

St Peter's Scottish Episcopal Church Galashiels

Scottish Charity SC006210

Useful Numbers

Interim Pastor

07958 713353

Vestry Chairman

01896 848659

Treasurer

01896 757114

People's Warden

01896 758017

PVG/Safeguarding Co-ordinator

07704 788689

Organist

01896 758017

Sunday Squad

01896 751484

Hall Bookings

07780 009355

Caretaker

: 07787 729639

Facebook page - St Peters Sunday Squad Church web site www.stpetersgala.co.uk

Services

Sunday mornings

10.30am Sung Eucharist followed by tea/coffee

1st Sunday of the month

9.30am Sunday Squad

6.30pm Choral Evensong @ Holy Trinity, Melrose

2nd Sunday of the month

6.00pm Healing/anointing service

3rd Sunday of the month

8.30am, April - October Communion service,

9.45am Family breakfast

10.30am Family Eucharist

2nd Monday of the month

11.00am Communion service at Oakwood Park

3rd Tuesday April to September

3.00pm Afternoon Tea Service

4th Tuesday of the month during school terms

5.30 – 7.00pm Messy Church

Thursdays

10.00am Holy Communion service takes place in the hall

Last Friday of the month 5.00pm Choir practice

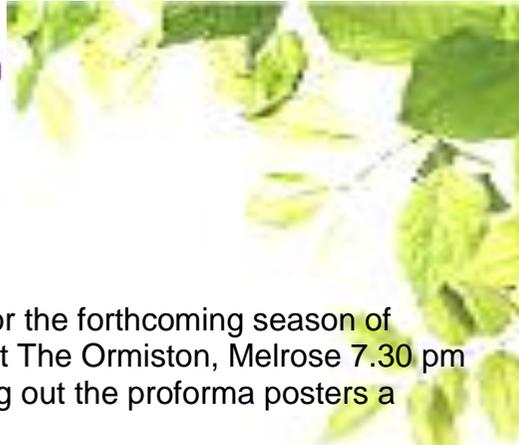
St. Peter's Church Magazine



Harry, Hannah & Karen

August 2018

£1 Recommended donation per issue



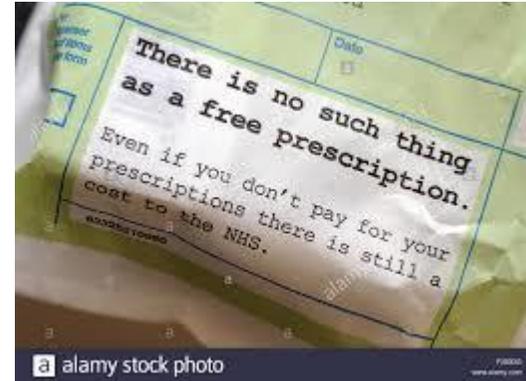
The provisional programme for the forthcoming season of Greener Borders Talks held at The Ormiston, Melrose 7.30 pm is given below. I'll be e-mailing out the proforma posters a couple of weeks before each event which you can print out and display in your church and community. Please encourage your people to come along, especially in October when Melrose are sponsoring and Richard Bond will tell us about his eco-house!

<u>Date</u>	<u>Sponsor</u>
18 October	EcoCongregation
8 November	Greener Melrose
6 December	John Muir Trust
10 Jan 2019	Borders Forest Trust
14 Feb	Borders Organic Gardeners
7 Mar	FairTrade
11 Apr	Melrose Paths Group
10 Oct	Royal Scottish Forestry Society.

Meantime enjoy the summer.

Ian Skinner

How much could we save the NHS?



Did you know that it will cost the NHS about **three times** as much if your doctor prescribes drugs like paracetamol, ibuprofen and antihistamines than if you bought them yourself? I used to take ibuprofen till it upset my tummy so much that I needed to take antacids to cope with these side effects. So that was 2 medications which meant 2

charges for the prescription in addition to the actual cost of the drugs. It costs £10.95 per item on a prescription – so 2 items cost £20.90 plus the cost of the medicines. The cost of over the counter medicines varies greatly according to where you buy them and whether you choose brand names or generic own brands. Always check that the **active ingredient** is identical when looking for generic equivalents and own brand products. A prescription for 200 paracetamol could cost more than £6 + £10.95 dispensing fee = £16.95 or (because of the government's limit of 32 pills per purchase to cut down on overdosing) I can get 32 for .32pence - this is in a local shop not online. Less convenient, because I need to remember to buy them regularly, but a saving of £131.40 per year to the NHS. In Scotland paracetamol and aspirin were the 4th and 8th most issued prescriptions – 2.5 million & 2.01 million respectively, that is a huge amount both in numbers of prescriptions and cost in £s.

