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Church Centre Office
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Marchmont St Giles' Parish, Church of Scotland
is a registered Scottish Charity SCO09338

THE SHUTTLE

September 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

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.

September 2020

13	9.30	Junior Church on Zoom.
	10.30	Sunday Morning Worship in church and on Facebook Live / YouTube.
20	9.30	Junior Church on Zoom.
	10.30	Sunday Morning Worship in church and on Facebook Live / Youtube.
27	9.30	Junior Church on Zoom.
	10.30	Sunday Morning Worship in church and on Facebook Live / Youtube.

October 2020

4	9.30	Junior Church on Zoom.
	10.30	Harvest Thanksgiving Service in church and on Facebook Live / Youtube.
5	19.00	Kirk Session on Zoom.
11	9.30	Junior Church on Zoom.
	10.30	Sunday Morning Worship in church and on Facebook Live / Youtube.

Front cover:
Photograph by Charles Stewart. Marchmont St Giles' Church.
Our doors are once again open.





Blackford Pond, from Eileen Dickson





From Kirsty Noble



Reflection

Be still and know that I am God.
Be still and know that I am.
Be still and know.
Be still.
Be.



Anne Morrow Lindbergh was the wife of Charles Lindbergh and together and separately they made their marks on the world. They charted air routes and flew many aircraft throughout the world. They were part of the new wave of rich "high flyers" who embraced the world after the horrors of the First World War and showed the world the new technology which would improve the world and bring it closer.

Their fast, high flying life you would think would hardly lead to contemplation, but after the kidnapping and death of their child and then their ill-founded trust in the Nazi and isolationist cause, Anne found herself reflecting far more closely in her numerous writings, in her later years, on many profound concepts.

She said:

> Hurry is an unpleasant thing in itself, but also very unpleasant for whoever is around it. Some people came into my room and rushed in and rushed out and even when they were there they were not there – they were in the moment ahead or the moment behind. Some people who came in just for a moment were all there, completely in that moment.
> Live from day to day, just from day to day. If you do so, you worry less and live more richly. If you let yourself be absorbed completely, if you surrender completely to the moments as they pass, you live more richly those moments.

The last few months in lockdown have made us all reflect on the way we live our lives. We may not have to do the commute each day now. On furlough we have been forced to stop and take stock and reflect on what is important. We have either wanted to be out more, or indeed had to force ourselves to go out for that hour's exercise.

And now we are allowed out and sometimes we don't want to do so; or we miss the commute; or more importantly, we no longer have to do the commute and we find ourselves with more time and less stressed attitudes and we don't have to live in the city when we work from home.

Covid will have far reaching consequences for everyone and aspects of our communities and that includes, I think, the regeneration of smaller towns, as people work from home. It means, however, that city centres will change where large offices once were.

This is just one concrete example of a range of more subtle changes which will happen in our lives in the next few months and years. This societal change may mean a better quality of life for more people. In the long run, many people's lives may be less hectic as we work differently and we might rediscover things which were lost.

During lockdown we know the skies were bluer because we were pumping less pollution into the sky and we also know that more people were watching online worship services and accessing ways to pray and contemplate their lives.

The Church must not underestimate the power of Jesus' message of life in all its fullness and the difference faith can make in people's lives and we must also acknowledge and engage in the changes which will undoubtedly come as a result of the year of 2020.

As a congregation we must be committed to be part of this change and welcome people who will come looking for meaning in their lives, either through the medium of Streaming or in person, as well as the other consequences of the last few months.

And finally …

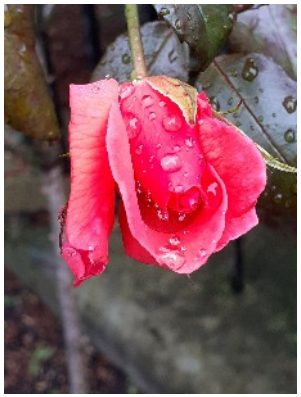
Here are some of the photographs sent to us by member of the MSG' community over the Summer months.

