THE SHUTTLE

April 2020

MARCHMONT ST GILES' PARISH CHURCH

AT THE HEART OF THE COMMUNITY





Meeting Matters

Wednesday
12.30 Butterflies Plus is not on at present
Thursday
12.30 Bible Study on Zoom
Saturday
10am - 12noon Morning Coffee is not on at present

April 2020

5	9.30	Junior Church on Zoom
	10.30	Palm Sunday Morning Worship on Facebook Live / YouTube
6	7.00	Kirk Session on Zoom
12	9.30	Junior Church on Zoom
	10.30	Easter Sunday Worship and Communion on Facebook Live and YouTube
19	930	junior Church on Zoom
	1030	Morning Worship on Facebook Live and YouTube
26	930	Junior Church on Zoom
	1030	Morning Worship on Facebook Live and YouTube

May 2020

3	930	Junior Church on Zoom
	1030	Morning Worship on Facebook Live and YouTube
4	7.00	Kirk Session on Zoom
10	930	Junior Church on Zoom
	1030	Morning Worship on Facebook Live and YouTube

See page 22 for weekly events taking place on-line.

1a Kilgraston Road, Edinburgh, EH9 2DW
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www.marchmontstgiles.org.uk

Reflections



Easter is one of those days that was overwhelming and continues to be so. How could what had happened, have happened?

For the disciples, Easter began as part of the tragic story of the Friday. And then it took a different incomprehensible turn.

We, like the first disciples, are called to rejoice in the mystery of the Resurrection.

The Greek word mysterion or mystery has a Latin equivalent and that is Sacramentum. This word was used to describe the vow and the initiation which each Roman Centurion went through when they joined the Army community.

Like the military Sacramentum, a Christian sacrament was seen as a sign of being part of the Christian community, and that joining and entering into the community of the faithful is part of the whole sharing of the bread and wine.

But on that first Easter, most of the disciples had scattered and only the women had arrived at the tomb to anoint the body of Jesus.

The accounts we have of the Resurrection appearances tell us that one by one he comes back and he reaches out to his disciples: first the women and then the others.

Jesus came back for Mary and for Thomas and Peter and those who were leaving, on the road to Emmaus. He calls each and every one of them back into community; not an old community, but a new one.

God encountered them, exactly where they were, just as He does, every time we come to Communion. In these encounters, whoever we are, we not only become one with Him, we also become one with all of those people, who have gone through the veil into the Life Eternal.

He will always come searching for us, and will not give up even if it takes a lifetime, for us to hear his voice and respond. Nothing about us is allowed to be lost, because we are valuable and we have work to do for Him.

That is the mystery and the Sacrament of Holy Communion.

The Theologian and Pastor Dietrich Bonhoeffer, wrote in his book, the Cost of Discipleship:

> *"Discipleship is not limited to what you can comprehend – it must transcend all comprehension."*

We may not feel strong or brave or even hopeful today. But remember, God is with us, and we should celebrate this, even if we find it hard to comprehend.

And so we should be grateful that Mary spoke up; if she hadn't where would we be? She says: " I have seen the Lord". And the rest as they say is history. AMEN

Karen K Campbell

Find us on Social Media:

Marchmont St Giles' Parish Church

@Marchmont_St_G

Marchmontstgiles

From Butterflies Cafe



Nicci at Butterflies Cafe is posting cooking tips and recipes on The Butterflies Cafe Facebook page and on Twitter @ButterfliesCafe.

She writes: Here's something so ridiculously easy you could almost do it with your eyes closed (please don't take that as a challenge!).

If you were not already aware of her, you might have come across Jack Monroe recently. She's been bouncing around morning TV a lot, and has appeared in various newspaper columns as she's been tweeting about her "Lockdown Larder" tips.

Jack has spent years and years creating simple, delicious, nutritious recipes that people on low budgets or with physical disabilities (so, for example, struggle with chopping) can make. She has a whole recipe book called Tin Can Cook where the recipes are entirely made from tinned goods (the odd bit of garlic paste and frozen chopped onion notwithstanding). This has become relevant to many more people during lockdown, when getting fresh veg has been difficult.

