

**St Peter's Scottish Episcopal Church Galashiels**

Scottish Charity SC006210

*Useful Numbers and e-mail addresses*

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**Treasurer**

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**People's Warden**

Nancy Muir: 01896 758017 as.muir@btinternet.com

**Organist**

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**Sunday Squad**

Rhona McCleman: 01896 751484

**Hall Bookings**

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**Caretaker**

Phil Todd: 07787 729639

Facebook page - St Peters Sunday Squad Church web site [www.stpetersgala.co.uk](http://www.stpetersgala.co.uk)  
Church Blog <http://stpetersgala.blogspot.com>

**Services**

Sunday mornings

8.30am Communion service, 3<sup>rd</sup> Sunday only

9.30am Sunday Squad followed by tea & toast

10.30am Sung Eucharist followed by tea/coffee

1<sup>st</sup> Sunday of the month

10.30am Traditional Family Eucharist (no 9.30 service)

6.30pm Choral Evensong @ Holy Trinity, Melrose

2<sup>nd</sup> Sunday of the month

6.00pm Healing/anointing service

2<sup>nd</sup> Monday of the month

11.00am Communion service at Oakwood Park

3<sup>rd</sup> Monday of the month April – October CPR card delivery

3<sup>rd</sup> Tuesday April to September

3.00pm Afternoon Tea Service

4<sup>th</sup> Tuesday of the month during school terms

5.30 – 7.00pm Messy Church

Last Wednesday of the month,

7.00pm Taize service at Holy Trinity Melrose

Thursdays

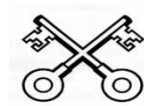
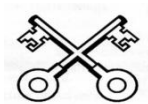
10.00am Holy Communion service takes place in the hall

3<sup>rd</sup> Friday of the month April – October Collect CPR cards

Last Friday of the month

5.00pm Choir practice

# St. Peter's Church Magazine



## April 2017

£1 Recommended donation per issue

Al Christie  
Sheena Cossar  
Karen Ellis  
John Maltman  
Nancy Muir

#### Shared Leadership Team

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#### Church Diary April

Sun 2<sup>nd</sup> 10.30am Family Eucharist Rev Tim Morris  
Mon 3<sup>rd</sup> Mon – Fri St Peter's Food Bank duties  
7.30pm SLT meeting @ Sheena's  
Thur 6<sup>th</sup> 10.00am Communion Service  
Sun 9<sup>th</sup> 9.30am Sunday Squad followed by juice and toast  
Palm Sunday 10.30am Sung Eucharist Rev Ursula Shone  
6.00pm Healing service Joanna Smith  
7.00pm Fellowship of Churches @ Caddonfoot  
Mon 10<sup>th</sup> 11.00am Oakwood Park Communion service  
7.00pm Fellowship of Churches @ St Peter's  
Tues 11<sup>th</sup> 2.00pm Easter service at Abbotsford Court  
7.00pm Fellowship of Churches @ St John's  
Wed 12<sup>th</sup> 2.00pm Easter service at Hazeldean  
7.00pm Fellowship Of Churches @ Our Lady & St Andrew  
Thurs 13<sup>th</sup> 10.00am Communion Service  
11.30am Chrism Mass, St Mary's Cathedral, Edinburgh  
6.00pm Maundy Thursday service Rev Tim Tunley  
Fri 14<sup>th</sup> 10.30 Singing & giving out hot cross buns at Tesco  
noon The Way of the Cross Rev Tim Tunley  
Sat 15<sup>th</sup> 2.00pm Messy Church & Baptism  
6.00pm service of Easter Light & vigil Rev Duncan McCosh  
Sun 16<sup>th</sup> 8.30am Holy Communion Rev Duncan McCosh  
Easter 9.30am Sunday Squad followed by juice and toast  
Sunday 10.30am Sung Eucharist Rev Duncan McCosh  
7.00pm Abbey Consort singing Messiah at Holy Trinity  
Mon 17<sup>th</sup> 7.00pm Bottle top sort  
Tues 18<sup>th</sup> 3.00pm Afternoon Tea Service  
Thurs 20<sup>th</sup> 10am Communion Service  
Sun 23<sup>rd</sup> 9.30am Sunday Squad followed by juice and toast  
10.30 Sung Eucharist Bishop John Armes  
Noon Bring & Share Lunch with Bishop John  
Wed 26<sup>th</sup> 7.00pm Taize service at Holy Trinity, Melrose  
Thurs 27<sup>th</sup> 10am Communion Service  
Fri 28<sup>th</sup> 5.00pm choir practice  
Sun 30<sup>th</sup> 9.30am Sunday Squad followed by juice and toast  
10.30 Sung Eucharist

