

THE SHUTTLE

June 2020

MARCHMONT ST GILES' PARISH CHURCH
AT THE HEART OF THE COMMUNITY



1a Kilgraston Road, Edinburgh, EH9 2DW

Phone: 0131 447 4359

www.marchmontstgiles.org.uk

Meeting Matters

Thursday

12.30

Bible Study on Zoom

June 2020

- | | | |
|----|-------|---|
| 14 | 9.30 | Junior Church on Zoom |
| | 10.30 | Sunday Morning Worship on Facebook Live and YouTube |
| 21 | 9.30 | Junior Church on Zoom |
| | 10.30 | Morning Worship on Facebook Live and YouTube |
| 28 | 9.30 | Junior Church on Zoom |
| | 10.30 | Morning Worship on Facebook Live and YouTube |

July 2020

- | | | |
|----|-------|--|
| 5 | 9.30 | Junior Church on Zoom |
| | 10.30 | Morning Worship on Facebook Live and YouTube |
| 12 | 9.30 | Junior Church on Zoom |
| | 10.30 | Morning Worship on Facebook Live and YouTube |
| 13 | 7.00 | Kirk Session on Zoom |

See page 18 Around the Aisles for weekly events taking place on-line.

Our building may be closed but our work continues. We're still here and we're still active. Help and support is here for everyone. If you need a mask, let us know. If you want to talk, we are here to listen and share. If you think we can help, tell us. Phone and email contacts on the back page of The Shuttle.

Reflection

Theologian Walter Brueggemann says that: *"The Prophetic tasks of the Church are to tell the truth in a society that lives in illusion, grieve in a society that practices denial, and express hope in a society that lives in despair."*



In the Gospel of St John 8:31-32, Jesus Says, *"If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free."*

What we know about truth is that it cannot be suppressed; it will always win in the end. The powerful can state as many times as they want that a disaster is a victory - that 40,000 Covid-19 deaths is somehow a victory: and that there are always two sides to the story when black people are targeted and killed because of their colour, and I don't just mean in the USA.

Truth still has currency and it will overcome.

We live in a pivotal time. We have a responsibility to speak truth. We didn't need to wait ten weeks to hear that we should wear masks or arrivals from abroad should isolate, as if it is a new revelation we should all be grateful for. The truth was there ten weeks ago. Our love of neighbours should lead us to wear a mask, and care for others as well as ourselves and to speak out.

Professor John Baillie of New College, wrote a book called "A Reasoned Faith" and reflected on his experiences during WW2, about truth being the most precious of commodities and very little of it about. He said:

"In many parts of the world men are now being fed on deliberate lies, and truth (like some other things) is a strictly rationed commodity. When I was crossing the Atlantic, the ship's wireless operator one day retailed to me a preposterous piece of so-called news which he had just heard on the air from Italy; and when I asked him if he really believed it, he shrugged his shoulders and said, "Honestly I've come to the point where I don't know what to believe."

The propaganda, you see, was beginning to take effect. Not knowing what to believe is but a stage on the way to believing whatever is proclaimed most loudly and brazenly. And because truth is our goal, truth must also be our weapon. Our hope is that if, as a nation, we go on speaking the truth to other peoples and feeding ourselves only on the truth, we shall prevail over all lying propaganda in the end."

Wise words to reflect on today!

As to Brueggemann's second point, Denial is a very real part of grieving. And like the distortion of truth, we also have to challenge and encourage people to work through denial. Denial is part of the shock about the situation everyone finds ourselves in. The Church has a reflective responsibility to grieve for what is, and then speak out, to support people to adapt and address the new situation we will all find ourselves in. But again, we also have to speak truth to power, when denial is used as a weapon to control people.

Then to live in hope, when a society is in despair is to assert and reassert that each person is made in the image of God and each person has worth.

The responsibility of each Christian is to serve: and service means humility and standing up for what is right. In this context it also means to express hope.

Many years ago now, Karl Barth, the theologian was giving a lecture, when a student stood up holding a Bible and asked if Barth believed in the Word of God or not.

He replied:

*"It depends on whether you are holding the book
or if it is holding you"*

- To hold the Bible is to use it as a weapon against our enemies and as a tool for our own agenda.
- To hold the Bible is to believe we have God all figured out, that we can contain God in the box of our own understanding and to make it about us.
- To be held by it is to not only be called to love our neighbours as ourselves, but to love our enemies and pray for those who persecute us.

