



St Andrew's and St George's West March 2016 Magazine





March 2016

Lent: what's about and why does it matter?	4-5
Alistair McGregor	
Worship for Lent and Easter	6-7
March-April Diary	8-9
People	
On being your church manager Jean Howard	10-11
Announcements marriage	11
Dennis the Friend Laura Shepherd	12-13
Christian Aid	
Spice it up Margaret McGregor	14
Christian Aid 2016 Sale Mary Davidson	15-17
Caring for the Earth	
All things bright and beautiful Pat McKerrow	18-20
Earth Hour Shona Innes	20
Food for thought – Fairtrade Big Breakfast – Fellowship Lunch – Messy Church	21
Think global, act local	
Candidate Café – Election Hustings – General Assembly	22
Praying fast and slow Rosie Addis	23-25
Albany Deaf Church	25
Slavery and Song (Part 2) Ian Y Gilmour	26
From Scotland With Love	28-29
To be a pilgrim St John's Walking Group	30
A-Z of things to do at St Andrew's and St George's West	31
CONTACTS	32

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Many thanks to everyone who contributes to the magazine.

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Editor: Alison Bruce

LENT: what's it about and why does it matter?

Alistair McGregor

Stop a hundred people today in Princes Street and ask them what Lent means to them and you are likely to receive a large number of totally blank looks.

Christmas – yes: Easter: probably yes. But Lent – no.

So here are a few thoughts on Lent and its importance to us, as followers of Christ.

The period of Lent covers the 40 days from Ash Wednesday (on 10th February this year) to Palm Sunday, which marks the start of Holy Week. It is “a bridge”, covering the period from the start of Jesus’ ministry, with his 40 days of temptation in the desert to his entry into Jerusalem at the beginning of Holy Week.

Bridges have a vital role to play most days in all our lives. How would we get from A to B without them? And in our life of faith this bridge too plays such a role, because it spans the major themes, covered by Jesus in his teaching, and prepares us for the great events of Holy Week and Easter Sunday.

So what are these major themes?

It's important at the outset to get rid of the idea that Lent is all about unrelieved gloom. The word “Lent” comes from an old English word meaning “Spring”. Spring is not unrelieved gloom either. During it the day gives way to the light: there are showers of rain or snow: but there is sunshine too and the hope of better to come. So too with Lent.

The great themes of Lent are, first, Temptation. Jesus was tempted. We are all tempted. Temptation is not sin and should not be confused with it: that comes when we flirt with it and give in.

The second theme, which is tied closely to this is repentance, which means a change of heart; renewal; transformation. It is vital to remind ourselves and others that repentance is always positive and always a possibility thanks to God's love for us.

The third and fourth themes are also closely related. They are 'sin' and 'forgiveness'.

Sin is largely belittled today, as something that only theologians and weirdos talk about. But just open your eyes and see some of the hateful, hellish things which are done in this amazing and wonderful world and then you get some idea of the scope and depth of sin.

But equally, thank God, we believe that with him there is forgiveness. That belief: that fact was sealed on Good Friday with the cross of Christ.

Temptation, repentance and forgiveness are important major issues in all our lives. Add in to these that for many it is seen as a time for spiritual training, whether in the form of fasting or self-sacrifice or concentration on prayer, and Lent becomes a time of vital importance to us all in our lives of faith.

A Lenten prayer for us all

As the heralds of Spring golden-trumpet the arrival of Easter,
as the time of Lent passes and the days lengthen,
so we would become your Easter people, O Christ:
shepherd of your sheep,
peacemakers and carers,
open to change and to partnership,
Spirit-led in your service
and in the service of others.

Amen

Why worship in Lent?

As we move through the Season of Lent trusting God in our weakest moments and at times when our journey seems too difficult and we wonder if we can go on. We can find reassurance in the rituals that make up our spiritual practice.

Seasons of the Spirit 2016

Sunday 11am Morning Worship Themes

6 Mar	Returning to God <i>Luke 15:1-3, 11-32</i>
13 Mar	God's Fresh Ways <i>John 12:1-8</i>
20 Mar	Palm, Passion Sunday <i>Luke 22:14-23:56</i>
27 Mar	Easter Celebration All Age Service <i>Luke 24:1-12</i>
3 April	Speak Out <i>Acts 5:27-32</i>
10 April	A New Vision <i>Acts 9:1-6</i>

Worship Strengthens and Transforms

Worship is helpful for our growth as followers of Christ, so consider joining us Sunday by Sunday. You can attend Communion at 9.00am, the All Age service at 9.45am or enjoy our progressive pattern at 11.00am or come to all three!

Mark Holy Week and Easter with our TOGETHER partners

Soul Space at St Cuthbert's

Wednesday 23 March 12.30-2 pm and 5 -7.30pm

'come and go,' space for prayer and reflection
with led reflections at 1pm and 7pm

Seven Last Words at St John's

Good Friday, 25 March 12 noon -3pm

Dawn Service for Easter Day at St John's

Sunday 27 March 7am



Holy Week

Palm Sunday to Easter
20–27 March 2016

Holy Week is our most intense experience of God in Christ; our theme this year is 'Hands', and is rich in words and music.