So, I'm just going to hand you over to Jack, so she can tell you what to do with all those tins:

www.cookingonabootstrap.com

Also good to check out; Don't Throw That Away, what to do with leftovers, half jars, and items looking past their best;

www.cookingonabootstrap.com/2016/02/08/what-to-do-with-leftovers/

Check out Jack's Lockdown Larder Tips on Twitter too; www.twitter.com/BootstrapCook/status/1247087180742365184

Nicci



A Message from the Minister:

On that last Sunday when we worshipped 'normally' together, I already had a pretty strong inkling that it would be the last for a while. It seemed so unreal. How were we going to function as Church? Well, day by day everything changed. First we could have the café functioning, then only for takeaways, then we had to shut completely. In the last 3 weeks I have begun to feel we are as open as we have ever been. We may not meet in the building, we may not welcome people to the cafe or to the groups, we may not have the Guild or Bible Study in Mull, but we are meeting, we are serving and we are worshipping.

I read somewhere in that first week of shutdown: 'The church is not closed, the church has been deployed'.

Well deployed is right. There are people who still need contact; we can still phone people to ask how they are. We can still meet for worship or share the words afterwards with the people who can't get online. We can still care for the vulnerable here in Marchmont, and further afield as well.

I don't know about you, but I am finding it hard not to go out as often as I want. We all feel a bit claustrophobic and scared. We fear for the people we know who are ill and we fear for our loved ones. We wonder about the future, but we must not race to return to normal.

I hope that the things we learn from this time, may be put to good use as we move into the future. We need time to think about the things we want to keep and the things we want to lose: the things we want to continue and the things we want to stop: the worship and outreach we need to do and the things we've aye done, but now need to let go.

Karen



Marchmont St Giles Parish Church
@Marchmont_St_G_

MSG

On and off Social Media

Our Social Media focus this month is on Marchmont St Giles' own Facebook and Twitter accounts and those of The Church of Scotland. At this time, when we as a Church cannot meet face-to-face nor worship together, the priority for the Minister, Elders and Pastoral Care Team has been to keep people connected and supported. And the most important way to do this is by phone, because not everyone has or wants a mobile, laptop or computer.

When the government moved to lock-down and people could no longer gather together in churches on Sundays we recognised that while the church as a building was shut, the Church as a community of people could not be shut. This meant, in the first place, all the local community groups, including leaders of faith groups, coming together in an on-line meeting along with local politicians and the police, to ensure a safe and coordinated approach would be taken to support people in the local community, practically and emotionally at a time of social isolation.

The restrictions of recent weeks have led to a steep learning curve for the Minister and the Communication Team in working in different ways with MSG's Facebook, Twitter, Instagram and now YouTube accounts. There have been wobbly cameras and dodgy sound recordings during Sunday services in the early weeks, but with patience, learning from mistakes and the much appreciated technical skill of Al Mitchell, these have improved.

Karen's daily Reflections, streamed live on Facebook, have built her skill in camera angles and avoiding filters, and have displayed her technique of multitasking, with some adept camera-work at the same time as talking and reading Bible verses. The Thought for the Day videos have included the poetry of WH Auden and Welsh poet, RS Thomas, which have carried us, along with thoughtful readings and words, through Holy Week towards the darkness of Good Friday and onward to Jesus' Resurrection on Easter Day. You can view these videos on MSG Facebook page and YouTube.

We have been pleased to welcome old friends and new to our on-line Sunday services and to the daily reflections in Karen's Thought for the Day. Rev Barry Hughes has looked in before conducting his own services in Stirling, David Vivanco (see p.20) has joined us from Barcelona and new friends have joined us from, amongst other places, London, Fife, Lincolnshire, and Germany (see p.19). All are very welcome to our church community and we value their participation.