From Charles Stewart



The Red Arrows Flying over Edinburgh on 24 Aug 2020







From the summit of Mount Keen in Angus, Martin asked, 'What do you do as the Moderator of the General Assembly of the Church when you can't do the normal stuff?'

And he answered with, 'One thing I can do is pray for the Church and our nation in these days… and to believe God will lead us in all the days to come.'

The Church of Scotland is launching an online series in the coming month, called *The God Question*. Discussion will be led by Right Rev Martin Fair, who thinks this is a timely response to the pandemic and those asking questions about their priorities in life.

While Covid has pressed the pause button on many things in our lives, Martin has started his Moderatorial year by pressing play. Just as *The God Question* is timely, so too is Martin. His very unusual and unique Moderatorial year has begun with flair and we look forward to what is to come.

Sue

You can find links to all Martin's activities on the Church of Scotland website: www.churchofscotland.org.uk and on their Facebook Page and on the Facebook page of Moderator of the General Assembly of the Church of Scotland.

*If you have been affected by any of the issues raised here, you can contact stillbirth and neonatal death charity *Sands* on 0808 164 3332 or email *helpline@sands.org.uk.*

Although we didn't know it on 22nd March when the congregation were last in the building, things will be different when we return and things will not go back to how it was before: well not completely. I do hope though that our warmth of welcome and our commitment to each other and the community will. There are still basic calls to our faith about how we live, which are as relevant today as they were 2000 years ago.

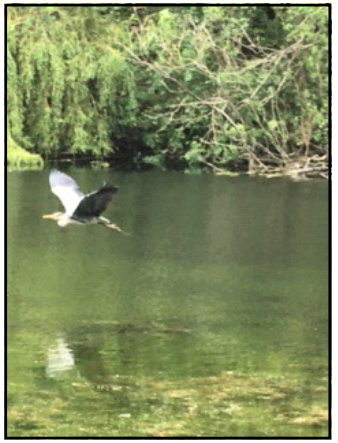
Henri Nouwen, that wonderful writer said:

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love?' These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

And if we can begin here, then what we can do together will have substance and meaning and make a difference in the life of our community. Perhaps, if we have learned nothing else, perhaps it is the gift of learning what is important and who is important. This gift allows us not to decide what is fulfilling; not rushing from one thing to another, so that we can give time to the people we love, who perhaps we haven't been in contact with for a while; this gift allows us to breathe and just to be.

Karen K Campbell

June Quiz Question



Where in the Bible are swans and herons mentioned?

Swan: Leviticus 11:18 and Deuteronomy 14:16

Heron: Leviticus 11:19 and Deuteronomy 14:18

Butterfly News

We have a date! Butterflies Cafe will be opening for take away at:

11am on Monday 14th September.

We'll have sandwiches and salads, home made cakes and soup, tray bakes, and of course that ever important caffeine!

We've put in hand sanitiser dispensers and a one way system. Come in, turn left and head up the corridor, then turn right through Inchgarvie to the cafe counter. Order, chat, pay and then head out through the cafe, back around to the front door. Have a picnic out the front, head down to the Meadows or up to Blackford Hill, or have a nice wander around the Grange Cemetery.

We'll be open 11am to 3pm, Monday to Friday. This will be subject to change as we work out what times of the day we're needed.

When might you be visiting us? Remember to wear your mask.

Food for Thought from Nicci at Butterflies Cafe

Truffles



Hello everyone. Who wants to get messy in the kitchen? Chocolate truffles are delicious, fun to make and versatile in terms of flavour. You'll mostly think of truffles as little balls, but you can shape them into logs, cubes, cones and pyramids... give anything a try. If it doesn't work you just squish it up and start again. Or eat it as is... no one needs to know you had enough mixture for 24, not 23 truffles!