Holy Week services at 7pm

MONDAY 21 MARCH | Humble Hands

Male voices of the choir – plainchant, spirituals by Clemmons, Carvel, Murray Mitchell.

TUESDAY 22 MARCH | Caring Hands

Choir with saxophone and piano – Schütz and Gjeilo.

WEDNESDAY 23 MARCH | Greedy Hands

Female voices – Caplet and Hurford.

THURSDAY 24 MARCH | Sharing Hands

A communal meal, remembering the Jewish Passover and the Last Supper.

GOOD FRIDAY | Outstretched Hands

Choir and orchestra - Andrew Carvel 'Seven Last Words' and music by Anerio and Chilcott.

Holy Saturday

Noon-2pm Reading of the full *Gospel of Luke*, with reflective music.

Easter Day

- 7am** Dawn – City Centre Churches Together service at St John's Church, Princes St.
9.45am Easter breakfast – Easter eggs and hot cross buns!
11am All age service – with choir and Daffodil Cross.



St Andrew's & St George's West

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March 2016 Diary

Thu 3 Mar	12.30pm Ecumenical Friends at STAGW 7.15pm TOGETHER Pilgrim Course (4) 9.30pm Compline (at St John's)
Fri 4 Mar	World day of prayer
Sun 6 Mar	9am Communion, 9.45am Learning Together; 10.30am Discussion 11am Morning Worship 12 Fellowship lunch – Bibles for Malawi 2pm Albany Deaf Church Bible Study
Mon 7 Mar	6.30pm AHSS Lecture Anthony Lewis – The Builders of Edinburgh's first New Town 1767-1795
Tue 8 Mar	3.30-4.15pm Exploring Silent Prayer (at St John's)
Wed 9 Mar	5.30pm Oxfam Candidate Café
Thur 10 Mar	12.30pm Ecumenical Friends at STAGW 7.15pm TOGETHER Pilgrim Course (5) 9.30pm Compline (at St John's)
Fri 11 Mar	7pm Sarah's Charity Cabaret (MGA Academy) https://www.facebook.com/sarahscharitycabaret
Sat 12 Mar	7.30pm Georgian Concert Society Florilegium – Towards the Enlightenment http://www.gcs.org.uk/concert6.htm
Sun 13 Mar	9-10.40am Big Fairtrade Breakfast! 9am Communion, 9.45am Learning Together 10.30am Discussion 11am Morning Worship
Mon 14 Mar	7.30pm Kirk Session
Thur 17 Mar	7.15pm TOGETHER Pilgrim Course (6) 9.30pm Compline (at St John's)

Sat 19 Mar	10am Messy Church St John's Walking Group (Eildon Hills) 8.30-9.30pm Earth Hour
Sun 20 Mar Palm Sunday	9am Communion, 9.45am Learning Together; 10.30am Discussion 11am Morning Worship
Mon 21 Mar	10.30am Book Group meets sanctuary closed this afternoon 7pm Humble Hands
Tue 22 Mar	3.30-4.15pm Exploring Silent Prayer (St John's) 7pm Caring Hands
Wed 23 Mar	7pm Greedy Hands Soul Space at St Cuthbert's
Thur 24 Mar	7pm Sharing Hands (Seder Meal)
Fri 27 Mar Good Friday	12 noon Seven Last Words (at St John's) 7pm Outstretched Hands
Sat 26 Mar	12-2pm The Full Gospel, Sanctuary
Sun 27 Mar Easter Sunday	7am Dawn Service at St John's 9am Communion 9.45am Easter Breakfast 11am All-age Easter Worship +Communion 2pm Albany Deaf Church Easter Communion 2pm Hungarian Congregation meets

Holy Week Palm Sunday to Easter 20-27 March

April 2016 Diary Dates

Mon 4 April	6.30pm Architectural Heritage Society of Scotland Lecture: Simon Green: From Abbotsford to Sanna Bheag, the vernacular revival in Scotland
Wed 13 April	5.30pm Edinburgh Quartet Rush Hour Concert
Wed 20 April	Place for Hope Training Day An Evening with Magnus Macfarlane Barrow

On being your church manager

Jean Howard

'Temporary vacancy at the Olive Tree Cafe', the advert read. An innocuous invitation to spend two months ensuring the soup was made, the floor mopped and the takings banked; one would have thought. But on day two of my tenure, a certain John Wilson mentioned 'The Crofters'. He talked in a near reverent tone that held a whisper of what the future might hold and indeed, after a few weeks in the company of these upbeat, open-minded, generous hearted and amusing ladies - and gentlemen cashiers - I was hooked. The rest is history.



I took up the role of church manager in a state of absolute ignorance about the operation, systems and culture of this church. The building to which you were moving, beautifully restored, seemed full of passageways and bulging cupboards determined to thwart a newcomer, but thankfully there was a solution; the wise and experienced came to my rescue - you know who you are. They provided me with information about suppliers, processes, history, traditions, events, menus, fabric, expectations.....and the fast approaching Christian Aid Book Sale (small panic, which was quickly put into perspective by everything else that needed to be done!). A baptism of fire ensued in those first months which was eventually followed by the slow building up of what is now our successful operational team. We tried and we erred, ideas were refined - and some discounted - and there was training and tears.