#### St Peter's Lent Appeal.



Marys' Meals are now working in refugee camps in Syria and Lebanon including Aleppo. There are donation boxes at the back of church



#### Emergency Prayer Circle

This is a group in the church which prays for people at times of special need.

If you know of a member of your family or a friend facing crisis or difficulty who would be grateful of such confidential support Ring Muriel on 01896 831418 or Rhona on 01896 751484



**Saint Brendan.** An Irish saint of the sixth century, who visited and preached in the Western Isles. He embarked upon a legendary voyage, which may have taken him as far as America. He is known as Brendan the Navigator, or Brendan the Voyager. His feast day is April 16.

#### Bishop's Lent Appeal 2017

This Lent I am inviting your support for two contrasting charities. One is large and well known, its roots stretching back to early medieval times; the other is a small recently formed organisation.

Both seek to meet the needs of our modern world.



**St John**  
Scotland

*St John Scotland* is part of the family of charities for centuries associated with medical and rescue services. Its defibrillator project is already saving lives in Scotland. We are invited to support financially, to offer places where a defibrillator may be accessed and to offer help in other ways.



*Collective Calling* collaborate with other small charities helping refugees in camps to 'plug the gaps' and answer immediate needs. You can read their story and find more information at [www.collectivecalling.org](http://www.collectivecalling.org)

#### GREAT TRUTHS ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts
- 4) Today's mighty oak is just yesterday's nut that held its ground...
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre, not the toy....

**Lepra Boxes** A total of £217 was collected this year.

# Sinistrality

## Are you sinister?

No I don't mean scary – just left-handed!

If you are, you probably know that sinister comes from the Latin for the left (wrong) hand while dextro is the Latin for right which gives us dexterous meaning skilful which a right-handed person is expected to be. If you are ambidextrous – having 2 right hands you should be even more skilful!

Recent research has discovered that handedness has nothing to do with brain hemispheres but is determined when the spinal column is forming before the brain begins being wired-up. A foetus has been seen sucking it's thumb – left or right – at this early stage of development.

If you are one of the 10% of the population who are left-handed there are apparently some health advantages:-

Lefties recover from strokes faster than right-handed folk

You have a reduced risk of arthritis

Connections between both sides of the brain are faster so lefties are better at multitasking!

More left-handed people have IQs over 140

Because you should be good at complex reasoning there is a high number of left-handed Nobel prize winners.

There is a whole industry making items special for lefthanders from kitchen utensils and scissors to left-handed cheque books so you don't have to suffer using tools designed for the rest of the population.

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## Sri Lanka Update from Fred

I wish to thank Church Members who enquire as to Rupika and daughter Rashmie now age 12 years. I have, since the rape of Rupika, encountered a style of culture that to me is flawed and deliberate in its style. The fault was not Rupika's. However within a culture both have suffered greatly family and society guilt. While I was in Scotland my house was raided and contents removed. I have since my return 2014 strived to repair rebuild and restock. This last visit Rupika and Rashmie now living in my house and have a bedroom each so no longer do they sleep on a floor. Rashmie bedroom all pink her wish my doings. Today they have hygiene facilities, a kitchen with gas cooker a fridge. A tv a writing desk for school studies. My Christian way is not forced upon them they have their own faith as it should be. They visit the temple and give thanks for all they have. They are living a new way of life now including school studies. Fred.



## A Maundy Thursday Story

William Seth Adams

It was a special evening. Towels were placed on the benches that sat either side of the altar platform. On the floor were several basins with pitchers of water next to them. Any who wished to receive the ministrations of foot washing were invited to come forward. They were invited first to have their own feet washed and then, if so moved, to share in the washing. The pastor waited and

greeted warmly those who came forward. She began the washing.