The base of truffles, ganache, is very simple to make with just two ingredients; cream and dark chocolate. There are different ratios of cream to chocolate, for moulding or spreading, dipping and piping. This article goes into some depth about the process; https://bakerbettie.com/how-to-make-ganache/

Another interview tackles the subject of Religion and Science. Martin interviews Brother Guy Consolmagno, who, as the Director of the Vatican Observatory, is nicknamed *The Pope's Astronomer.* He is a Jesuit and also an eminent and respected scientist. Martin is straight in there with his first question: Are you a scientist who happens to be a brother in a religious order or are you a brother who happens to be a scientist? His question draws the answer, 'I'm me… the religion gives me the reason to do the science.' He continues, 'As a Jesuit I'm doing it for the joy of the science.' He quotes CS Lewis in Surprised by Joy: '*Joy is evidence of the presence of God*' and adds, 'So I'm doing the science because I find in the joy that I have in it, the presence of God.'

Martin's latest interview is with cousins Rev Aftab Gohar and Rev Raheel Arif, Church of Scotland Ministers, who talk about forgiveness. Both men lost members of their families and friends in the terrorist bombing in 2013 in Peshawar, Pakistan. Martin asked Rev Aftab Gohar, who lost his 79 year old mother in the bombing, 'Do you ever harbour a grudge, bitterness or even hatred … or have you found it within yourself the possibility of forgiving?' Aftab's response was that he forgave the perpetrators two or three weeks after the attack. He said, 'Mum taught me when I was young from the Bible: this is the Christian message, to forgive.'

Rev Raheel Arif speaks of the threat there was to his family in Pakistan because of their Christian faith which prompted them to seek asylum in the UK in 2011. Both men give the message that we should not take the peaceful land of Scotland for granted.

During the Church's Week of Prayer, Martin took his prayers to the hills.



With his two Chaplains, Gregor McIntyre and Richard Begg (an experienced Army Chaplain in charge of logisitics) he safely climbed Scotland's Cardinal Monros -to be exact, the most Northerly -Ben Hope, Westerly - Ben Sgúrr na Banachdaich (on Skye), Southerly - Ben Lomond and Easterly - Mount Keen.

(Monro - Scottish mountain over 3000 ft.)

An unusual and unique Moderatorial Year



Right Reverend Dr Martin Fair's instalment as Moderator took place in the General Assembly Hall in May and was watched by most people in their homes, via live-streaming. This set the scene for the start of his year as Moderator, with Martin, not confined by the restrictions of Covid, but very quickly making his mark with funny, serious, spiritual and uplifting appearances on social media and even Radio Scotland (see page 14). In addition he has ventured outdoors, with a Monro challenge and to conduct hard-hitting interviews on challenging topics. His first months as Moderator leave us wondering, with some excitement, What next? This is not going to be a usual Moderatorial year; it's going to be a very unusual and unique year and all the better for it!

In his series of interviews, entitled, 'A Fair Question', Martin tackles challenging topics with great sensitivity. A 'Fair' question doesn't mean he avoids the difficult questions and, by asking questions that really matter, he draws honest and insightful answers from those he interviews. He interviews Dr Karen Palmer and her husband, Rev Gordon Palmer about the death of their newborn baby in the early 90s, who Karen Palmer has written about in her recently published book, *Jennifer.*

Martin's interview does not avoid the raw and the heart-breaking reality of their experience. Instead the honesty of the interview achieves what Karen set out to do in writing her book; opening up discussion about this difficult experience, which in the past was so often not spoken about. Karen talks of a campaign called, 'No Words'* which aims to help friends and family find the words to say to support people who experience baby loss. Karen and Gordon recount moments when people said and did the right thing to support them, often children who were down to earth and uninhibited in speaking about Jennifer.



Chilli and chocolate go great together, and the smooth creaminess of truffles is a perfect backdrop for a hint of spice. This recipe from Indian chef, Hari Ghotra, also includes a little butter, for very luxurious truffles; https://www.harighotra.co.uk/spicy-chocolate-truffles-recipe

I mostly prefer truffles that are JUST truffle. I mean, why let anything take up space that could be filled with more chocolate?? But if you're going to add something other than a flavouring, my preference is always for stem ginger; a soft, flavourful bite running through the truffle. Irish foodie, Donal Skehan, has a nice little recipe for just such a truffle; https://donalskehan.com/recipes/chocolate-ginger-truffles/