This is a great community and one of which I feel privileged to have been a part. Optimistic, forward looking, positive, forgiving, encouraging, inquisitive, innovative, sensitive, humorous and welcoming are all adjectives that apply to you. This is a busy, vibrant place which never stops. There is always some part of the congregation or ministry that is working. The choir is practising, a group is meeting, the magazine is being produced or lunch is on the go. Maybe rice is being fairly traded, visitors are being welcomed, Bright Sparks are active and bells are being rung. And throughout all this, thought, consideration will be taking place to bring together the existing and the new. Be it the festival programme, Gorrie lectures, schools debates, the Christmas Tree Festival or Book Sale, there are always plans for improvement or innovation; there are no laurels for resting on here!

Over the past three years I have learned the immense value that volunteers can bring to an organisation in terms of open-heartedness, richness of talent and sheer graft; when the going has been tough you have certainly got going to sort things out! You have welcomed me and the rest of the staff and allowed us to support your efforts and mission. This has been a responsibility I have enjoyed and feel honoured to have play a part in. Being seen on one of the exhibition panels, and given a voice on the video were special.

My apologies for wittering on, but this has been a very meaningful part of my life, and I would like to thank you all for giving me this opportunity to play a part in your history. Your support has been amazing and I have learnt much.

Marriages

Ruth Parkinson to Craig Moss on 30 January 2016

Deaths

Mrs Jean Sillar

Dennis the Friend

Laura Shepherd

When I first planned to write “something” about Dennis Sutherland, church officer at St Andrew’s and St George’s for many years, I thought of the title “my friend Dennis,” but I very soon had another thought. Dennis wasn’t just *my* friend – he was a true friend to many, many people, far more than I could possibly know of.

So before I start on my remembrance, I would hope that I have set the ball rolling. There must be many of us who have good memories of Dennis to share. I would love to see a few more on these pages. This would be a worthy tribute to a very fine man.

My late husband and I, of course, met Dennis when we first became members of St Andrew’s and St George’s. But I got to know him better and found the blessings of his kindness, warmth and sense of humour after my husband died.

One Sunday morning, a few weeks after the funeral, Dennis was on duty at the front door when I came into the church. “How are you my dear?” he said, and as he had asked me as if he really wanted to know, I could feel a lump coming into my throat. In order to get this under control, I answered him a little facetiously, “I’m fine, thanks, but I’m getting rather a lot of female companionship.” To which he replied, with a mischievous glint in his eye, “Oh, I think I could do something about that!”

And so, a couple of Sundays later, I arrived at Dennis’s front door in time for lunch. He led me into a room, all set for lunch, where round the table every seat but one was occupied by friendly looking young men! It was a delightful surprise! And the conversation – and the wine – flowed and I had the happiest afternoon I’d had in a long while.

Thereafter, every year around the time of my birthday, Dennis arranged a birthday lunch for me, with similar companions and wonderful food. He always made a cloutie dumpling with sixpences inside. And not only a dumpling but also a birthday cake with a discreet number of candles. There were a couple of years when, in addition to everything else, he made Black Forest gateau. I have never left a party chez Dennis feeling I could eat a little more!

Over the years there were many lunches, dinners, coffees and afternoon teas. I did my best to reciprocate his wonderful hospitality and he was always graciously lavish in his praise of what he received. But nothing could ever match his own warmth and thoughtful kindness.

A phrase that has of late become fashionable is “the kindness of strangers.” Dennis often exhibited prowess in such good deeds. I remember one such occasion. It may have been during the Festival, I’m not sure, but I DO know that Dennis and I were out “on the town.” We were finishing off the evening in Deacon Brodie’s. The place was crowded and we found ourselves sharing a table with a French couple who were, with delicacy and suspicion, poking their very first platefuls of haggis, neeps and tatties. Right away I heard Dennis say to them “Oh, you really need a drink with that. You must allow me to buy you one.” And so saying, he presented them with a fine whisky each.

I could go on and on. There were evenings and matinées at pantomimes, plays and ballets. I could mention his sympathetic interest in my family. And there was the matter of my ever widening circle of friends, all met at Dennis’s home. But I would like to know how this remarkable gentleman impinged on the lives of others. So now it’s over to you!



Spicing it up for Christian Aid

Spice it up was the title of the Cookery Demonstration Fundraiser held in February for Christian Aid. Pete Anderson and Jean Howard introduced us to a starter of stuffed dates, wraps with unusual sides and 2 great tasting cheesecakes with very unusual sauces. Very handy for feeding the grandchildren - maybe even their parents.



Jean - all in the mix



Pete - another inspired creation

None of our 60 guests needed a second invitation to taste the food. I am sure I will not be the only one who will be introducing all of these new ideas to my family!

Thank you to all who came, to those who prepared the afternoon tea and £ 480 was deposited and will be sent to Christian Aid.

**Margaret McGregor,
City Centre Churches Together
Christian Aid Committee**

Christian Aid Sale 2016 at St Andrew's and St George's West Mary Davidson

Although our 2016 Appeal will not be launched until late March, we already have in store for the Sale many thousands of books. The two bibliographers who devote Tuesday afternoons to cataloguing the special books, and the eight members of the Wednesday morning work parties have been delighted by their finds this year. In Washington DC, Ried Zulager is preparing an advance catalogue of some of the most interesting and valuable of these.

