



*The Cross at Los Olivos*

**Church Magazine**

**June 2015**

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## Welcome to the Magazine

I have just come back from five days in the Sierra Nevada national park at Los Olivos Retreat Centre. My third visit in as many years and counter intuitive to my normal city holiday. But the peace of the mountains, the freedom to do little, the food and opportunity to reflect draw me back year after year.



This year was another opportunity to try cooking Spanish dishes. Visiting the local market was enough to make me want to cook. The Spanish shop daily, there is an abundance of fresh fruit and vegetables and tempting fish. Ready meals are not a concept they understand!

Thankful I wasn't going back to Australia where bringing food into the country is heavily frowned upon I came back with lots of organic olive oil from Los Olivos's own trees and chorizo sausages made by the butcher in the local village of Lecrin.

We cooked all week with **Los Olivos Virgin Extra Olive Oil** aka LOVE. We were reminded of the importance of cooking with love and how much Jesus ministry involved food – the wedding at Cana, the feeding of the five thousand and the last supper.

**Anne Burnett      Church Manager and Magazine Editor**

The next magazine (July/August double edition) will be published Sunday 5<sup>th</sup> July. Deadline for contributions Sunday 28<sup>th</sup> June.

### **Carers Groups**

#### **The Holy Corner Carers Group.**

This group meets on the second Tuesday of the month at 10.15am in the Quiet Room of the Church Centre. It was set up to support & provide information to people caring for someone who has Dementia. This could be a parent, a partner or a friend/neighbour. Recent statistics show that 1 in 14 of adults in the UK over the age of 65 will have dementia. So in one way or another Dementia will probably touch all of us at some time.

For further information contact the Church Office.

Everyone is welcome to attend. Tea and coffee is served.

The next meeting is on Tuesday 16<sup>th</sup> June.

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#### **The Bi-Monthly Carers Group.**

This group started very recently at the request of a member of the congregation who questioned if our church was doing enough to support carers. Had we any Hidden Carers we wondered?

So an Open Event was held and was well attended. It was for Carers of all types. No restrictions as to any illness or problems. The people who attended that first meeting found it very helpful so they wanted to carry on & meet again. A sharing of experiences can prove useful.

Some people have not realised they are actually a "Carer" until the person they look after deteriorates. This can come as a shock and be a problem. Being able to pop in to a friendly, confidential meeting with others in the same boat can prove to be a lifeline. A nice cup of coffee and usually finding some humour during the meeting can raise spirits. So if you know of anyone who may find it beneficial please do come along and bring them too.

People can attend as a "one off" to obtain information or just to see if they like it. There is no obligation to attend regularly.

Purely coincidentally this group also meets on a Tuesday morning at 10am in the Church Centre Quiet Room. So apologies for the confusion! It is on the last Tuesday of the month and is only held every "two" months. It is called the Bi-monthly carers group and all are welcome.

The next meeting is on Tuesday June 30th.

For further information contact the Church Office.

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### **B Walkers' Report**

'Ten of us met at Gladhouse Reservoir on one of the best days of the year so far. The reservoir, formerly Moorfoot Loch, is an SSSI and an important roosting site for pink-footed geese. Four of the group opted to walk the 5 1/2 miles around the reservoir. This particular day, the water's surface was mirror-like, its flawless surface broken only by a small number of kayakers.

The other six in the party, headed through farmland up onto the moorland ridge which forms the boundary between the Borders and Midlothian. The path over Maudslie Hill and the Huntly Cot hills gave us superb views northwards over the reservoir and the populated Lothians

and the bleak, uninhabited but equally beautiful Moorfoots. We came across plenty of grouse and a mountain hare.

Turning northwards, we headed down a steep-sided, boggy and pathless cleugh. When the landscape softened and began to level out, we found a very satisfactory spot for lunch with a view of the ruins of Hirendean Castle and the reservoir beyond. Overhead, a red kite was circling almost effortlessly.

We finished our walk heading out of the hills past an unusual brick-built sheep stell and back to the reservoir. We had all had a lovely day in the spring sunshine, no more than half an hour's drive from Christ Church!