I have told my doctor that I am still taking the dosage she used to prescribe so that she is aware of ALL the medication I am using, both the ones I still get on prescription and the ones I buy myself.

I know it is possible to buy prescription only drugs on the internet but this could be very risky as you couldn't be sure that you were not getting something that had been adulterated to cut the costs to the supplier. The same goes for over the counter medicines. At least by buying them in a shop you can be sure that there are quality control and trading standards rules in place and you are helping to keep local jobs and businesses.

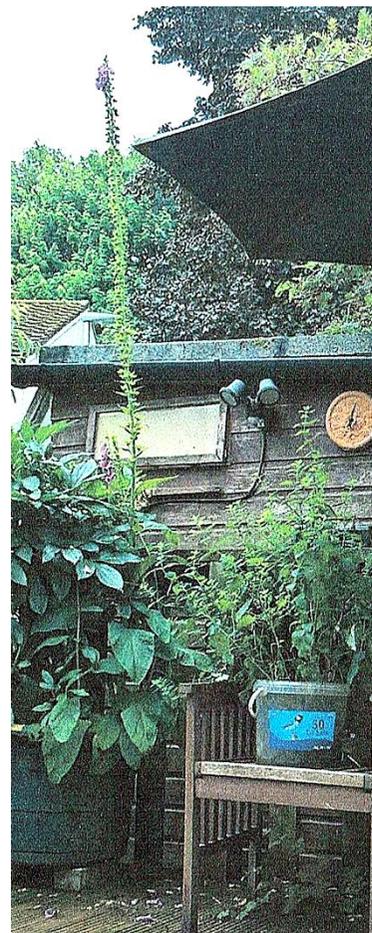
Harry's Blessing

Harry, May God bless you and preserve you;
may God walk with you in times of joy, and in times of trouble.
May your eyes see the love of God at work in the world.
May your ears be shut to what is evil.
May your heart be fed with love.
May your thoughts be blessed with wisdom.
And may this family, walk in the paths of love, this day and for ever
more.

Amen.



Wee Harry is sleeping soundly in Hannah's after receiving his blessing and anointing with olive oil from beside the River Jordan. All the while that Rev Pip Blackledge was speaking to him the little boy was watching Pip and reacting and responding. It was a truly beautiful and spiritual time during the service

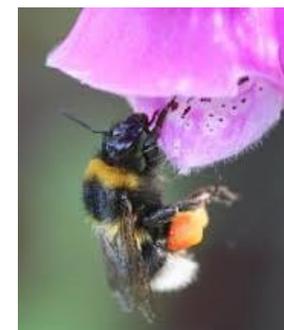


IS THIS A RECORD?

It is a bit difficult to see but in the large green pot on the left where my peony is growing (planted by me) there are several foxgloves (planted by birds or the wind)

One of them has reached the height of about 1.9 meters! (the metal measuring tape folded over and hit me on the head before I could get an accurate reading!) It starts about the height of the seat on the right and towers above the parasol and the shed roof.

The bees have loved it!



I am delighted to announce that with immediate effect the Rev Grace Redpath has been appointed as Associate Priest of St Andrew's Episcopal Church Kelso. Grace and Bob will work together in association with our other Retired Clergy and Lay Ministers to further the work within our town and beyond. The Bishop of Edinburgh will Commission Grace on Sunday 14th October at 10.00 am as part of St Andrew's Harvest Festival Celebrations I could not be happier to be making this announcement and look forward to continuing our joint ministry for many years to come.

Please pray for Grace and Keith as they start this new stage in their lives.

Bob King

Fred's encounter in Sri Lanka with a very large python.