The Church of Scotland On and Off Social Media

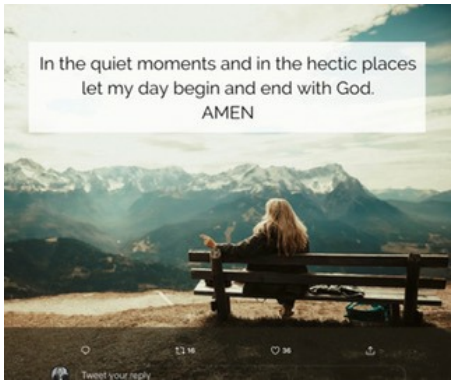


During lockdown The Moderator, Colin Sinclair and his wife, Ruth, have posted a Facebook Live video on the Facebook page of The Moderator of The General Assembly of the Church of Scotland, with positive messages to support and guide people through these difficult days and weeks. You can watch The Moderator's message from Palm Sunday 5th April is on his Facebook page and on the Church of Scotland YouTube channel where there is also a reflection from Good Friday, 10th April and there will one on Easter Sunday, 12th April.

Before looking at the Church of Scotland on Social Media, here is a link to an article about the way churches are responding to the lockdown in non-tech ways:

https://www.churchofscotland.org.uk/news-and-events/news/2020/kirk-calling-ministers-providing-telephone-services

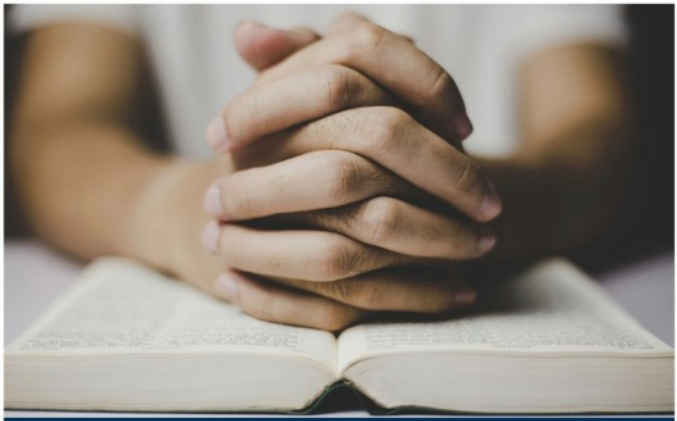
Each day The Church of Scotland post uplifting and supportive words and pictures on Facebook and Twitter (@churchscotland). These have been especially welcome in recent weeks. Following them on Facebook and/or Twitter helps you to keep up-to-date with CofS news and their comments on topical issues. They are happy too to hear comments and opinions in response to their posts and Tweets.



The Church of Scotland Website: www.churchofscotland.org.uk is worth exploring for information about the faith and worship of the Church, the structure of the Church, ecumenical connections, news, events and useful resources, amongst many other things. News is also shared on the Church of Scotland Instagram account.

Here is some news from their website:

For the third week running, and this time coinciding with Easter Sunday, thousands of people across Scotland will be answering the call to pray at the same time in response to the COVID-19 outbreak.



Thirteen churches in Scotland have co-signed a statement and prayer encouraging people to pray at 7pm on Easter Sunday.

Christian Aid Week

10th -17th May

Christian Aid is the official agency of 41 Christian (Protestant, Catholic and Orthodox) Churches in the UK and Ireland and works to support sustainable development, eradicate poverty, support civil society and provide disaster relief in South America, the Caribbean, Africa and Asia.

Mercy ships follow Jesus footsteps to bring hope and healing to the poor of Africa. By giving £20 you can help the Christian Aid charity's mission to provide free medical care, transform lives and fight diseases of poverty, providing free surgery.

Christian Aid also gives emergency aid. It is rapid in assistance, giving to organisations, governments and people in immediate distress, in order to relieve suffering during and after man-made emergencies (like wars) and natural disasters.

This year the help from Marchmont St Giles' and The German Speaking Congregation, Chalmers Crescent, is different from previous years. Earlier this year, the committee decided that envelopes would no longer be posted through letter boxes as volunteers were in short supply.

Interestingly enough, over the last ten years with the help of the German Speaking Congregation, £37,920 has been donated to Christian Aid and since 2001 the total is £84,520.

This is an amazing sum and is thanks to the generosity of the local residents and hard work of all the volunteers.

Unfortunately, this year our annual soup, bread and cheese lunch had to be postponed owing to the global pandemic. The Christian Aid coffee morning on May 9th is also cancelled.

On behalf of the Christian Aid Committee, our thoughts are with everyone in this uncertain time.