### **Book Group**

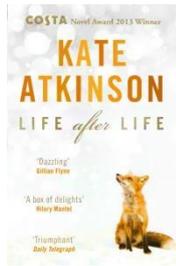
**Tuesday 2<sup>nd</sup> June 7.30pm in the Church Centre**

**The Thread – Victoria Hislop** (author of *The Island* and *The Return*)

Thessaloniki, 1917. As Dimitri Komninos is born, a devastating fire sweeps through the thriving Greek city where Christians, Jews and Muslims live side by side. Five years later, Katerina Sarafoglou's home in Asia Minor is destroyed by the Turkish army. Losing her mother in the chaos, she flees across the sea to an unknown destination in Greece. Soon her life will become entwined with Dimitri's, and with the story of the city itself, as war, fear and persecution begin to divide its people.

Thessaloniki, 2007. A young Anglo-Greek hears his grandparents' life story for the first time and realises he has a decision to make. For many decades, they have looked after the memories and treasures of the people who were forced to leave. Should he become their next custodian and make this city his home?

Tuesday 7<sup>th</sup> July 7.30pm in the Church Centre



### **Life After Life by Kate Atkinson**

*What if you had the chance to live your life again and again, until you finally got it right?*

During a snowstorm in England in 1910, a baby is born and dies before she can take her first breath.

During a snowstorm in England in 1910, the same baby is born and lives to tell the tale.

What if there were second chances? And third chances? In fact an infinite number of chances to live your life? Would you eventually be able to save the world from its own inevitable destiny? And would you even want to?

Life After Life follows Ursula Todd as she lives through the turbulent events of the last century again and again. With wit and compassion, Kate Atkinson finds warmth even in life's bleakest moments, and shows an extraordinary ability to evoke the past. Here she is at her most profound and inventive, in a novel that celebrates the best and worst of ourselves.

*Extract from Kate Atkinson's Website*

New members welcome. For further information contact the Church Office.

*These books are available on loan from the local library/from Morningside Book shop/cheaply from Amazon*

### 100 years ago - Christ Church at war

June 1915:

On 8th May 1915, Private Louis Cowan, of the 9th Battalion of the Royal Scots died in the fighting at Ypres. The church magazine for June 1915 has a brief obituary:

'Louis Victor Cowan was killed in action at Ypres on May 8th. He had been a clerk in Messrs Munro and Sons, Leith, but enlisted on the outbreak of war. His gallantry as a soldier received a fine tribute of praise from Lieut.-Col. Blair. A touching incident of his death was that Lieut. Lyon, who was ministering to Victor Cowan when wounded, was himself killed.'

Louis Cowan was born in Ipoh, Malaya, and is buried in Sanctuary Wood Cemetery. His parents lived in Woodburn Terrace.

This was not the only bad news in June's magazine. The Rector's letter opened with thanks to the congregation:

'My first words in this letter must be words of thanks again for all the loving and lovely sympathy poured out for us in our painful anxiety as to the fate of our eldest son Eric, who was reported by the War Office as missing after the terrible fighting on May 9.

We have had no further tidings of him as yet, but we are buoyed up with the hope that he may yet be restored to us. It is indeed a comfort to know he was doing his duty, and his captain's generous appreciation of Eric's fulfilment of his share of the hot works was a great joy to us'

Eric was one of the 11,000 casualties of the fighting on May 9th at the battle of Aubers. He was a Lieutenant in the 2nd Lincolnshires. At the time, the Rev. Black had two other sons in the army, 2nd Lieut Maurice C Osborne Black, 7th Border Regiment, and 2nd Lieut A Edgar Osborne Black, 9th Gordon Highlanders.

**Helen Williams Archivist**



The final result of the book sale/cafe/children's baking at MUC was £15,125.58, excluding donations – that is a dramatic increase on last year, showing a growth of 19.8% on the comparable figure for 2014. The organisers and Book Sale Committee send many thanks to all who volunteered their help, donated books or made purchases.

The figures for the collections made and gift aided following our service on Christian Aid Sunday, are not yet available, but many thanks to all who contributed so generously.