Heading the list is the very generous gift of fine antiquarian books from the Gorrie family. It was the wish of the late Donald Gorrie (1933-2012), MP, MSP, Elder of St Andrew's and St George's West, champion of many good causes and of the City of Edinburgh, that books from his library should go to Christian Aid.



Among these are two magnificent volumes: Alexander Campbell's *A Journey from Edinburgh Through Parts of North Britain, 1811*, "embellished with forty-four engravings", including one clearly showing the spire of St Andrew's Church.



LADY HESTER STANHOPE,

London Henry Colburn, 1845

Another is *Memoirs of Lady Hester Stanhope* (1776-1839), London 1846. Hester Stanhope spent 30 years travelling dangerously in Syria, where she was revered. Niece of William Pitt the Younger, Lady Hester left England after his death, never to return. She lived and died in a half-ruined castle on Mount Lebanon. A bronze statue of William Pitt (1759-1806) stands in George Street at the Frederick Street intersection.

Together with those rare books, there is a copy of *First Four Minutes* by Sir Roger Bannister, the English athlete and neurologist. A noted athlete himself, Donald Gorrie was present on the historic occasion at Iffley Road, Oxford, in 1954 when Bannister broke the record for the mile, with a time of 3 minutes, 59.4 seconds.

Our wish for something to mark William Shakespeare's quatercentenary has been granted in the form of the exceptionally fine gift of a 1793 set of his works in the beautiful original binding. With this came the 12 volumes of the famous series, *Bannerman's Birds of the British Isles*, published in the 1950s by Oliver and Boyd, the publisher in the Royal Mile. Mention of this reminds us that 2016 is the year of the Sovereign's 90th birthday, and that Royal memorabilia will be especially welcome this year.

In store for the Sale are countless collectors' items including, for example, *The Pilgrim's Progress* in Gaelic and a little booklet entitled *Short Spins Round Edinburgh* (1897) which contains an advertisement for "Improvements in Cycling Skirts: The Best and Most Comfortable Cycle Skirts Ever Placed Before the Public."

The two final words for this newsletter are those of the title of the boxed, signed, limited edition (2007) just given to us, of Terry Pratchett's acclaimed novel: *Making Money*.

Christian Aid Sale 2016 Dates

Sun 1 May	CA Push n Shove Sunday
Mon 2 – Fri 13 May	Christian Aid Sorting
Sat 14 – Fri 20 May	Christian Aid Sale

All Things Bright and Beautiful, All Creatures Great and Small

Pat McKerrow's Wildlife Diary

I love the natural world; a beautiful and wonderful part of God's creation.

Most days, I am fortunate in being able to spend time watching and marvelling at the array of wildlife literally on my doorstep. I've even started bombarding my Facebook friends with a *Wednesday's Wildlife on the Water of Leith* post showing photographs of the day's sightings!

This week I was lucky enough to be able to include a sighting of a bird I'd never seen before, a Water Rail, which is fairly rare in these parts. A beautifully coloured and patterned little thing scuttling around at great speed amongst reeds, which made 'capture' with a lens challenging. Thankfully I did manage a few focussed shots before, I'm ashamed to admit, my camera battery ran out!

Struggling with a heavy cold, I'd actually forced myself to head out that day. What an incredible reward! And that's the joy of watching wildlife, the unexpected and unpredictable.

I also found lots of ducks (Mallard and Tufted), Mute Swans, Grey Herons, Grey Wagtails, Moorhens, Coots, a Kingfisher, Bullfinches, a Grey Squirrel, and the list goes on. Spring and Easter signs of renewal and new creation are appearing too, with lots of nest building underway.

Lots of people take organised wildlife watching holidays in the hope of seeing certain creatures. Often the bird or mammal they so desire is right here on 'my patch', within the plentiful gifts offered to us by our beautiful city.

I count my blessings in so very many ways and reflect on the words "How many are your works, O Lord! In wisdom you made them all; the earth is full of your creatures." (Psalm 104, v24)



Water Rail by the Water of Leith, Edinburgh

I cannot begin to imagine a world limited in, or void of, wildlife, where future generations could not share the plethora of creatures I have loved all my life. Regrettably, decline is already evident at all levels. So, too are the main sources of decline. I was so saddened this week to see my favourite local wildlife spot on the Water of Leith strewn with litter; birds literally sitting amidst discarded cans, papers, wrappings, etc. This is not new, of course, just more visible following recent high waters and strong currents.

The next day I was interested to read about an initiative launched by the Keep Britain Tidy, engaging with young people on issues such as waste and litter, the negative impact it has on our wildlife and environment, and highlighting the fact that we humans are both the cause and solution.

For 'my patch', there is also The Water of Leith Conservation Trust, which works to conserve and enhance the river, its heritage and wildlife, and I know periodically organises river clean-up days. Perhaps I will be writing a number of letters over the coming weeks!

Meantime, each of us can make a difference by considering all our actions and their impact on our natural world. The future of the treasure we have rests in our hands.