June

News From The Guild

As to the Guild, at present our theme is "Companions on the Road", which could hardly be more appropriate, even allowing for social distancing! We will hope to include George Anderson of The Beechgrove Garden and Kevin Gray from Homes For Heroes, our two remaining speakers, in next year's syllabus.

In the meantime, Guild members, look after yourselves, and each other where possible. Chatting on the phone helps to pass the time. Facebook users are not short of things to make them smile. Behave yourselves and obey the First Minister! And of course our own Minister too!

Eileen

FairShare at Richmond Craigmillar Church

We are extremely grateful to friends on Facebook and Twitter who have dropped contributions off at the Church Centre door for FairShare.

Richmond Craigmillar Church have asked us now to consider making a monetary donation as well contributing food and toiletries, including nappies and sanitary products, to FairShare.

FairShare gives out bags of food which include some fresh dairy items and the safest way for them to access these items is to order from the wholesalers to protect the chain of delivery according to Hygiene regulations. Cash or cheques would be gratefully received if posted through MSG Church Centre letter box or sent to: Rev E Henderson, 5 Old Church Lane, Duddingston, Edinburgh EH15 3PX.

Donations can be left at the front door of the Church Centre and we would be very grateful if you let us know when you've dropped something off so we can collect it. We can also come and pick up donations.

Please contact: chasstewart01@gmail.com if you need items picked up.



Judith

CHURCH FAMILY & PARISH NEWS

We give thanks for the life and service of:

Anne Bell, a member of the congregation, who died on the 8th March 2020. A service of thanksgiving will be held for Anne at a later date.

Joyce Irving, a member of the congregation, who died on the 2nd April 2020. A service of thanksgiving will be for Joyce at a later date.

Terrance Patterson, a much loved uncle to the Lockerbie family, who died on the 21st March 2020.

MARCHMONT ST GILES' WEBSITE

Please check the website regularly for updates in **The Shuttle Community Extra, Families** and **Wellbeing boxes** which have lots of useful info about shops, entertainment, things to do with kids, etc. If you want to suggest other shops doing deliveries, entertainment ideas or anything you think might be of interest to others then please email/message judithstewart@btinternet.com.

HELPING TO MAKE MSG TICK

Here we would usually have a rota of Who is doing What and When to help MSG run smoothly. Instead, this space can be used to say thank you to everyone in the congregation for pulling together as a community of faith to support each other and people in the local community. And we especially want to express thanks to our Minister, Karen, who has been working extremely hard to ensure ongoing practical and spiritual support for everyone in all ways possible during this difficult time of lockdown and social-distancing.

A big **Thank You, Karen!**

NEW ELDERS

The Kirk Session is delighted that four members of the Congregation have accepted their invitations, and begun the process to be formally inducted as Elders of the Church at Marchmont St Giles'. The four are: Dianne Beattie, Janet Wake, Sandy Wake and Sue Wilson.

If you don't know them yet, among the many things that they do: Dianne can be seen, and heard, singing soprano in the choir (along with David singing bass) as well as helping with the children's activities throughout the year - often involving their 3 children Elizabeth, William and George; Janet also helps with the children at Sunday School and keeping in touch with members via the Pastoral Care Team; Sandy has helped on the Fundraising Committee, and worked to 'road-test' the new financial accounting package for the Finance Committee; and Sue is new to the Communications Team, taking over the editing of the Shuttle, as well as being involved in uploading the Sunday Service and Thought for the Day videos onto Facebook and YouTube.

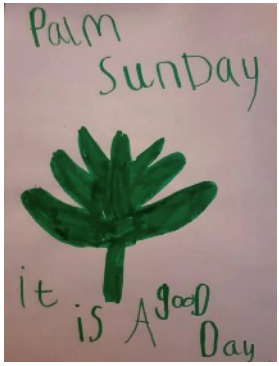
One traditional element of the Elders' induction is that the Minister places her hand on the Elders' heads during a Church Service. Another is to sign the "Elder Book", in which Elders from all surrounding Church of Scotland Churches are required to sign; and it contains signatures going back into the 19th Century! Unfortunately, under Social Distancing Rules, neither of these activities will take place anytime soon, but we have been investigating how we can induct an Elder via the CoS Remote Meeting protocols. These are guidelines whereby we can hold formal meetings via video conferencing technology, and following these guidelines we held our first remote Kirk Session meeting via ZOOM on Monday 6th April, at which we were pleased to welcome Dianne, Janet, Sandy and Sue. In the next Shuttle we hope to bring more details of the "remote induction" of our newest Elders and provide further details of their background. Please welcome them as they continue in the service of the Church through the Kirk Session.