- To be held by it is to subject ourselves to be servants of the kingdom of God among us.
- To be held by it is to recognise the Divine as fundamentally untamed, beyond our imagining or comprehension.
- To be held by it is to recognise that it is God's story, not

The consequences of lockdown will be felt for a long time. There will be people who will need support and encouragement and care - that might even be each of us, as we read this. This is not the end of this time in our history. There will be leaders who will emerge with some sense of accomplishments, while others will have to face the consequences of their decision making. Many years from now future generations will ask what it was like and what mattered at the time.

Let us hope that it was each other who mattered and that our memories are of decision making about what was and was not important, so that we moved forward to a better world.

We shall see! Stay safe and take care.

Karen K Campbell

May Quiz Question



In the last issue of The Shuttle you were asked,

where in Edinburgh is this?

It is a statue by Eoghan Bridge entitled, Horse and Rider which was erected in 1993 and stands in Rutland Court beside Rutland Court Lane.

Food for Thought from Nicci at Butterflies Cafe



Nicci shouted, "a very tired 'huzzah!'" as her computer burst back into life, after 17 hours of rebooting and of watching progress bars make very slow progress. She writes:

At least those 17 hours gave me time to think about exactly what, or even if, Butterflies should make a statement about the Black Lives Matter protests in the US, and around the world.

We're just a little cafe and these are just little posts about recipes. We're a million miles, geographically and figuratively, from the BLM movement in the US. We're a white run cafe, in a predominantly white area, city and country. Not only that but we're in lockdown. What should we say? What CAN we say except a bland and hollow "solidarity, we support you!"

Well, for starters we can uplift black voices.

So, we're going to showcase recipes and sites from black chefs, here in Britain, over in America and all around the world. Food from people's own cultures, like Nigerian fufu or soul food, or their recipes for European cuisine, which usually centres on French and Italian dishes.

So first up... Fufu. Wait, what's fufu? Fufu is a carbohydrate based dish from West Africa that's a sort of malleable dough. It's served in rounds and diners break pieces off, mould them into little balls to dip in soups and stews. It's like bread but tactile and similar to the Eastern European spoon bread I wrote about a couple of weeks ago on Facebook. Some recipes require only a pan and wooden spoon while others need a pestle and mortar, or a food processor.

Traditionally made with casava, cocoyam, plantain or yam, fufu can also be made with any other starchy food, and with the right binders, lots of other foods like carrot, cabbage, and spinach. This recipe though, is for potato fufu; <https://www.allnigerianrecipes.com/fufu-re.../potato-fufu-pot/>

Check out Flo's other recipes for different fufu, as well as all the other delicious recipes, like this tomato and chicken stew; <https://www.allnigerianrecipes.com/stews/oiless-tomato-stew/> Warning though; that one's a lot of work!

Swinging over to the US, and back in time to 1881, when a freed enslaved woman published her cookbook "What Mrs. Fisher Knows About Old Southern Cooking". Abby Fisher, born Abby Clifton, to her enslaved mother Abbie Clifton, had never been taught to read or write (it was illegal for enslaved people in America to learn or to be taught) so she put off and put off the cookbook requested by her friends. Eventually she dictated it to her husband, a freedman who himself had had no formal education. It's been scanned and digitised by the good people at The Internet Archive and I'm highlighting the Breakfast Corn Bread (because I'm hungry and it sounds divine); <https://archive.org/.../whatmrsfisherkno00fi.../page/10/mode/2up>

You can buy a modern reprint of this book, with historical notes; <https://www.alibris.co.uk/search/books/isbn/9781557094032...>

Let's scooch forward to the present day and look to The Black Foodies. Loooooaaads of recipes here, from African homelands, to colonised islands of Haiti and Barbados, to Southern soul food, European dishes designed by black chefs and ingenious twists for people with dietary requirements, like this vegan scramble from Guelila Fornetti; <http://blackfoodie.co/vegan-scramble>

I love chickpea flour, also called gram flour. It can be used in place of flour for gluten-free folk, with a bit of recipe reworking, and as an egg replacer in many baking recipes, but I've never thought to use it like that. Not that I am in need of eggs (*Nicci has her own egg-laying chickens*) but I'm going to give that one a try once I finish this post.

I did a recipe for sweetcorn chowder on Facebook, but here's another recipe, with a variation on the seasonings, and a video of chef, Darius Williams, making the chowder. I love the way he talks to his ingredients; <http://dariuscooks.tv/creamy-corn-chowder/>

Bonus; in the video he starts with making a cocktail!