In the gathering that evening was a man whose body, as a child, had been abused in ways he was only beginning to be able to admit and explore. Stewart, now in his early 30's, was still very reluctant to be touched, except in the safety of the ceremonies at Church. It was his only safe physical environment. He was 'always' at Church, though the ceremonies of this evening, this Maundy Thursday evening, were likely not going to draw him in.

He watched people go forward and have their feet washed, and he watched many wash the feet of others. He just watched. Then, for reason he could not have spoken, and virtually involuntarily, his 'body' got him up and he went forward. A man he had seen before in the congregation but did not know met him, helped him find a place and began to wash his feet. He touched Stewart's feet in a gentle and efficient sort of way, pouring warm water on them and rubbing them with his hands. What he did was not intended to wash his feet so as to make them physically clean. Rather, what he did was to 'wash' them so as to care for them. Stewart cried very quietly, very quietly, indeed. When the man finished his ministrations, he dried Stewart's feet with a fresh towel and Stewart joined the 'washers,' as if a very natural matter. He never spoke about the experience to the pastor but he knew, from that evening on, that something about his body had been given back.

From "Honoring the Body," 2000, unpublished.

## Synod notes

Synod was held on 11 March 2017 in Edinburgh.

- The bishop's lent appeal was promoted and boxes are available in church, however where is also an alternative option for Mary's Meals.
- St Paul's in Livingston is no longer used for worship as they worship elsewhere and the church is to be sold for social housing.
- Elections for General Synod reps for clergy took place and new lay reps were nominated, of which I am the Borders rep.

The main issue that was dealt with was the amendment to Cannon 31 – the solemnisation of Holy Matrimony and same sex relationships. The proposal is to change the Canon to allow marriage in accordance with the Civil Law of Scotland and to provide the cleric with the option of conducting the marriage or not. Nobody is being asked to change their theology on marriage but this change would allow same sex couples to marry in church. This proposed change has been written along the same lines as the change which allowed divorced people to be married in church. Any clergy wishing to conduct such a marriage would have to opt in and be registered by Registrar General Scotland.

A vote was carried out and there was a majority for the change, however this is only indicative as General Synod has the final vote. At General Synod there would have to be a 2/3<sup>rd</sup> majority in each house – Bishop, Clergy and Lay before this amendment could take place.

- There is a St Andrew's building fund of up to £1000 which can be applied to for unexpected or emergency repairs
  - Another fund available is the Provincial Building Fund which considers applications four times a year and certain criteria has to be met.
  - The Youth week at Glenalmond was promoted and involves the church paying a contribution.
- Susan Macdonald was made Honorary Canon and both Susan and David Palmer were presented with gifts as they have resigned their posts as Dean and Diocesan Secretary, respectively.

Karen Ellis

The Will of God never takes you to where the Grace of God will not protect you.

## How many times have I told you?

As we read about Jesus' disciples in the Gospels, it's easy for us to think they must have been very dense to be so unprepared for the suffering, death and resurrection of Jesus.

On at least 5 occasions (Matt 16.21; Matt 17.23; Matt 20.19; Luke 9.22; Luke 18.33), it's recorded that Jesus told them plainly what was going to happen to him.

He was going to suffer at the hands of the religious authorities; he was going to be killed, and on the third day he would be raised to life.

But still they were totally unprepared for the happenings of Maundy Thursday, Good Friday and Easter Day.

Their response to Jesus arrest was great fear and panic. They scattered after his arrest in the Garden of Gethsemane. As far as we know, only Peter and one other disciple, possibly John, made any attempt to follow Jesus into the High Priests house, to be there during his questioning. The rest made themselves scarce.

Yet they had been with Him over a 3 year period, living with Him, learning from Him, sharing in the work He had done, seeing the miracles, marvelling at the healings, listening to his teaching, being part of his band of co-workers.

Still they were taken by surprise by the events of the Easter period.

It was only after Christ's resurrection that they began to make any sense of it.

