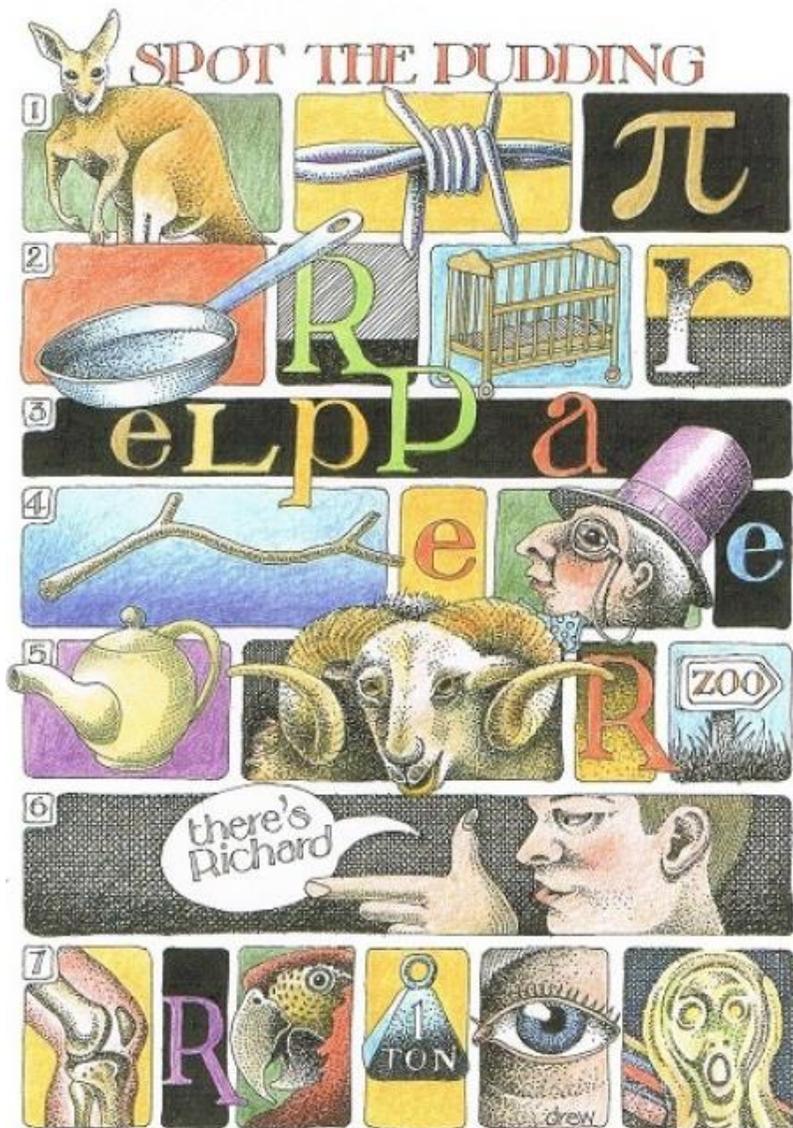


Can you work out what the Pudding is from the pictures?
Good Luck!

A7 Centre of Mission quarterly



September 2019

Let me know what the answers are - I can't find them
anywhere!



Priest in Charge
Rev Cpt Simon Cake CA
07710523856



SIMON'S ROTA FOR A7 CENTRE OF MISSION

This is how Simon is going to spread his time between the three churches for Sunday morning services on a three monthly rotation. He plans to be at these services regularly either as Preacher and Celebrant or a member of the congregation.