**Richard Walker and Ceci Stephens**

*Nepal: A Disaster in Paradise  
An Event for Christian Aid in Edinburgh*

*Tuesday 30 June, 7.30pm (doors open 7pm)*

*Fairmilehead Parish Church, 1a Frogston Road West, EH10 7AA*

*An evening with two contrasting but complementary accounts of recent visits to Nepal, with all profits to Christian Aid.*

*First, Kay and Peter Bates will talk about a trip they made to Nepal 18 months ago, and then Dr Richard Lyon, a trauma consultant at the Edinburgh Royal Infirmary, will talk about his role in the rescue mission in the immediate aftermath of the first earthquake.*

*Tickets £6, including interval refreshments.*

Looking back on the month of May, the highlights have been many and varied; from the political razzmatazz of the General Election, the resurfacing of Morningside Road and the somewhat spectacular burst water main followed by a day of no water, Christian Aid Week, Ascension Day with a special Service in the Rectory garden to Pentecost and the celebration of the birthday of the church. Add to that the first outing of Maggie and I with the Christ Church Walking Group and, as I write, the forthcoming Christ Church outing to Peebles when Maggie and I are hoping to again take a wonderful walk along the Tweed and hope to see another kingfisher!

Reflecting on these highlights, I am mindful that there is a common link between these somewhat diverse events, and that link is our need to be appreciative and thankful.

Depending upon one's political persuasion one may, or may not, be pleased with the outcome of the General Election and the not insignificant side issues that have arisen but, regardless of that, we should be so thankful that we live and work in a democracy where freedom and life itself are valued. We give thanks too for the recognition by our fellow humans of the society in which we live, of the needs for others around the world who are uncertain from where their next meal, or drink of water may come from; and that brings me to the road works on Morningside Road and the burst water main, for it was not until we were without water for a day did we just start to realise how much we

take it for granted. All we have to do, normally, is turn a tap! It brought home the need and message of Christian Aid, and for that we should be thankful. As for the Walking Group and the Church Outing, one has to be so thankful for the fellowship that exists within Christ Church and for the beauty and wonder of God's creation of blue skies, rippling and tumbling water, rich meadows, green forests, flora, fauna, creatures and birds that we encounter. That leaves me to mention Ascension Day and Pentecost both of which are the overall reminder of the presence of God the Father, God the Son and God the Holy Spirit in all things that we do and encounter, and for that we should be eternally thankful.

As May becomes June, we start to think of summer, of blossoming gardens, especially full of roses and blooms of various kinds, giving us wonderful colours and scents; of insects, butterflies and birds; the chore – and the sweet smell - of cut grass; the end of school and University examinations and term; the beginning of holidays, time for relaxation and the re-charging of batteries, the period of preparation for all things new that will begin again as summer merges into autumn. May we all grasp, with appreciation, the opportunities that we have in the coming weeks of summer to give thanks to God for all that we have, and may we be the disciples He wishes us to be.

**Nigel Rode**

# Journeys in Faith

June & July

## SUNDAYS

*11.30am to 12.30pm in the Church Centre*

**7<sup>th</sup> June**

**“Calling and Finding” led by Rebecca Aechtner**

An opportunity to find out more about Rebecca’s journey since leaving Christ Church with her husband Anderson Jeremiah at the end of 2011, and of the “great find” in their church of St Mary the Virgin, Gisburn

**5<sup>th</sup> July**

**“What’s the use of the Bible?” led by Susan Macdonald**

A talk and discussion on different understandings of the Bible, on ways we use, and even abuse it, and of its continuing relevance for us in the 21<sup>st</sup> century.

## WEEKDAYS

**THROUGHOUT THE YEAR IN THE CHURCH CENTRE**

The Wednesday Reflection Group starting with coffee at 10.15 am in the Church Centre. For further information contact the Church Office.

For further information about any of the above events, or to make suggestions for future events, please contact the Journeys in Faith Planning Group Hugh Goddard, Susan Macdonald and Alan Shotter via the Church Office.