The two disciples, walking from Jerusalem to Emmaus, were joined by Jesus during the journey, and he taught them how his suffering death and resurrection were not tragic disasters, but all part of God's long-term plan. He explained to them what was said in all the (Old Testament) scriptures concerning Himself.

He helped them to get the picture straight, to see things as they really were, to understand more clearly God's plan.

They in turn helped the other disciples get the picture.

As we go through the Easter period, let's ask Him to help us understand more of the events of that first Easter and its importance for us all. And to help others get the picture.

Let's also be honest with God, acknowledging that we too, like those first disciples, don't always listen to what He says, and that we need Him to help us see His hand in the current situation, and to understand what His plans are.

Like them, we may be taken by surprise as the plan unfolds.....

*Geoff Mason, Interim Pastor*



A question in our Lent study set me off on this! The question was – Do you spend enough time having fun with others and does your church community as a whole spend enough time together doing social things?

Do you remember when we used to have lots of fun events at St Peter's? Things like bake sales, flower shows, lunches and suppers, sales of books, bric-a-brac and other stalls, bouncy castles, face painting, coffee mornings and afternoon teas, evening concerts and quiz nights, talks on interesting subjects.

We really need to start doing these sorts of things again to keep our church family engaged with one another and let the folk of Galashiels know that we are a lively, caring and happy community.

Just because we don't have one person leading us is no reason to give up on being a proper community.

I know there are lots of people in our congregation with the skills and enthusiasm to pull out a calendar of events over the year. Instead of holding a soup 'n' pud once a month maybe we could have coffee mornings with bake/plant sales during school holidays when the ballet class doesn't meet. Maybe afternoon teas also with a home baking stall during the summer when folk don't really want soup.

We are trying to have a breakfast before the Family service on the first Sunday of each month to give all the generations an opportunity to get to know each other better and chat about things that concern them.

Maybe we could have a bring and share lunch some Sundays.

We will be doing this on 23<sup>rd</sup> April when Bishop John will be taking part in our 10.30 service.

**So the challenge highlighted in the heading of this article is addressed to those of you who would be willing to form a group of enthusiasts to get us all engaging with each other through social events throughout the year.** You don't need to be on the Vestry or the SLT (probably better not), just committed to making St Peter's more than just the place we come for church services. You wouldn't be expected to be involved in every event – delegate to those whose skills lie in the different types of activity – maybe taking a month each. Please talk to each other and see what could evolve.



Come and join us for breakfast at 9.45 before the Family service at 10.30 on the first Sunday of each month



Talking of breakfasts – we have decided to restart the Easter Morning breakfast after an open air (weather permitting) service in front of the church at 7.00am. Come along and share some toasted hot cross buns and cheerful company.

Still on the subject of food. I am organising the April Soup 'n' Pud lunch on Saturday 22<sup>nd</sup>. In addition to the lunch I would like to have a home baking stall to raise some money for the East African famine appeal. I would be grateful for donations of baking – scones, tray-bakes, cookies.

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People are funny; they want the front of the bus, Middle of the road, And back of the church.

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Bishop John will be with us on Sunday 23<sup>rd</sup> April to Preach and Celebrate Communion.

This will be followed by a Bring and Share Lunch at noon so do put that in your diary and come along.