I'm not going to lie; I hate sprouts. But Jenné Claiborne might just have created a recipe I'm willing to try them in. Maybe... <https://sweetpotatosoul.com/.../sweet-potato-brussels-sprouts...>

This is a vegan recipe. If you're not vegan and don't have some of the ingredients to hand, you can swap them out. The yeast, for example, adds a cheesy umami flavour. Use parmesan instead, or a strong cheddar. Honey instead of maple syrup, and dairy instead of oat milk.

Moving over to the UK, Somi Igbene, a biomedical scientist and foodie, has this gorgeous potato dish;

<https://veganbysomi.com/nigerian-inspired-baby-potatoes-in.../>

She's got lots of other healthy, simple (and vegan... I dunno why I'm finding so many vegan foodies today!) recipes to try.

And finally, Funke Koleosho's jollof rice;

<https://funke-koleosho.blogspot.com/.../jollof-rice-ultimate-...>

I absolutely love jollof rice, though I've never made it myself. A friend's mom used to make it when I stayed over for the night and, honestly, I could eat a whole family's worth of jollof rice in one evening! I can still remember the taste.... savoury, but tangy and sweet too. Mmmm. The recipe up there calls for chicken stock, but veg will work just as well.

I could go on and on and on with these links, but there's more than enough up there for you to get stuck into.

Even if we can't stand beside people five thousand miles away, even if we are shielding and self isolating so cannot stand here at home, we can support black folk by buying from their businesses or going to their websites, by learning their stories, centuries old and modern, and uplifting them, passing their stories and ideas on to others. Butterflies Cafe has always striven to be a space for all. We will be a space for all when lockdown is over. We are STILL a space for all, so I will continue to strive to include recipes from Black foodies in these little posts. You matter to us. Black lives matter.

Nicci

(Nicci writes recipes daily on Butterflies Cafe Facebook page.)

The Guild



The Guild Committee had a "virtual" get-together recently to try to compile a tentative syllabus, given that we do not know exactly how, when, or in what space, we will be able to meet. We hope to have our first meeting in early/mid October, and have made a draft, (definitely in pencil!) of dates and potential speakers through to January. However, it is certainly a case of "watch this space" in future issues of The Shuttle. Good wishes to you all, and I would love to hear from any of you with comments or suggestions. **Eileen**

Guild Distribution of Funds

As the Guild had no AGM this year the committee have agreed the following distribution of our funds

Church	£300
Seema Project	£350
Crossreach	£350
Judith Hallam; Costume Society	£30*
Susannah Horsburgh: Nazareth Trust	£50*
Heather McHaffie: Project at the Botanics	£50
Ian Wattie	£10
Richmond Craigmillar	£150

*Judith Hallam and Susannah Horsburgh asked for their speakers fee to be added to the Guild projects. **Ann**

Face-masks

Sharon Ho, Agita Keiri and Karen have been making face-masks. Sharon has made about 70 so far! Donations given have reached £90 which will go towards the Church Guild. Sharon has not used her sewing machine for years and says, 'I've had it at least 28 years and have enjoyed using it again and, like riding a bike, how to use it soon comes back to you.'



CHURCH FAMILY & PARISH NEWS

Marchmont St Giles' Website

Please check <http://marchmontstgiles.org.uk/community-extra/> for information about shops, entertainment, things to do with kids, etc. If you want to suggest any entertainment ideas or other shops doing deliveries, anything you think might be of interest to others then please email/message theshuttle@marchmontstgiles.org.uk

Helping to Make MSG' Tick

Here we would usually have a rota of Who is doing What & When to help MSG run smoothly. Instead, this space can be used to express our continued thanks to our Minister, Karen, for the time and energy she gives to keeping our congregation together and supported through this time of lockdown and to let her know that all she does is hugely appreciated.

Richmond Craigmillar

Donations continue to come in for FairShare at Richmond Craigmillar Church as you can see from the picture below, allowing them to provide over 60 bags of essential items every week. They continue to get referrals on a daily basis and their need continues to grow. Many people in the area live a very different life to lots of us and to know that "Craigmillar will eat tonight" is a very humbling statement.



So why not order/buy 2 or 3 (or more) extra items with your shopping or ask friends and neighbours to do the same and arrangements will be made to collect them from you. A monetary donation will also be very gratefully received as this allows orders for fresh food to be placed with wholesalers eg butter, cheese, fruit and veg and to be included in the bags.