*This is one of the charities being supported by Christ Church this year.*



Please join us at the

## Families Outside Ceilidh

as part of the European Prisoners' Children Campaign

**Thursday 11th June, 7.30pm**  
**Counting House, Edinburgh**

36 West Nicolson Street, Edinburgh EH8 9DD

**Adults: £8 / children and concessions: £5**  
**Great raffle prizes!**

Proceeds will help support children and families affected by imprisonment

*See you there!*



## Lectionary Readings

7 <sup>th</sup> June Pentecost 2	Genesis 3.8-15 Psalm 130 2 Corinthians 4.13 - 5.1 Mark 3.20-35
14 <sup>th</sup> June Pentecost 3	Ezekiel 17.22-24 Psalm 92.1-4,11-14 2 Corinthians 5.6-10(11-13)14-17 Mark 4.26-34
21 <sup>st</sup> June Pentecost 4	Job 38.1-11 Psalm 107.1-3,23-32 2 Corinthians 6.1-13 Mark 4.35-41
28 <sup>th</sup> June	Wisdom 1.13-15; 2.23-24 Psalm 30 2 Corinthians 8.7-15 Mark 5.21-43



### “A” Group Programme 2015

**6<sup>th</sup> June – Ben Vorlich and Stuc a'Chroin.** Starting on the south shore of Loch Earn, a 4-kilometre walk up Glenvorlich and then more steeply up the north shoulder of Ben Vorlich will add a further Munro to your list. Splendid views over Loch Earn and across to the mountains to the North can be had. The route onwards to Stuc a'Chroin is rockier, but will add yet another Munro to your list and reward you with further vistas to the South. Distance 13.5 kilometres; Ascent 1145 metres. OS Sheet 51

**4<sup>th</sup> July – Laraig Ghru.** Probably the best known hill pass in Scotland; rising to an altitude of 835 metres and connecting Speyside and Deeside. The long walk is rewarded by magnificent views through the pass to the distant mountains and the sense of oppression of the massive surrounding mountains crowding the pass. Rothiemurchus Forest and the Forest of Mar are additional treats. Distance 30.5 kilometres; Ascent 810 metres. OS Sheet 36, 43

**1<sup>st</sup> August – The Lowther Hills.** This walk takes in Green Lowther, Lowther Hill and East Mount Lowther. Setting off from Wanlockhead at an altitude of 467 metres much of the climbing is already done. The gradients are shallow and some of the walk is on a private tarmac road. There are panoramic views from the summits which are the highest in the area. Distance 11.5 kilometres; Ascent 541 metres. OS Sheet 78 (L. MacDougall 0131 664 2120)

Here is an opportunity over the next three months to make a start on the Southern Upland Way which traverses 340 kilometres of the country from the North Sea to the Irish Sea:

## Christ Church Calendar

**5<sup>th</sup> September – Cockburnspath to Abbey St. Bathans.** The eastern end of the Way is a varied walk on clifftop, farmland and forestry. Pease Bridge and Cove Harbour are notable sights on the route. Distance 18 kilometres. Ascent 230 metres. OS Sheet 67

**3<sup>rd</sup> October – Abbey St. Bathans to Longformacus.** This section of the Way runs beside the Whiteadder River then diverting through woods to eventually run alongside the Dye Water to Longformacus. Distance 12 kilometres; Ascent 210 metres. OS Sheet 67

**7<sup>th</sup> November – Longformacus to Lauder.** This longer section of the Way takes us past the Watch Water Reservoir to Twin Law with its distinctive cylindrical cairns with open views to the South. The path continues across open moorland to Braidshawrig and Lauder. Distance 25 kilometres; Ascent 560 metres. OS Sheets 67,73

**5<sup>th</sup> December – Pentlands walk;** starting from Fairmilehead a walk with panoramic views over the Forth Estuary and east across the Lammermuir Hills to the North Sea. Distance 10 kilometres; Ascent 500 metres. OS Sheet 66

### “B” Walkers Programme 2015

**June 20<sup>th</sup>**                      Upper Tweed Valley 8 miles

**July 18<sup>th</sup>**                      Morebattle to Kirk Yetholm 8 miles

## Christ Church Calendar

- August 15<sup>th</sup>**      Traquair 7 miles
- September 19<sup>th</sup>**      Falkirk Wheel and the Kelpies 8 miles
- October 17<sup>th</sup>**      Earlston circular 8 miles
- November 21<sup>st</sup>**      Coastal walk 7.5 miles
- December 12<sup>th</sup>**      Roslin Glen 6+ miles

Please contact the named organiser by the preceding Thursday so transport can be arranged. We share petrol costs. New walkers are always welcome. For further information contact the Church Office.