A snake of not less than 7 ft long slithering between the four legs of a garden chair - the same chair I was resting on. I was woken by the two dogs barking and chasing the snake to the far end of my garden area to a



more embracing environment for its daily activities The two dog having taken due care of the intruder as it, with no shortness of speed, slithered into the paddy field at the end of my garden area . I was now awake the dogs happy with their achievement to be rewarded with chicken wings as a treat FRED

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

On the subject of snakes do be aware that our local adders are coming out into the open to sunbathe during the hot weather and several people in the Borders have encountered them on paths and in gardens. Their bite while poisonous is not deadly though can make a small child quite ill. If bitten go to BGH for anti-venom treatment and report the encounter to SSPCA. Helpline 03000 999 999

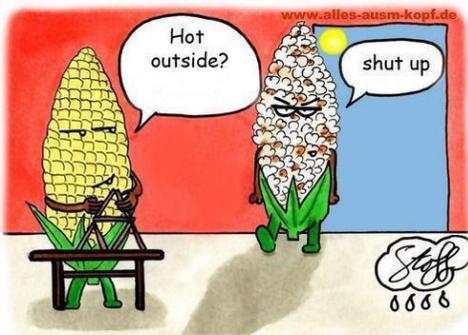


oooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooo

Has anyone borrowed one of the church tables or the coffee urn? If it is hiding in your garage or shed please could you return it . Thanks



© Can Stock Photo



Pip's Sermon Sunday 22nd July 2018

There is a slight error in the service sheet. Our Gospel today is from Mark Chapter 6 verses 30 not to 36 but to 56. Only they take out twenty verses in the middle. What we are left with after they do that, is Jesus getting in and out of a boat – twice.

What, you might ask, is so dull about these middle twenty verses, that the compilers of the Revised Common lectionary thought they should leave it out?

They left out the feeding of the five thousand, and Jesus walking on water in order to leave us with this dynamic and vivid passage of Jesus getting in and out of a boat and then doing that again.

If feels a little like when I have in the past boiled up a chicken carcass for stock, and then without thinking poured away the stock down the sink leaving me with a pile of old bones. It feels as though they've thrown away the wrong bits.

But that is deliberate, I think. Because actually the focus on this Gospel is not really on Jesus, we're very used to seeing Jesus in Mark's Gospel as close up – just him as the centre of attention. But this wee section is focussing on the Apostles. And as we are called to be like them, it's worth spending time on. They have just come back from their great commission, and they are exhausted. There is a contrast here between what Jesus does, and what Jesus tells the Apostles to do. He does what he always does, healing, preaching, teaching, being himself. But what he tells them to do is to rest. To, for want of a better term, to waste time with each other. This Gospel is about wasting time.

The reckless pace of Mark's Gospel takes us in our grip again today. No wonder they kept getting into boats, it was probably the only peace they could find.

And what Jesus saw was that they needed to have a time without agenda, without purpose, just time out, wasting time.

We've sort of lost the art of that. When our time is full, when we are busy, we sometimes feel that every bit of time has to be justified, every hour has to be accounted for, and if we take time off, or time out, it has to be purposeful or valuable. Even holidays if we're not careful are full of planning and events, schedules and agendas.

We did a bit of that, but Crete has a different way of life. One thing I really noticed. People were talking. Not on their phones. We have very little liminal time these days. We fill our time with busyness, whether it's useful busyness or not. And Jesus is saying, you know what, stop that.

When you think of what Harry has in front of him in life, it makes you think. What do you remember about your childhood? I'll bet, I'll bet it wasn't the structured time. I'll bet it wasn't brushing your teeth in the morning or being at school. I'll bet it is the long summer days or good friends, or playing rounders in the park, of evenings looking up at the stars, or the clouds in the daytime. School matters, order and schedules matter, but what matters most is the time that we don't think matters. Little moments of ease and joy."

There's a real and sometimes poignant truth in that. We work so hard, we do so much stuff, but the moments we look back on as feeling truly alive, the moments that feed us, are moments when we are with God or with one another, with no agenda, with no purpose other than being present.

I notice that Andrew in Jedburgh has an introduction to Mindfulness beginning in August, and I saw that and I thought, You Stinker. Because we spoke about it, and IN Holy Trinity IN august we're beginning a course called Soufulness. Which is basically Mindfulness for the soul. And this Gospel I think gives us permission to do what mindfulness tries to do, what prayer tries to do, which is to give everything a rest and focus on the moment, the present moment, and just let go of everything.

We often think of prayer as intercessions – you know, asking God for stuff, but that's only a tiny bit of prayer. The rest is just trying to be in the moment, finding time to be with God and not to sweat anything

Each line is learned by saying, singing and then the movement is added.