The simplest thing to coat truffles in is cocoa powder, but there are lots of other things you can use. Aside from coloured sugar crystals and hundred and thousands, another popular choice is desiccated coconut. John Kanell has taken that a step further and used toasted coconut... and brandy! Guess his twins won't be getting anywhere near these truffles. All for him and his husband. https://preppykitchen.com/brandied-chocolate-truffles/

Speaking of coconut, dairy free truffles can be made with coconut milk, and are just as simple as cream ones. Dana at The Minimalist Baker has a super simple recipe; https://minimalistbaker.com/2-ingredient-dark-chocolate-truffles/

And don't worry, vegans and dairy intolerance sufferers can have alcohol infused truffles too! Le Cordon Bleu trained chef and self professed crazy cat lady, Amrita to the rescue with what is essentially an Irish coffee in a truffle; https://minimalistbaker.com/2-ingredient-dark-chocolate-truffles/

Be careful if you're making truffles for someone else who is vegan or dairy free, as some chocolates labelled as dark chocolate do contain some dairy. Just have a quick check of the ingredients list.

The best thing about making truffles? Licking the bowl after! Enjoy.

Nicci

Family Focus

What a summer we've had! It certainly was different than we had planned. Although we didn't have a Holiday Club this year, we made sure that we kept things interesting. For our families, Karen packed bags full of activities to cover a six-week summer period and delivered them to their homes. With their packs ready, we continued to gather on Zoom on Thursday mornings.

Kate started us off with sharing the Parable of the Good Samaritan using the first of the six wonderful PowerPoint presentations we'd use over the six weeks. The children found rolls of bandages in their packs and had fun bandaging each other as the Good Samaritan might have attended to the injured man.

For Week Two, I shared the Parable of the Sower and we unpacked the bags of wildflower seeds to be planted in gardens and pots. On Week Three Karen retold the story of Joseph and his colourful coat with a lovely colouring sheet to be decorated.

For Week Four, I spoke about the Feeding of the Five Thousand. Karen shared a recipe for No Yeast Dinner Rolls made with…wait for it…MAYONNAISE! Some of us were able to make a batch and were able to enjoy them during the story. And, yes, they were delicious!

The last two weeks saw Karen covering Creation, and Kate The Prodigal Son. Each week we sang songs, shared stories of summer adventures, worked on (or ate!) our crafts. Word searches and colouring sheets were part of the mix as well. And of course, we always prayed together sharing our anxieties with God and giving thanks for the blessings in our lives.

We look forward to seeing the children and their families back for Early Service on Zoom at 9:30am on Sunday mornings after a few weeks' break. Families are also welcome to join us in the church sanctuary for the 10:30am worship service. Wherever we see them, we so look forward to hearing what they've been up to!

Julia

Poetry

Refugees, a cleverly constructed and moving poem, is written by Brian Bilston. We thank Brian for giving permission for his poem to be printed in The Shuttle.

Brian Bilston is active on Facebook and Twitter (@brian_bilston) and you can read more about him and find more of his poems on his website (www.brianbilston.com)

If you have a favourite poem you would like to be printed in The Shuttle (and copyright or permission from the poet allows), please send it to us and tell us a bit about why you have chosen it.
Editor

Book Club

We are looking to read a book together and meet one night a week for a discussion. We will choose a book on spiritual reflection and growth. If you are interested, send me an email as to what evenings would work for you. Perhaps you have a book in mind that you would like to read together? I'd love to hear from you by Friday, 18 September. And then we'll come up with a plan!

email: jcato@churchofscotland.org.uk

Julia

September Quiz

Where in Scotland is this hedge and why is it of note?





REFUGEES

They have no need of our help
So do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born there
Do not be so stupid to think that
The world can be looked at another way

(now read from bottom to top)

The Guild

Guild members joined the Annual Gathering this year on 5th September, not in The Caird Hall, Dundee, but by watching a specially created video on the Church of Scotland website and Facebook page. DVDs and memory sticks were available for those not on Social Media. There were messages from the outgoing and incoming Guild Convenors, Marian Macintyre and Mabel Wallace, along with the Moderator and the Church's Chief Officer, Dave Kendall and many more contributions including features on some of the Guild Projects.