Ian
Session Clerk

Family Focus.

MSG Family Ministry is a new Facebook page set up by Julia to keep all the children and their families connected while we can't be together. The Junior Church continues each Sunday at 1030am by Zoom, meaning that everyone can meet face-to-face as usual and share Easter stories and activities together. The children have all kept busy and have posted their work on the Facebook page. Here are some of their photos.























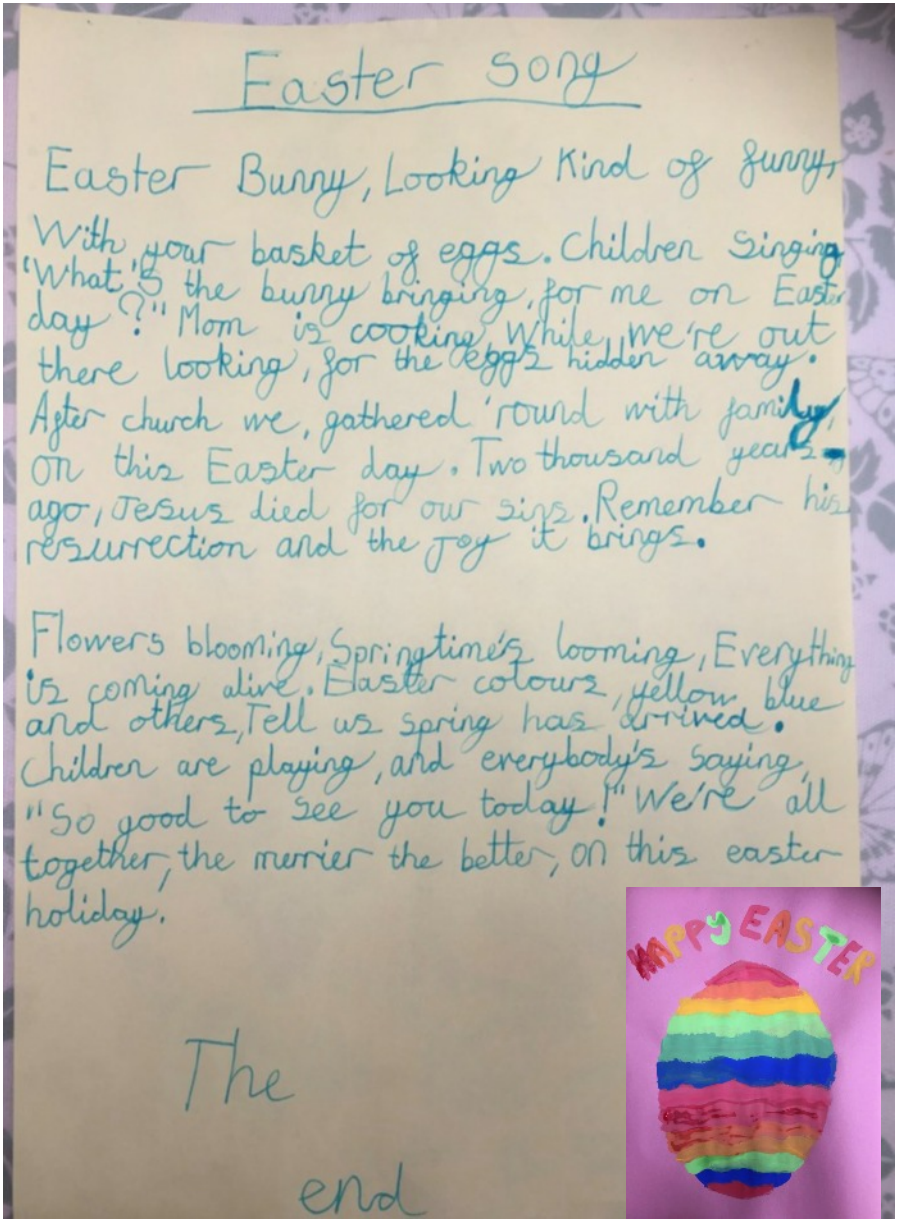




Thank you, everyone for your lovely artwork and the photographs from your gardens.