Contact Charles Stewart on The Shuttle email or on 07831 374007

Notes from the Kirk Session

Going Forward

It will likely be some time before guidance is given on the return to using church facilities. A number of items need to be resolved regarding access, spacing, screens, hand-sanitiser and many more. Progress on this will depend on the Scottish Government and the Church of Scotland.

Going forward church will be a new experience. Our streaming of services will continue; we are adding to our capabilities and abilities week on week.

Stewardship

A volunteer to lead all aspects of Stewardship at MSG is keenly sought. Please contact the Minister or Session Clerk for more information.

Presbytery Elder

Sandy Wake has volunteered to be our Presbytery Elder taking over from Judith Stewart. For the foreseeable future the meetings will be online.

Stated Meeting

Our Stated Meeting to take place on Zoom - has been arranged for 21st June 2020. Zoom access details will follow.

The 2020 General Assembly

The Installation of the new Moderator, Rev Dr Martin Fair, took place in front of a very small group consisting of the outgoing Moderator, Rev Colin Sinclair, the Principal Clerk, the Procurator of the Church and the Moderators' families and was seen by a very large contingent of viewers online. This was followed by a virtual Assembly Sunday - Heart and Soul - usually held in West Princes Street Gardens, and it featured music and interviews.

Except for a 'webinar' from the Church Trustees on the Friday of Assembly Week, all other Assembly related business was postponed. A shortened General Assembly may take place in September.

Family Focus

The Early Service in May continued to meet on Zoom on Sunday mornings at 9:30.

On Christian Aid Sunday we talked about helping others and through the "Share Screen" feature on Zoom, we watched together "Florence's Story," a video from the Christian Aid website, to learn how Christian Aid helps people around the world. We also discussed how we, like Florence, can turn to God for comfort and guidance during challenging times. Ruth Naylor then shared some lovely stories and photos of her year in Kenya (see p.16)

We also explored why we might write letters to one another (to say thank you, Happy Birthday, or for encouragement) and then discussed why there are letters in the Bible and the messages they can hold for us today. We looked more closely at the disciple, Peter's letter, and how his advice of "cast your cares upon God, for God cares for you" was good advice for us as well.

My "screen sharing" has improved, and so we've been listening to more songs and singing together from our homes (with mute buttons on!) as the music plays on our computers. Fischy Music's "Keep the Blues Away" and "You are a Star" are ones that continue to be favourites. It's always fun to see who is brave enough to really get into the music and do the actions!

On Pentecost we spoke about the gift of the Holy Spirit and had fun blowing bubbles. We watched the wind (or the wind of our breath) move the bubbles around and reflected on how the Holy Spirit playfully moves among us guiding us every day.

The highlight of this month has been welcoming Arthur and his parents, Laura and Bobby, to our Early Service gatherings. Some of you might remember Arthur from his baptism at MSG on 1 March. And at 2 years old, Arthur is now the youngest member of our group. We are so happy to have them join us!

If you have questions or would like to join us, please send Julia an email: jcato@churchofscotland.org.uk

Julia

Congratulations Elizabeth and Iona

Well done to Elizabeth and Iona who each cycled a marathon to raise money for Edinburgh Sick Children's Hospital Charities.



Elizabeth raised over £1200 for Edinburgh Sick Children's Hospital Charity. She and her brothers, George and William, also cycled many miles with their mum, Dianne, who along with Physiotherapy colleagues at Sick Kids cycled the equivalent distance from Land's End to John O'Groats, 1748 miles in total, to raise over £12,500 for the same charity.



Iona cycled a marathon with her dad from her house to the Pentlands via Roslin and back again, covering 26.6 miles in one go. She raised £1236.25 for Sick Kids Hospital ECHC Covid-19 Emergency Appeal.

Review of this month on TV, Radio and Social Media

This month, our Social Media review will include television and radio, with a particular focus on Rev Kate Bottley and Jason Mohammad and their wonderfully uplifting and topical breakfast show, Good Morning Sunday, on BBC Radio 2 from 6-9am. Equally relevant and engaging are their Twitter accounts and BBC 1's Songs of Praise, co-hosted by Rev Kate Bottley.