By noon we have reached line 4 and after singing Neywey sabjanach aykana d'bwashmaya aph b'harha we learn the counter melody of the name of God

Aramaic	Arabic	Hebrew	Old Canaanite
Allaha	Allah	Elohim	Elat

During a break before lunch we were encouraged to meditate on what we had learned and if we felt so inclined to draw what we had experienced. Sitting inside with my eyes closed – I couldn't watch the moving figures as it made me dizzy than usual – I felt the light and powerful energy of God's presence and I sketched what I saw.

Ken called us back to where he had laid a tablecloth on the floor and invited us to put our lunch there. The food was blessed and we shared our "daily bread".

The afternoon followed a similar pattern of learning the words, putting them to the music and adding the movement. (I'm glad I only had to manage the first two!)

After a tea break we put the whole prayer together. What an achievement!

I moved back into the circle and we shared the bread and wine of Communion with one another.

It was not what we had expected, but we all wanted to go through the experience again. Everyone felt we needed more time to become fully part of the prayer.

Personally I am not sure about some of the English words we were given. There were copies of Neil Douglas Klotz's book "Prayers of the Cosmos" which "retranslated the Lord's Prayer and The Beatitudes in 6 Different Ways" I felt that some of the translations were bizarre.

I wrote the above the day after the workshop in 2008 and I still want to repeat the experience.

Sheena

The Lord's Prayer in Aramaic – Workshop

One Saturday a few weeks ago I found myself at the Trinity Centre attending a workshop entitled “The Lord's Prayer in Aramaic”

I don't know what I expected to happen at this workshop –

Would we recite the prayer in English? - No

Would we translate the prayer? - Not really

Would we discuss the meaning then and now? - No

Would we learn to recite in in Aramaic? Sort of.

So what DID we do?

We sat in a circle – we introduced ourselves

Then we looked at the sheets we had been given – strange words – stranger translations – very unfamiliar and weird concepts.

Turn the sheet over – just the prayer in Aramaic.

Jenny, our workshop leader takes us through one line at a time.

First we say it then we sing it – Jenny plays the clarsach

Jenny and Ken Webb explain that Aramaic words can have several meanings (Ken is the linguist)

B'D,RuOKH = breath or wind or holy spirit Holy Spirit = Holy Breath

Breathing is important – not breath = no life

We did some breathing exercises.

All of us will have seen, either on TV, or for the very lucky ones, in Jerusalem, people praying at the Wailing Wall. They rock back and forth. Jesus would have prayed like this.

Now Jenny asks us to stand in a circle holding hands. Then she shows us how to bring our breath/our being/our whole selves as we learn the movements to go with the words. I have to sit down so I bring my chair into the circle. We say the first line moving our heads and upper bodies.

Now it gets more complicated! We discover that not only are going to move our heads and upper bodies but we are to learn some quite complicated movements that will take us round the circle in a clockwise direction. At least everyone else is – so that I don't impede the progression Jenny moved my chair into the centre of the circle beside her clarsach

else. Being with each other and with God, without an agenda, is the way we learn to love one another and love God – which is really the point of being alive. Love God and your neighbour.

Love your neighbour as yourself – and that's actually the second thing I get about this Gospel – about loving yourself.

But we like to be busy, and that's a problem. We like to think we're doing God's work – but we shouldn't. Let God do God's work, you do your work, with is wasting time with God and with one another. Seriously. Waste more time.

We like doing God's work, because God's work is so much more glamorous. Moreover, we don't always trust God to do it, so we like to help him out. And we always get it wrong when we do.

We try and make people Christians, but we can't. Only God does that. Often when we try to, all we are doing is cloning our particular brand of Christianity.

We try and teach people what is right and wrong – but we can't. Only God can do that, through the Holy Spirit and through conscience. Often when we try to, we just sound like we're telling people off.

We try and judge people – and we really can't. Much as we would like to, only the all-loving God can do that. That's really not our business and we make a horrible horrible mess of it when we try.

Too often I think the church feels it ought to be like some sort of doctrinal sausage factory, churning out people who believe the same thing, stuffing us with the so-called correct ideas about God, teaching us that we have to pray the same way, think the same way, behave the same way. That's what happens when we try and be Jesus, when we try and do God's work, instead of our own. It can often close off new ideas about God, it can close off imagination, reduce God's opportunities for getting through to us.