Any children and families who would like to join Junior Church on Zoom, please email Julia: jcato@churchofscotland.org.uk

Lucille has shared an Easter song she knows and an Easter card she made for one of the local care homes.



Easter song

Easter Bunny, Looking Kind of funny,
With your basket of eggs. Children Singing
"What's the bunny bringing, for me on Easter
day?" Mom is cooking while we're out
there looking, for the eggs hidden away.
After church we, gathered 'round with family,
on this Easter day. Two thousand years
ago, Jesus died for our sins. Remember his
resurrection and the joy it brings.

Flowers blooming, Springtime's looming, Everything
is coming alive. Easter colours, yellow blue
and others, Tell us spring has arrived.
Children are playing, and everybody's saying,
"So good to see you today!" We're all
together, the merrier the better, on this easter
holiday.

The
end

The Passion of Jesus

Each year in Lanarkshire, Drama Kirk performs a Passion Play in the Streets of Hamilton. This year rather than outdoors a smaller-scale version of the play will be broadcast on YouTube on Good Friday and Easter Saturday. Read more about it on the website of The Church of Scotland:

https://www.churchofscotland.org.uk/news-and-events/news/2020/drama-kirks-passion-play-returns-with-a-special-performance-this-easter

The play will be broadcast on Hamilton Old Church's YouTube channel on:

Good Friday (Friday 10th April) from 3.15pm

Easter Saturday (Saturday 11th April) from 2.30-3.30pm)

Drama Kirk hopes to have British Sign Language interpretation during the Easter Saturday performance.



Kate's Easter Tree



My twin brother was stationed In Germany in the 1970's with the Royal Engineers Regiment. I used to enjoy going to visit him and learning more about Germany. One of the ideas I picked us was that of an Easter Tree. The tradition in Germany to decorate the branches of trees and bushes with eggs for Easter is centuries old, but its origins have been lost.

The egg, an ancient symbol of new life, has been associated with pagan festivals celebrating spring. From a Christian perspective, Easter eggs are said to represent Jesus' emergence from the tomb and resurrection.

Decorating eggs for Easter is a tradition that dates back to at least the 13th Century, according to some sources. One explanation for this custom is that eggs were formerly a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting, then eat them on Easter as a celebration.



Rix's Easter Tree

When I posted the photograph of my Easter Tree on Facebook, Rix, from Dresden sent me more examples of some outside that had been decorated.



The Beattie's Easter Tree

During this time of 'lockdown' the tree has been a nice thing to focus on but more importantly the hope that the promise of Easter brings.

Having visited the Holy Land seven years ago and stood in the garden tomb, where it was said Jesus lay, I can say with great joy 'He has Risen, He is Alive'

Kate

New Friends

Taking our services onto Facebook has allowed us to welcome people from the local community and further afield at our Sunday Services, and joining Thought for the Day, coffee, knitting and Bible Study. Rix from Germany has enjoyed meeting people from MSG for coffee and to knit. Rix is studying Theology at Highland Theological College, by distance learning from her home in Dresden, where she lives with her husband Thomas.



"I wanted to study theology all my life, but parental advice kept me from pursuing it right after finishing school. But after 20 years of looking and searching and trying to find my right place, including 10 years working in science, I became restless. I came across a promotional video from the Church of Scotland asking people to consider becoming Ministers. And right then I knew what I have to do."

And in all honesty: the 20 years weren't wasted in the least. It's astonishing, how much life can teach us if one chooses to trust in God to lead the way.

My hometown Dresden is the capital of Saxony. Some people might know the city from Kurt Vonnegut's novel, Slaughterhause Five about his time as prisoner of war during the air raids of 1945.

But Dresden is also famous for its large art collections, the beautiful opera house built by Semper, The Frauenkirche, the mix between old and modern, restored and newly designed. Divided in half by the River Elbe, Dresden is one of those cities that make it difficult for people to leave. Once you've settled here you cannot imagine living anywhere else. Many of us have met Mechthild, the cockatiel, who often sits on Rix's head or shoulder during Zoom meetings.