Let's begin with Songs of Praise. One of my earliest memories is my mum singing along, not always tunefully, with the hymn's as she watched Songs of Praise (SOP). Reading that the programme began in 1961 at The Tabernacle Baptist Church, Cardiff confirms that SOP, *has* been around long enough to be a very early memory.

SOP has not remained in the 1960s; its staying-power is not only down to people's love of hymns but also to the programme's ability to stay relevant and not to avoid saying what has to be said. The programme broadcast on Sunday 7th June is testament to this in making a clear statement on Black Lives Matter.

Before hearing Amazing Grace by the anti-slavery campaigner, John Newton, there was an interview with Bishop Dr Joe Aldred, from Birmingham, advocating peaceful protest, saying:

'As Christians we are called to do more than platitudes. We are called to look for the truth and when we see evil we should be very willing to call it out.'

The programme ended with Rev Kate Bottley interviewing a hospital Chaplain, Wynne Roberts, who performs as Elvis to connect with patients who have dementia. It is an emotionally charged piece of television showing the power of music to connect and enliven, something that Songs of Praise achieves wonderfully.

I was bereft when Aled Jones stopped hosting Good Morning Sunday

and never thought anyone could match his warmth, sincerity and humour. However, Kate and Jason have it all, as well as bringing their own personalities and style, and their Sunday morning programme is not to be missed. They have the ability to make you laugh, splutter, cry - often happy tears - before you've even had your breakfast. Most of all, they make each listener feel welcomed and valued.

Good Morning Sunday (GMS) presents uplifting stories about life, love and modern spirituality. Kate and Jason interview figures from the faith world, and mark key religious dates including Christmas, Eid, Easter, Yom Kippur, Divali and Ramadan. In addition, their interviews address topics which are topical, and at times challenging. Like Songs of Praise, GMS does not avoid sensitive or emotionally charged topics.

At the start of Mental Health Awareness Month they interviewed novelist and journalist, Matt Haig, who spoke honestly about a time when his mental health reached crisis point and how he came through it. He advises understanding 'your own mental state as a weather system, so you're going through a storm or a hurricane but you're not actually the storm, you're just experiencing that'. He put into words how Covid-19 has led to much anxiety, saying we are all absorbing so much news, facing 'the biggest news day of the year, every day' and he reminded listeners of kindness to self and to others, which is the theme for Mental Health Awareness Month.

Kate and Jason interviewed Malcolm Gladwell, author of the book, *Talking to Strangers*, which looks at how communication between people can go awry and can lead to something starting small and rapidly growing out of control. On 7 June on GMS, this sat in the context of the death of George Floyd and Gladwell continued his theme of communication, talking of the many uplifting voices we are hearing, which show 'wisdom and eloquence amidst chaos.'

Rev Kate and Jason are as interactive with followers on Twitter as on their Sunday morning radio show. One particular theme Kate tweets about is open water swimming which she does in all weathers and she persuaded Jason to take part in an extremely cold Winter swim in Salford Quays to raise money for Children in Need. You can follow them on Twitter @revkatebottley and @jasonmohammad.

Sue

Christian Aid Service

The Christian Aid service reminded Dr Ruth Naylor of her year in Kenya in 1991. The film produced by Christian Aid and shown during the service featured a lady called Florence who sang, "Ndiye mwamba ni salama" (The rock is peace/safe which was the chorus to "My Hope is Built on Nothing Less" Ruth remembers singing that song often in the church in her village, which you can see in this photo.



The Christian Aid film talked of building a dam to save women and children from having to walk many miles to collect water. The village where Ruth stayed, called Salama, had a dam just behind the church, which provided a reliable source of water to the villagers ... except for a few weeks when a hippo took up residence causing people to walk several extra miles to get to another dam where they could collect water safely.

The Head Girl of the local school, also called Florence, can be seen in this photo (front left) leading the singing of a chorus at a village fundraiser for the Salama Primary School.



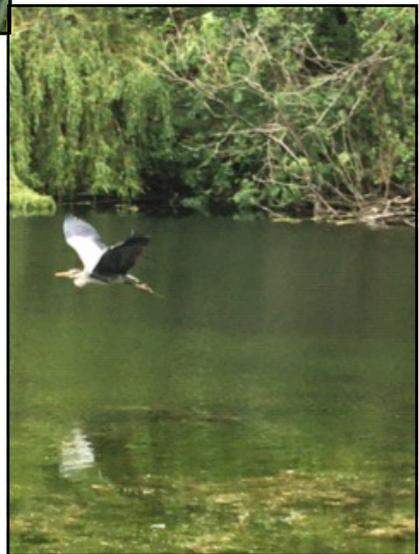
Thank you, Ruth, for sharing your memories and photographs.