### Dates for 2015

Sunday 21 <sup>st</sup> June	Annual BBQ with Young Church
Wednesday 8 <sup>th</sup> July	Strawberry Lunch
Sunday 4 <sup>th</sup> October	Harvest
Sunday 1 <sup>st</sup> November	Annual Meeting and Lunch for Area Visitors, Area Visitor Supporters and Pastoral Visitors
Sunday 15 <sup>th</sup> November	Focus on UK Charities supported by Christ Church
Sunday 29 <sup>th</sup> November	Annual General Meeting

# Christ Church Calendar

## Every Week at Christ Church

### Sunday Services

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8.00am Holy Communion (1929)

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10.00am Sung Eucharist (1982)

With Crèche and Young Church

Followed by coffee & the One World Shop in the hall

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11.30am 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Sunday – Journeys in Faith

Theological or Topical Discussion or Workshop in the Church Centre

11.40am 2<sup>nd</sup> Sunday Silent Prayer in the side chapel

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6pm Evening Service (see below)

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### Sunday Evening Services (in the Church Centre)

*Normal pattern, exceptions as announced*

First Sunday Creative Space

A service of readings, music and silence

Second Sunday Prayer in the style of Taizé

Third Sunday Open Table – an informal communion service

Fourth Sunday Sung Compline – gently chanted night prayer

Fifth Sunday Choral Evensong (in the church)

or Service in the Centre as advertised

# Christ Church Calendar

## Weekdays at Christ Church

### Monday

- 8am Morning Prayer and Holy Communion  
1pm 1<sup>st</sup> and 3<sup>rd</sup> Mondays: Knitting Group  
6pm Evening Prayer

### Tuesday

- 8am Morning Prayer and Holy Communion  
10am Last Week Bi-Monthly - The Bi-Monthly Carers Group  
10.15am 3<sup>rd</sup> week in the Centre – Holy Corner Carers Group  
2pm Quilting Group  
2pm 4<sup>th</sup> Week: Mothers' Union at a member's home  
6pm Evening prayer  
7.30pm 1<sup>st</sup> Week: Book Group  
2<sup>nd</sup> Week: Mothers' Union in the Centre

### Wednesday

- 8am Morning Prayer and Holy Communion  
10am Gardening Group *weather permitting*  
10.15am Reflection Group, Quiet Room, in the Centre (not 2<sup>nd</sup> week)  
11am Holy Communion  
2.30pm 2<sup>nd</sup> Week in the Centre  
Afternoon Communion followed by tea (Cameo)  
6pm Evening Prayer

### Thursday

- 8am Morning Prayer and Holy Communion  
6pm Evening Prayer  
7.30pm Choir Practice in the Church

### Friday

- 8am Morning Prayer and Holy Communion  
9.45-11am Play & Praise :  
Birth to school age children and their carers in the Centre  
6pm Evening Prayer

# Who's Who

## Staff

**Rector** Very Revd. Susan Macdonald

**Associate Priests:** Revd Maggie Rode  
Revd Nigel Rode

**Assistant Priest:** Revd Imre Katay-Fodor

**Director of Music:** Dr Michael Green

**Families' Networker:** Alex Barrett

**Church Manager:** Anne Burnett

Monday to Friday

**Office Assistant:** Christine Johnson

Monday, Thursday, Friday morning

**The Church Office is normally open Monday to Thursday 9am-3pm and Friday 9am to 1pm.** For further information about anything in the magazine contact the Church Office. 0131 229 0090 or [admin@6a.org.uk](mailto:admin@6a.org.uk)

**Booking Enquiries: [bookings@6a.org.uk](mailto:bookings@6a.org.uk)**

## Office Bearers and Vestry Members

Rector's Warden Ex Officio Vestry

Lindsay Graham

People's Warden Ex Officio Vestry

Robin Morris

Treasurer Ex Officio Vestry

Kenneth Ramage

Vestry Secretary Ex Officio Vestry

Linda Brown

Factor

Michael Herriott

Lay Representative Ex Officio Vestry

Howard Moody

**Elected Vestry Members:** Hugh Goddard, Mike McNamee, Alan Shotter,  
Mary Snow and Stuart Valentine

No charge is made for this magazine or for 'Inspires' but contributions to the Treasurer are always acceptable. An envelope marked Magazine may be placed on the offering plates. Charity No: SC 003009