The theme of 'The Extra Mile' was truly put into practise with everyone involved in the production and distribution working hard to make this event a time of worship and fellowship for everyone who gathered together for the meeting.

Eileen reports that MSG Guild has not met formally recently but everyone is keeping in touch informally.

Scotland and the demands of …

The Minister is working with the Presbytery to develop some online Zoominars over the winter months. The Church is very aware that being in the middle of a Pandemic means that so many groups cannot meet and the prospect of the long winter nights without Church Groups meeting in person might be addressed in a creative way. The proposal which is being worked on at the moment is to have a Zoominar, which is an online meeting, with a Speaker and the opportunity to ask questions at the end.

The title is Scotland and the Demands of … is the overarching title with the dot dot dot being filled in each month. It is hoped that the end of October, we might hear from Charmaine McMeekin, the daughter of Eric Lomax, who wrote the book The Railway Man, about his life living in the aftermath of being a prisoner of the Japanese during WW2. The talk would possibly be *Scotland and the Demands of Forgiveness and Reconciliation*. At the end of November we are hoping to have a Zoominar on *Scotland and the demands of Democracy*, reflecting on the aftermath of the American Election and how that impacts on Scotland.

We hope that this will attract a good number of people and will be of interest too many. The Shuttle will keep you informed next month.

CHURCH FAMILY & PARISH NEWS

We give thanks for the life and service of:

Paul Scullard, who regularly attended, husband of Laraine, died on 18th July.

Claire Mackinnon, beloved mum and granny of Michelle and Iona, who died on 20th July.

Marchmont St Giles' Website

Please continue to click on The Shuttle: Community Extra on the home page of the MSG' website for updated information about Covid and our church and local community.

Our choir's singing is too good to keep to ourselves, so recordings of hymns and anthems are on MSG' website, and you can listen, and sing along, by clicking on Services then Hymns and Anthems.

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 Covid and to let her know that all she does is hugely appreciated.

Grateful thanks, too, to the wider team who, along with the Minister, have prepared the church in order to welcome people through its doors again, while continuing to live-stream the services for those who continue to worship at home.



AROUND THE AISLES

- On Tuesday and Thursday on Facebook-Live at 10 am there is a Thought for the Day from Karen, Kate and Julia
- Tuesdays at 11.00 am, 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 7 pm 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 12.30 pm 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
- As we welcome people into the church for our Sunday Services, we will continue to broadcast the services live on Marchmont St Giles' Facebook Page and also on MSG YouTube Channel. There is coffee on Zoom after the service at 11.30am.
- 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 and deliver to anyone who cannot see it online.
- TheShuttle is published online at our website and there is a link on our facebook page to the website as well. The online version can be read aloud by compatible computers.

The Moderator's quick and sharp-edged wit was displayed when he was asked, 'Which team would Jesus support?' and with scarcely a moment's hesitation his response was along the lines of: 'There can only be one - risen from the dead and on the way to glory - Glasgow Rangers!' Then he added that Nazareth would be his home team.

On a more serious note, the General Assembly in May was cancelled and the Moderator was installed into office in a virtual Assembly attended by a very small group including, among others, the retiring Moderator, the Principal Clerk and family members.

Normally the Moderator has a fairly full schedule of visits across the Church of Scotland and other ecumenical links. As in so many other areas of life this year that didn't happen for the Moderator who had his first public engagement at the end of August, to celebrate the 150th Anniversary of the opening of St Moulag's Church in Tarland, Aberdeenshire.

The General Assembly of the Church of Scotland will convene next month in virtual session, on Friday 2nd and Saturday 3rd October. We invite everyone—wherever you are – to join in and watch the livestream here on the Church of Scotland website or Facebook page. The Friday session will run from 7pm to around 9pm and the Saturday session will run from 9.15am to approximately 5pm.

On Saturday there will be coffee and lunch breaks.