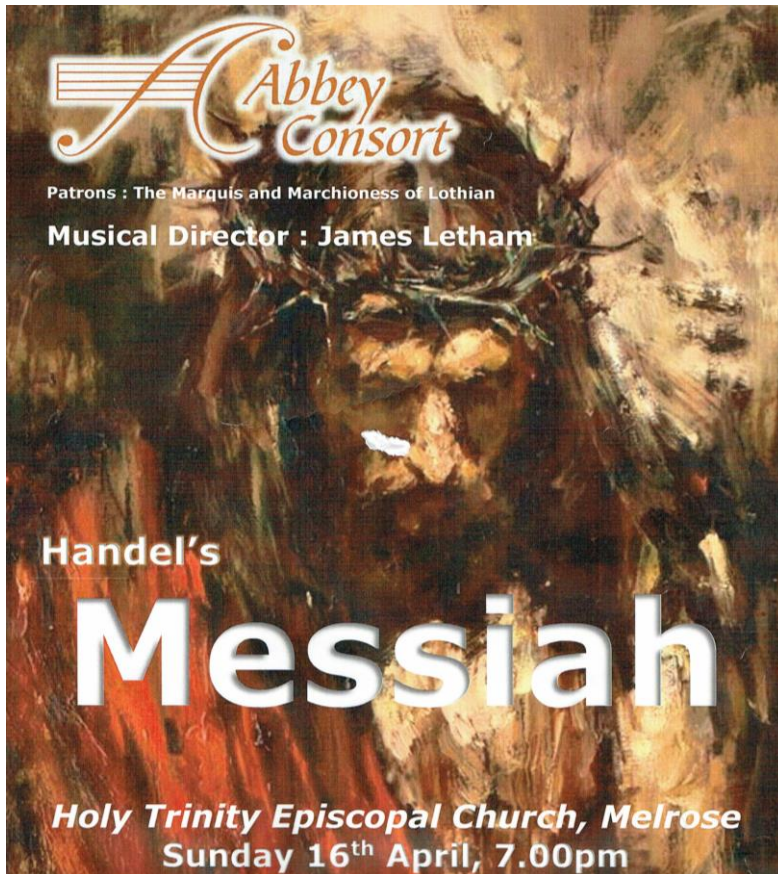
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Sunday – 2<sup>nd</sup> April

Yvonne will have some plants for sale after the 10.30 service

## Music for Easter Sunday



Tickets £10 Accompanied children free

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A slightly different view of Maundy Thursday from a children's hymn written by Michael Forster

The world is full of smelly feet, weary from the dusty street.  
The world is full of smelly feet, we'll wash them for each other.  
Jesus said to his disciples, "wash those weary toes!  
Do it in a cheerful fashion, never hold your nose!"

There are a couple more verses – check hymn number 898

## How did eggs come to be associated with Easter?

At the Passover Seder, a hard-boiled egg dipped in salt water symbolizes both new life and the Passover sacrifice offered at the Temple in Jerusalem.

The Easter egg tradition may have celebrated the end of the privations of Lent. In the Medieval Europe, eggs were forbidden during Lent as well as other traditional fast days. During the strict Lenten fast of forty days no eggs were eaten. It was traditional to use up all of the household's eggs before Lent began, which established the tradition of Pancake Day. This was because, in Christian times, the egg was a symbol of new life just as a chick might hatch from the egg. Eggs were viewed as symbols of new life and fertility through the ages. In Eastern Christianity, both meat and dairy are still prohibited during the fast, and eggs are seen as "dairy" (a foodstuff that could be taken from an animal without shedding its blood). That is the reason why eggs laid during that time were often boiled or otherwise preserved.

It was during Easter that the consumption of eggs resumed after the strict Lenten fast. Eggs were thus a mainstay of Easter meals, and a prized Easter gift for children and servants. And this is probably the reason why eggs came to be associated with Easter.

According to a History channel documentary about Mary Magdalene and her role in Christianity, the custom derives from a biblical event. After the Ascension of Christ, Mary supposedly went to the Emperor of Rome and greeted him with "Christ is risen", whereupon he stated, "Christ has not risen no more than that egg is red" (pointing to an egg on his table). After making this statement it is said the egg immediately turned blood red. She then began preaching Christianity to him. The egg is symbolic of the grave and life renewed by breaking out of it. The red symbolizes the blood of Christ redeeming the world, represented by the egg, and our regeneration through the bloodshed for us by Christ. The egg itself is a symbol of the Resurrection while being dormant it contains a new life sealed within it.



The colouring of eggs is an established art, and eggs are often dyed, painted, and otherwise decorated. Eggs were also used in various holiday games: parents would hide eggs for children to find, and children would roll eggs down hills. These practices live on in Easter egg hunts and egg rolls. These are often hidden, supposedly by the Easter Bunny, for children to find on Easter morning.

Read more at [http://www.theholidayspot.com/easter/history/icons/easter\\_egg](http://www.theholidayspot.com/easter/history/icons/easter_egg)