**Thank you, Eileen Dickson
for these beautiful photographs
from Blackford Pond**



Swan and cygnets

A heron in flight



Quiz Question: Where in the Bible are swans and herons mentioned?

AROUND THE AISLES

- Monday to Friday on Facebook-Live at 10am there is a Thought for the Day from Karen, Kate and Julia
- Tuesdays at 11am, if you are able to join Zoom, there's a coffee morning. Make a cup of tea or coffee and join in for a chat.
- Wednesday at 7pm on Zoom there's a Knit and Natter meeting. You can sew or knit or join the meeting just to chat. For either of these meetings email Karen to receive the Zoom joining code:
kkcampbell@churchofscotland.org.uk
- Thursday at 1230am you can join the Bible Study led by Julia on Zoom. For the coming weeks we will be looking at The Book of Acts, all are welcome to join this informal gathering. Email Julia if you would like to receive the Zoom joining code in an email: jcato@churchofscotland.org.uk
- The Sunday Service is broadcast live on Marchmont St Giles' Facebook Page and also on MSG YouTube Channel. There is coffee on Zoom after the service at 1130am.
- Ann has home-made jam and marmalade for sale to support the Church Development Fund. You can phone her on: 667 8325 to order some, and make payment at a later date.

If you know of anyone who would like to receive a paper copy of The Shuttle, let us know. Charles can print (normal size or large print) and deliver to anyone who cannot see it online.

Keeping in touch - 'Reformata semper reformanda'

- a motto associated with the Church of Scotland "reformed and always reforming" is particularly apt at this time, it sometimes wrestles with that other motto - 'it's aye been'. But here we are in early June 2020 and 'it's aye been' has been sent to a seat of the back of the bus.

Who would have thought this time last year that we would have seen such a rapid embrace of technology in church communities than witnessed in the last few weeks - the induction of new ministers, the installation of the Moderator, Rev Dr Martin Fair and a variety of other events 'attended' online.

In less than two months what was a dream for us at the completion of our current development plans has become a reality, making church more accessible and able to stream our services or events. We now have young and old from near and far logging on to hear the daily 'Thought for the day', the Family Service or the Sunday Service on social media in greater numbers than ever attended a service. If watching on YouTube you can set the video to show subtitles of what is being said.

We've also seen The Shuttle go almost entirely electronic, maintaining social contact but without the physical contact of collecting copies from church, it is now sent by email to very many in the congregation and has been published on our website/Facebook for some time.

However despite all these rapid advances we have to acknowledge that the computer age is not everybody's answer so rest assured that a paper copy both in normal size or in large print is still available, we also have the services recorded on CD and are gearing up to make them available to watch on DVD, and as a further development we are looking to have the thought for the day and the services available as a phone in facility. The process involves ringing in to a local number and listening to the broadcast, as if on radio, most folks have call inclusive packages on their phone bill - watch this space for details

Please spread the word so that everybody can keep in touch.

With thanks to everyone involved in our 'new' activities.

Going forward - - reformed, always reforming.

Being part of a bigger picture : 'On its own one piece of a jigsaw looks a little lost' but combine that one piece of a jigsaw with tens or thousands of others a beautiful picture evolves To all of us in Marchmont or the Grange the church is Marchmont St Giles' Parish Church we are that one piece of jigsaw that makes Marchmont St Giles', but then MSG becomes but one piece of an even larger jigsaw – The Church of Scotland and beyond to the wider church family where every hour of every day some part of the wider Church of Scotland and churches beyond are working away in support of people in need in a variety of ways.

Much of this is done by the groups we used to know as the Councils of the Church of Scotland but as reported in previous issues of The Shuttle we are currently in a period of change – World Mission, Church and Society and Interfaith come together under one banner – The Faith Impact. You will note that these former councils were those that interacted with society near and far. In the last three months we have learned so much about how communities are coming together in support of one another at home, but Covid19 but one problem facing the world, climate change also has a severe impact in many parts of the world. Let the positive from Covid19 be as a catalyst to re-examine our priorities in life and our use of fossil fuels among other issues.

The new Leader of the Iona Community Ruth Harvey will begin her new role on Monday June 1, is a Church of Scotland minister and most recently director of the Church-founded mediation charity, Place for Hope.