Every blessing
Pat McKerrow



Earth Hour

Shona Innes

The Wider Horizons Group would like to ask people to take part in Earth Hour, which is happening on Saturday 19th March 2016 from 8.30-9.30pm.

Earth Hour was set up in 2007 as an annual, global demonstration for action on climate change. Individuals, businesses and communities are asked to turn off non-essential lighting for at least the hour, as a display of solidarity and to spread awareness throughout our global society of the challenges we face in protecting our world's vulnerable resources. It is aimed at focussing individuals and communities to consider their commitment to action.

Locally, public demonstrations of support can be seen in some of our iconic landmarks going dark, such as Edinburgh Castle and the Kelpies. Show your support this Earth Hour and use it as a time to reflect on our personal contribution to climate change action and what we can do to protect God's Earth. You can visit the website www.earthhour.org to look at ways to get involved.



On Sunday 13 March, to celebrate Fair Trade Fortnight, you are invited to breakfast in the Undercroft between 9 and 10.40 am. Come either before or after your usual service and sample delicious Fair Trade food: porridge or muesli / orange juice / home baked bread, toast or oatcakes with jam or marmalade / tea or coffee. **Jean Mackinlay**

Congregational Lunch 6th March 2016

The purpose of this month's lunch is to support mission work in Mulanje, Malawi. Dr Billy Gama, whom some of us met here in October 2014, runs bible study classes and is very short of bibles. Initially we thought of sending out our surplus bibles following our union, but the Scottish Bible Society advised us to send funds to purchase bibles locally, which benefits the local economy, and allows the Mission to select what language they want. The Malawi Bible Society is very active and will supply what is required. The generous support of the congregation would be much appreciated. **Alan Mackinlay**

Messy Church 19 Mar 10am-12.30pm



For adults and children up to p7 - all welcome!

Think global, act local

Ahead of the Scottish Parliament elections, 5 May:

Candidate Café

Wednesday 9 March

5:30-7:30pm

St Andrews & St George's West

Oxfam and SCCS (Stop Climate Chaos Scotland) supported by Christian Aid are organising Candidate Cafés throughout Scotland. These are free events where we can meet local Holyrood candidates in an informal setting and learn about reducing inequality at home and abroad.

Election Hustings

Wednesday 16 March, 6-7.30pm

Edinburgh City Chambers, High Street, Edinburgh, EH1 1YJ

Christian Aid, NIDOS, Scotland Malawi Partnership and the Scottish Fair Trade Forum invite you to engage with representatives of the five parties currently represented at the Scottish Parliament. Spaces are limited, so please let Diane Green, Christian Aid Scotland's Campaigns Officer know if you'd like to attend.

General Assembly 21-27 May 2016

If you are interested in serving as a steward at the General Assembly this year please contact Sandy Gemmill at assemblystewards@churchofscotland.org.uk. People are asked to undertake two hour shifts on one or more days (some people offer to do more than one shift). Duties involve checking passes and directing people to the appropriate places in the building and managing the flow of people at busy times. Unfortunately no travelling expenses are paid. Teas and coffees and light refreshments are provided with a modest lunch allowance for those on duty over lunch time.

Sandy Gemmill, Chief Steward, General Assembly Principal Clerk's Office, Church of Scotland Offices, 121 George Street, Edinburgh, EH2 4YN

Praying fast and slow

The 'Lord's Prayer' in Sign Language Rosie Addis



How long does it take **you** to say the Lord's Prayer?

I'd estimate about 30 seconds, certainly under a minute. The rhythm of the language leads to quite a fast rendition of the prayer. This is not a bad thing and the words are comforting and familiar, reminding me that I am part of something much older and bigger than simply the situation I find myself in at that moment.

So I have a confession to make.

I don't like the fact that in my ministry with the Deaf Community we take *over five minutes* to get through the Lord's Prayer. I inwardly roll my eyes as we begin. I especially don't like the fact that we sign along to the Mormon Tabernacle Choir! However, I have arrived late to the party, and the song has been used for many years now, born out of awareness of rhythm and pace, and of an ignorance of differing theologies.

This is a piece of liturgy that has built up over time. It was born in the hands of Deaf people themselves, who translated the song into British Sign Language (BSL) and performed it in the Edinburgh Signing Choir for many years before I became involved with the congregation. If we sign the prayer without the music, the rhythm and pace of the signing still stubbornly follows that of the song.

I have another confession to make.

I'm growing to appreciate the length of time it takes to sign the Lord's Prayer. I am given the opportunity to think about what I am signing, to build up a mental picture of how I feel to address God as 'Father', to think about what it means to forgive others just as I have been forgiven. What is our 'daily bread'? Why does the New Testament Greek use a word found nowhere else in the Bible? What is the 'kingdom'? What does the Kingdom of God look like for me, for the people with whom I am praying, here and now? These are all questions that anyone saying

the Lord's Prayer might indeed ask themselves; add to this the complexity yet beauty of movement, of shaping one's theology by the placement of a hand, a tilt of the head, or one's facial expression, and the Lord's Prayer becomes a much deeper experience both in terms of its understanding and its expression.