Charles



1918 Communion Cups

Marchmont St Giles' has a number of these individual communion cups, thought to have been used during and after the 1918 Spanish Flu outbreak. The wine was put in the glass and the bread placed in the compartment above, under the domed top, meaning that Communion would not be a means for the flu to spread.

Who knows if they may become useful again?

Harvest Thanksgiving

Contributions of tinned and dried food are always gratefully received at Harvest Thanksgiving. This year, donations can be left at the front door of the church on Saturday, 3rd October between 2 and 4pm. Alternatively, you can leave them as you enter the church for the Harvest Thanksgiving Service on Sunday, 4th October. Please leave only the items and take away carrier bags. If you would prefer to make a monetary donation, a cheque would be preferred to cash and notes. All donations of food and money will be gratefully received by Fairshare at Richmond Craigmillar Church.



Richmond Craigmillar Church continues to provide over 60 bags of essential items - including toiletries, sanitary products and baby items, such as nappies - 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" through your donation is a very humbling statement.

So, in addition to the Harvest Thanksgiving request, we ask you to remember the work of Richmond Craigmillar Church in your prayers and in continuing to donate regularly or to ask friends and neighbours to do the same. Items can be dropped off at the church door or arrangements can be made to collect them from you. A monetary donation, preferably by cheque, will also be very gratefully received as this allows orders for fresh food to be placed with wholesalers e.g. butter, cheese, fruit and veg and to be included in the bags. Contact Charles Stewart on The Shuttle email or on 07831 374007.

Marchmont St Giles' Church Centre

We greatly look forward to soon welcoming Edinburgh Acting School (SJM Creative) and Monkey Music back to the church centre, along with other groups who are progressing plans, within new Covid safety rules and risk assessments, to begin afresh their services and activities, which hugely contribute to the life of Marchmont St Giles' and the wider community.

Return to Church Sunday- Covid 19 update

We are a gathering place once more



The picture shows the end panels of the glass installation by Alison Kinnaird adorning the entrance to our church centre:

The Gathering Place.

After a summer of reviewing ever changing restrictions we finally had a small service on Sunday 30th August. This was to test run the procedures we had put in place to conform with the requirements of the Scottish Government and the Church of Scotland. We received permission from Edinburgh Presbytery to recommence worship on 6th September.

You ought to have seen or received a copy of The Shuttle Special issue to bring you up to date with what to expect and what is expected of you to attend a service.

Please let us know if you haven't and we'll get one to you:

theshuttle@marchmontstgiles.org.uk or 668 1970.

Our procedures worked well with only a couple of minor changes - one for the stewards to monitor the numbers attending. We have seats marked for 42 in the church but are permitted to have 50 in the Sanctuary so there is some flexibility to accommodate as many as we can up to that. Your co-operation is appreciated as you may not be able to sit in your favoured seat since we will be seating worshippers from the front to the back.

The change to the process intimated earlier is that we should all leave by the Church Centre, starting from the front on both sides of the Sanctuary. You should leave by the ramp to the church centre and those on the organ side should come forward and cross the Chancel. Please maintain your social distancing and wear your mask and use the hand sanitiser located at the centre entrance for your convenience as you leave.

Charles

News from the Church of Scotland

On 5th September, there was a unique event; the Moderator, Right Rev Dr Martin Fair joined the presenters of 'Off the Ball' on BBC Radio Scotland.

As you might expect the programme was wide ranging in its subject matter, funny and irreverent in equal measure. Subjects included 'Football and Religion' and noted the connection with St Mirren, an Irish monk who founded a religious community which evolved into Paisley Abbey. He is viewed as the Patron saint of Paisley and the football club there bears his name.

The Moderator was then asked, 'Who was St Lawrence?' Like many of us he didn't have the answer but the football connection is that St Lawrence features on the club badge of Forres Mechanics, a founding member of the Highland League. The club had evolved from another local football club, The St Lawrence Club, after a number of the club members had broken away over a dispute on player selections.

And what about St Lawrence? He met a rather grisly end having defied the rulings of the Roman authorities and 3rd Century Roman Emperor Valerian and is the Patron Saint of Forres.