We would be pleased to hear from others who have joined our on-line services and meetings in recent weeks.

Please email us: theshuttle@marchmontstgiles.org.uk

The MSG' Choir Singing Together While Apart



The Service begins and Karen welcomes us all, proceeding with the words "and our first hymn today is 'All Glory, Laud and Honour" and we hear Robert start playing the organ and the usual short pause and then the choir joins in like they do every Sunday....except.....this isn't just any Sunday and neither the choir nor the organist are actually there, nor did they ever sing that particular rendition of the hymn together in the same place and time, and yet you would swear..(if there weren't children present) that what you're hearing is our good old Marchmont St. Giles singers joining us in song like every week.

You're watching one of the live broadcasts on the Internet and this is how the church music production side of things during the Coronavirus 2020 period evolved.

When the situation began to sink in and I realised that soon, normal services wouldn't be possible and wondered what I could do to help, I thought it might be a nice thing to send a recorded anthem from here in Barcelona, where I usually spend half the year for work.

The recording of 'You Lift Me Up' was a success and there was good feedback, but after we had watched the first broadcast/streaming service online, it was agreed that the hymns might feel a little empty to everyone watching from home, with only the organ playing.

Now having tinkered a little with the audio editing software to make the previous week's anthem, I thought we might try getting the rest of the choir involved to produce recorded versions of live sounding hymns each week. The first stage was for Robert to record

the 'backing track' on the organ, and to send it to me for processing. This track was then sent out to all choristers, with some information on how best to make a clear recording.

I had no idea what the quality of the tracks I'd be sent back would be, nor how easy or difficult it would be to mix them together on my laptop but....to my great delight, it worked really well and with volume, reverb adjustments and only a few minor edits to adjust timings, we have managed to achieve a very realistic sound. You might even say we sound BETTER on these recordings than what you remember! I have tried to find a balance between creating the most beautiful sounding performance possible.....and leaving a few rough edges so that it sounds like the actual choir you know and love! (Cheeky! Ed.)

The administrative and production process brings me not only personal creative pleasure, but it is motivating and uplifting to feel that everyone who gets involved can derive pleasure in knowing that they are contributing to our community effort and showing spirit and purpose in the face of adversity.



Here are some of the members of the choir, making their recordings for you at home. Please sing along with us in YOUR homes each Sunday (and take and send us selfies of yourselves singing too!)

Looking forward to seeing you all again face-to-face as soon as possible!

David

AROUND THE AISLES

- Remember to phone people to keep in touch. Not everyone is on-line.
- Monday to Friday on Facebook-Live at 10am there is a Thought for the Day, by Rev Dr Karen Campbell.
- On Tuesdays at 11am, if you are able to join Zoom, there is a coffee morning. Make a cup of tea or coffee and join in for a chat.
- On Wednesday at 7pm on Zoom there is 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
- On 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 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
- https://www.facebook.com/MarchmontStGiles/
- and also on MSG YouTube Channel.
- https://www.youtube.com/channel/UCcaQLLtAmse-fsJ69zjz6LA
- Please note, the Walking Group look forward to getting back together and to welcoming you as soon as it is possible.

And finally …

Ten Fun Facts

1. You can't see you ears without a mirror.

2. You can't count your hair.

3. You can't breathe through your nose with your tongue out.

4. You just tried No.3.

6. When you did No.3 you realised that it is possible, only you look like a dog.

7. You are smiling right now, because you were fooled.

8. You skipped No.5.

9. You just checked to see if there is a No.5.

10. When life is difficult it's good to find little things to make us smile.

Here's a photo to help you smile: a sunrise photographed this week by Mick Oxley, artist from Craster (@SeaSkyCraster on Twitter):



WHO'S WHO @ MARCHMONT ST GILES'

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email	theshuttle@marchmontstgiles.org.uk	

Church Centre Booking Enquiries

Church Centre Office
(Monday - Thursday 9.00am - 1.00pm)

Email : office@marchmontstgiles.org.uk

0131 447 4359

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