And so I have decided to take what I have learned from my Deaf friends and apply it to my first language. I am deliberately trying to slow down the speed at which I recite the Lord's Prayer, to think about what I am saying, and to allow the words to shape me in the same way as the signs.

So those who use BSL as their first or preferred language sign the Lord's Prayer at a much slower speed than the English recitation with which I am so familiar. That's fine, until someone has the bright idea of bringing the two languages together in one church service!

Over the years I have been called on to interpret church services into BSL, and know from bitter experience the difficulty of interpreting the Lord's Prayer for the Deaf congregation.

Can you imagine the mental jarring that occurs when instead of a slow, thoughtful prayer the interpreter launches into a fast and farcical rendition?! It's as though some unseen being has pressed 'fast forward' on the celestial remote control!

In such circumstances it would be good to consider slowing down the spoken version and also perhaps drawing attention for worshippers to how they express the sentiments of the Lord's Prayer in physical aspects such as eye gaze, body language, and mental pictures as they are praying.

There is a beauty to be found in praying more slowly and with expression, and as an expression of working together to create inclusive worship, it speaks much more of the Kingdom of God than simply going with the normal routine and leaving the interpreter to make sense of what's happening for those who use sign language.

Towards the end of last year a cinema advert was produced that showed a range of people reciting the Lord's Prayer – from various

walks of life and in a variety of situations. There was some controversy at the time that religion was being 'forced' onto the public, but it was also clear that there is a universal familiarity that many people have of the Lord's Prayer which transcends all barriers of communication and language; most people know at least one line from the prayer, if not the entire prayer itself.

During this time of Lent, I would encourage you to renew your attitude towards the saying of the Lord's Prayer. Why not slow down the time it takes to pray, stand up, raise your hands, open your eyes and think about the images the words evoke? You could even learn to sign the prayer, or help me to find a new song for it! anyone for Cliff Richard's 'Millennium Prayer'?!

Rosie Addis is Chaplain to Deaf People in Scotland.
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Links:

<https://www.youtube.com/watch?v=SuMzfTnsVxY>
BSL Lord's Prayer with Edinburgh Signing Choir
<https://www.youtube.com/watch?v=vlUXh4mx4gl>
Lord's Prayer (Just Pray)

Albany Deaf Church Edinburgh Programme

6 Mar 2pm Bible Study St Andrew's & St George's West (STAGW)

12 Mar 10am -12.30pm Messy Church at STAGW

13 Mar 2pm Trust House, Montrose Terrace

20 Mar 2pm Deaf Action, Albany Street

27 Mar 2pm Easter Communion St Andrew's & St George's West

Follow Albany on facebook at

<https://www.facebook.com/albanydeafchurch/>

Slavery and Song

Part 2

A postcard from Ian

Two Presbyterian churches in Scottsdale, Arizona combined to allow Ian Gilmour to share his findings with a very large choir of 110 people. The programme was short compared to the Edinburgh version and had some different ingredients - an African American minister read the historic quotes from his community.

It was a concert format, with four soloists, two wonderful violinists, an organist and two pianists. Some fresh material was shared and the event was all supported with an audience of well over 700 people. We sang some new songs, though included Andrew Carvel's version of 'Steal Away', which sounded good even on the other side of the pond. The large choir - which included a relation of President B. Franklin, Woody Guthrie's nephew and a woman who sang for and shook hands with MLK in 1964 - was well prepared by Kay Randolph and her daughter Jennifer Hamm.

The feedback was very positive and a video has been made. I have brought a copy to Edinburgh, in case members or friends wanted to view it. It is my hope to share a leaner version of thoughts on the power of these songs as part of our summer Festival programme.