She has been a member of the Iona Community for 27 years and has served on several of its committees, been a member of staff, and edited the Community magazine, Coracle

Life and Work

The latest issue of Life and Work has just been published and is available online with a variety of articles looking back at and looking forward to life in the Church of Scotland.

<https://www.lifeandwork.org/>

Arrangements will be made for those with subscriptions for print copies to receive them promptly.

CROSS REACH

Care you can put your faith in

While many of you have been knitting (and purling) calimari legs on an industrial scale in support of well-being for children we have passed Mental Health week. This year Mental Health has had a new dimension due to the social isolation caused by Covid19 challenging the well-being of all of us - physical and mental. Please see this website for more information on mental well being - www.clearyouhead.scot for ourselves and to help others.

An emergency appeal by CrossReach has raised over £250,000 to help CrossReach homes invest in digital technology enabling residents to chat to family members over social media while personal visits are banned. CrossReach has set up a justgiving page to facilitate contributions to this appeal - ps donations can have gift aid added at no expense to you. Be assured that even if you don't get an acknowledgment to your donation as administrative resources are minimal at present, it will have been gratefully received.

<https://www.justgiving.com/crossreachchurch/donate>

The Church of Scotland

STAMP 2020 APPEAL

Start collecting stamps now to support The Women's Development Centre (WDC) in Kandy, Sri Lanka.

Your used stamps can help the WDC support women and girls who have survived rape, sexual violence and family rejection, returning them to education or learning skills that will allow them to make a living.

HOW TO CONTRIBUTE:
Post your Stamps to: World Mission Stamp Project, PO Box 9191, Wishaw, ML2 0YB.
For other options, see information on www.churchofscotland.org.uk/stamps

www.churchofscotland.org.uk

www.facebook.com/churchofscotland
@thechurchofscotland

Stamp Appeal – your collection of used stamps will support the work of the Women's Development Centre in Kandy, Sri Lanka.

Please cut a half inch margin around your stamps and send them into the church centre or direct to
WM Stamp Project,
PO box 9191,
Wishaw, ML2 0YB.

Out and about

The Covid Times

Stories from around the Church of Scotland

The organist and webmaster at **Bellshill Central Parish Church** has combined his duties every week to entertain hundreds of viewers through live broadcasts.

Members of the congregation and friends from as far away as the Channel Islands have taken part by choosing favourite music for the weekly broadcasts. In recent weeks Alan has also given insights into the workings of the organ, which dates from 1930.

Alan explained: "As I need to check the organ each week to comply with insurance, and as part of that letting the blower run and check each rank of pipes is working, I thought instead of just playing random pieces of music I could take requests. Little did I know this would evolve into a 40 minute episode once edited together.

Volunteers at **Christ Church Warwick**, the Church of Scotland's presence in Bermuda, have spent the past few weeks cooking and delivering food to the needy on the island. More than 160 meals are prepared each day, and the church is part of an island-wide feeding programme begun in April with private sector funding. The church has also kept up with its laundry services, Loads of Love, for vulnerable people, with loads taken to and from a nearby shelter every other day. Until Covid-19 hit Bermuda, Loads of Love did laundry for homeless and needy people and gave them a place to shower and a free breakfast every Saturday.

However David Thompson, the Christ Church elder who co-ordinates the programme, has expressed concern about what happens when the funding for the programme runs out at the end of the month.

Read the full story -

<http://www.royalgazette.com/lifestyle/article/20200511/what-happens-to-hungry-when-we-stop>

And finally...

*A poem Karen shared on Thought for the Day
on FaceBook Live*

Halfway Down by A.A. Milne

Halfway down the stairs is a stair where I sit

There isn't any other stair quite like it

I'm not at the bottom, I'm not at the top

So this is the stair where I always stop

Halfway up the stairs isn't up and isn't down

It isn't in the nursery, it isn't in the town

And all sorts of funny thoughts run 'round my head

It isn't really anywhere, it's somewhere else instead

*A prayer Kate shared on Thought for the Day
on FaceBook Live*

By Martin Luther King

Break the spell of that which blinds our minds. Purify our hearts that we may see thee. O God in these turbulent days when fear and doubt are mounting high give us broad visions, penetrating eyes, and power of endurance. Help us to work with renewed vigour for a warless world, for a better distribution of wealth and for a brother/sisterhood that transcends race or colour.

In the name and spirit of Jesus we pray. Amen.

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