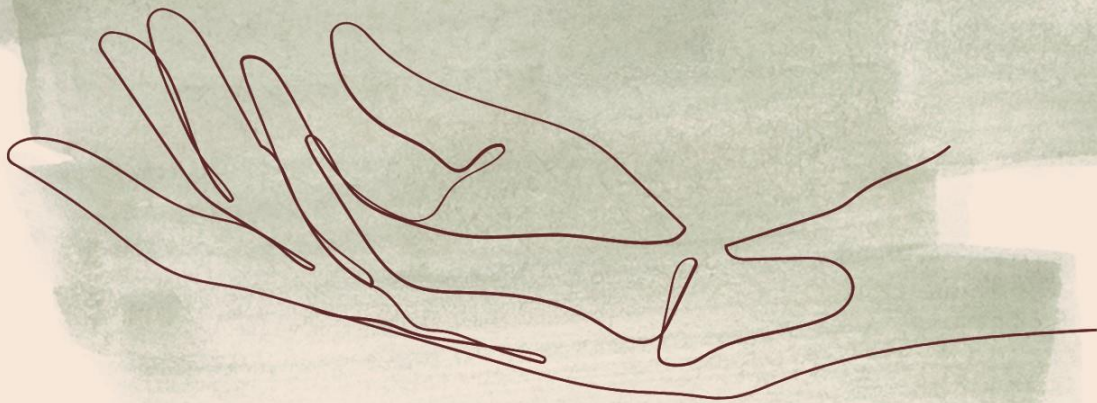


Tai Chi Workshop

Relaxing 2-hour workshop exploring White Crane Tai Chi. Suitable for all levels. £15

Come and learn, breathe, and relax.

Class includes tea and cake.



To enquire or book a place contact Charlotte:

chiandtea@proton.me 07813 747 672

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Jewellery

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Costume Society Scotland

Banners, Embroideries & Sewing for St Giles Cathedral

Designing, making, repairing and restoration of textiles

Sheana Stephen Ashton DA

Artist Jeweller & Designer

**Monday
5 February 2024**



**Augustine United Church
41 George IV Bridge, Edinburgh EH1 1EL**

**7pm (Tea & coffee available from 6.30pm)
Non-members welcome : £8 payable at the door**



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