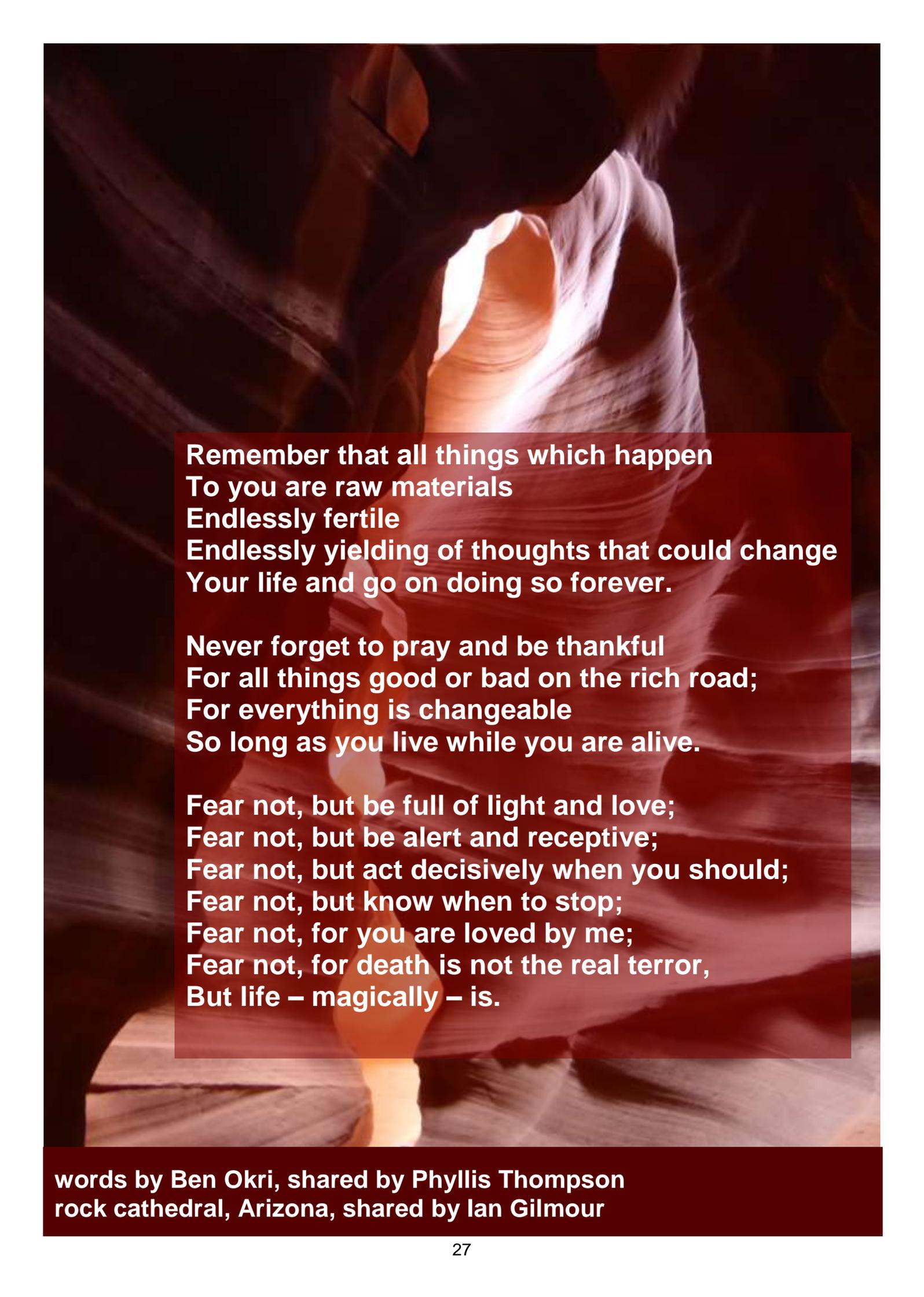


**Rev Ray Roberson
reads MLK**



Caitlin and Matthew, our grandchildren, travelled with us and had a wonderful time, seeing new sights and meeting many new and interesting people in the Grand Canyon State.

Hope to catch up with your stories soon. Every blessing, Ian.



**Remember that all things which happen
To you are raw materials
Endlessly fertile
Endlessly yielding of thoughts that could change
Your life and go on doing so forever.**

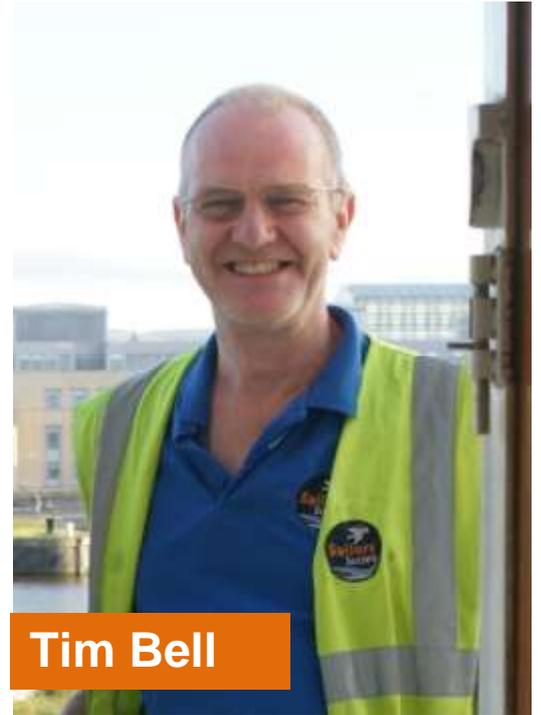
**Never forget to pray and be thankful
For all things good or bad on the rich road;
For everything is changeable
So long as you live while you are alive.**

**Fear not, but be full of light and love;
Fear not, but be alert and receptive;
Fear not, but act decisively when you should;
Fear not, but know when to stop;
Fear not, for you are loved by me;
Fear not, for death is not the real terror,
But life – magically – is.**

**words by Ben Okri, shared by Phyllis Thompson
rock cathedral, Arizona, shared by Ian Gilmour**

From Scotland With Love

Tim Bell is Chaplain to Seafarers at the Port of Leith. Every year, Sailors' Society chaplains distribute more than 20,000 woolly hats, all knitted by volunteers, to sailors working on the cargo and container ships which transport 90% of Britain's imports. Members of our Creative Together craft group knitted some of these hats, and when Tim came to meet the group and pick up the woolly hats, he brought a couple of poems that he and his wife had written in appreciation of volunteer knitters. Enjoy!



Tim Bell

Knot a Knitter

**I am knot a knitter, but I have a knitting friend.
She knits hats all year for strangers,
For sailors at sea facing dangers.
Their loneliness and exile she knows she canknot mend,
But a warm head is a good start,
The hat heats the heart:
Love is the message her knitting sends.**

Liz Banks, Leith, January 2016



CO-ORDINATES

There's an army of knitters out there
Alone of an evening, quietly, knitting
In a friend's house, laughingly, knitting
In the church hall, noisily, knitting.

The army is all around me. It has my co-ordinates.
Regularly I am bombarded with soft bags of
big hats, small hats, green hats, red hats
rainbow hats.

In the co-ordinates, but not the target.
With me the hats travel on to
a cement ship, a grain ship, a ship bringing pipes,
or a ship surveying the ocean floor.

'From Scotland With Love' I say with every hat.
The men smile. They know the Bond film.
The hat warms the heart as much as the head.
Kept for best, they are seen in the next port,
and the next,
Until they go home.

That's nice dear, says the wife, and the hat covers
another head.

And warms another heart.
From Scotland with Love.

And the knitters have no idea where in the world
their little piece of Scottish love goes.
They're not going to change their co-ordinates.

Tim Bell, Leith, January 2016

To be a pilgrim...

St John's Church Walking Group

St John's Church Walking Group walks the on first Thursday and the third Saturday of each month and all are very welcome to come along.



Saturday walks vary in length (usually between 7 and 14 miles) and terrain (from coastal trails to mountains) and they are suitable for anyone who is reasonably fit. Thursday walks are shorter (4-6 miles) and are always on good paths.

We travel by public transport or by car, and there is always space for those who require a lift. A contribution to the cost of petrol is appreciated. We suggest £20 (divided between the number of people in the car) for a long drive (over an hour) and £12 for the car for a shorter drive. Unless otherwise specified, bring a picnic lunch and plenty to drink, waterproof clothing and walking boots or heavy shoes. This not a formal walking club and is not covered by insurance.

These walks are an opportunity to get to know the surrounding countryside and to meet other people. We look forward to seeing you!

The next Saturday walk will be on 19 March on the Eildon Hills travelling by the Borders Railway to Tweedbank.

The next Thursday walk will be on 7 April from Ratho to the Water of Leith Information Centre via Union Canal.

Find more information on the St John's Walking Group at <http://www.stjohns-edinburgh.org.uk/about-us/groups-2/walking-group.html>

An A-Z of things to do at St Andrew's and St George's West

Amnesty Group meets monthly, on the last Monday of the month, 12.15-1pm in the Undercroft Café to write letters campaigning of the release of political prisoners. All welcome.

Ruth Forrester

Bellringers meet twice weekly, practising Monday evenings and ringing on Sunday 12 noon. Beginners and experienced ringers welcome. **Barbara Ross** is congregational contact

Book Group meets monthly, on the third Monday of the month from 10.30am-12 noon. Currently reading Dietrich Bonhoeffer's Life Together. Everyone welcome. **Veronica Crerar**

Choir rehearses on Thursday evenings and Sunday mornings, and sings at 11am Sunday worship and radio and other performances through the year. **Mary Margaret Scott**

Creative Together meets monthly, on the third Wednesday of the month, for all kinds of crafting, chat and planning fundraising events. New members very welcome **Maggie Morley**

Evergreens social group meet monthly for talks, film visits etc. **Veronica Crerar**

Fair Trade Stall occasional Sundays **Ruth Forrester**

Messy Church meets quarterly on a Saturday morning: provisionally 19 Mar; 11 June; 3 Sept; 12 Nov **Ian Gilmour**

Thanks to MM Scott for church signs below



St Andrew's and St George's West, 13 George Street Edinburgh

EH2 2PA 0131 225 3847

www.stagw.org.uk  stagw  @StAGW1

Office open Mon - Fri 10am-3pm

Church open Mon - Fri 10am - 3pm: Sat 11am-2pm

Undercroft Café Mon - Fri 10am - 2pm

Sunday worship 9am, 9.45am, 11am

Weekday worship 1pm Monday – Friday

**Minister Rev Ian Y Gilmour
0131 225 3847 (church)
IGilmour(at)churchofscotland(dot)org(dot)uk**

Pastoral Assistant Rev Alistair McGregor

Session Clerk George Burgess

**Joint Treasurers John Innes
Allan Sim**

**Director of Music Brigitte Harris
Assistant Director Andrew Carvel
of Music**

**Church manager Jean Howard (until 10 Mar)
Wendy Henderson (from 10 Mar)
0131 225 3847
churchmanager(at)stagw(dot)org(dot)uk**

**Church secretary Joyce Garland (Tue, Thurs, Fri 10am-3pm)
0131 225 3847 info(at)stagw(dot)org(dot)uk**

**Church administrator Sophie Chalmers (Mon & Wed 10am-3pm)
0131 225 3847 admin(at)stagw(dot)org(dot)uk**

Edinburgh City Centre Churches TOGETHER

TOGETHER Chair Ian Gilmour

TOGETHER City Tony Bryer 0131 229 6542 / 07834 748129

Centre Chaplain tbryer(dot)wpcscotland(at)gmail(dot)com

**TOGETHER Trustees from St Andrew's and St George's West
Christina Bowen, Frances Cooper and James McNeill**

**St Andrew's and St George's West Church of Scotland Edinburgh
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