Month 1 – starting in April 2019, July 2019, October 2019

1st Sunday 9.00am St Peter's Sunday Squad followed by family breakfast

10.30am St Peter's Sung Eucharist

2nd Sunday 8.30am St John's, Selkirk said Holy Communion

10.30am St John's, Selkirk, Sung Communion

18.00 St Peter's, Gala Healing service

3rd Sunday 10.30am St Cuthbert's, Hawick, Holy Communion

16.30 St Cuthbert's, Hawick, Taize service

4th Sunday 16.30 St Cuthbert's, Hawick, Evensong

Month 2 – starting in May 2019, August 2019, November 2019

1st Sunday 8.30am St John's, Selkirk said Holy Communion

10.30am St John's, Selkirk, Family Service

2nd Sunday 10.30am St Cuthbert's, Hawick, Holy Communion

18.00 St Peter's, Gala Healing service

3rd Sunday 10.30am St Peter's Sung Eucharist

16.30 St Cuthbert's, Hawick, Taize service

Month 3 – starting in June 2019, September 2019, December 2019

1st Sunday 10.30am St Cuthbert's, Hawick, Holy Communion

2nd Sunday 10.30am St Peter's Sung Eucharist

18.00 St Peter's, Gala Healing service

3rd Sunday 10.30am St John's, Selkirk, Sung Communion/Healing service

Knitting for Charity



Ethel has been knitting like mad to fill her table at Why Not? in Channel Street in Galashiels for the months of November, December and January with items for sale to raise funds for the Foodbank in St Peter's Church. She would be grateful for donations of wool and help from other dedicated knitters.



Soup 'n' Pud lunches

You are invited to join us at St Peter's for our monthly lunches on Saturdays between 12.00 and 2.00

12th October

16th November

14th December

Services

Sunday mornings

10.30am Holy Communion followed by tea/coffee

1st Sunday of the month

9.00am Super Squad

9.45am Family Breakfast

2nd Sunday of the month

6.00pm Healing/anointing service

3rd Tuesday of the month April – 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



St Peter's

Men's Breakfast ~ September 2019

Twelve hungry souls attended the above. The cooking was led by Simon. To start the breakfast we were offered cornflakes and fruit

juice. What followed was a mouth watering and stomach filling high calorie menu:



Scrambled eggs, Bacon, Black pudding, Sausages, Hash browns, Beans, Tomatoes, Toast, Tea or coffee

The plates were filled to overflowing and second helpings were offered. All the food was cooked perfectly by Simon, in fact some asked if he had

spent time in the Catering Corp when he was in the Army.

Our after breakfast speaker was *Keith Scott* known locally for his work with the Street Pastors and Soulspan. He spoke with humour and insight about his upbringing in the East end of London. The area offered little opportunity for improvement so Keith drifted into the local criminal community, apparently with a degree of success ~ he was never convicted of a crime! Although Keith was enjoying a good life style, he felt that his life was empty, which is when he felt he had a calling from God. He worked in a hostel for young people who lived on the local streets. Looking for further ways of extending his mission, God spoke to him and he eventually opened a religious book shop. This new mission led to more religious book shops.

Keith and his wife had always wanted to move to Scotland, which they have now done and continue God's work by being involved with Street Pastors and Soulspan. Keith's journey with God was interesting and inspirational and was enjoyed by everyone, in fact the talk eclipsed the fantastic breakfast. Another men's breakfast will be held in six to eight weeks, if you missed this one, do not miss the next one.

<http://soulspanministries.org.uk> <https://www.streetpastors.org/>

After the start of 2020 Simon's rota will change to simplify it.

First Sunday St Peter's, Galashiels

Second Sunday St Cuthbert's, Hawick

Third Sunday St John's, Selkirk

Mondays will remain his day off.

Joint services for the churches in the A7 Centre of Mission will continue to be held on 5th Sundays followed by a bring and share lunch.

The 5th Sunday joint services in 2020 will be

29th February 10.30 @ St John's,

30th May 10.30 @ St Peter's,

29th August 10.30 @ St Cuthbert's,

31st October 10.30 @ St John's

There will be no services in the churches where the joint service is not taking place on those Sundays. Please make a note of these days in your diaries.

-o-

Scottish Borders Emergency Faith Response Plan

We are planning a workshop, on Wednesday 6th November at Old Parish St Paul's Church Hall, Scott Crescent, Galashiels, TD1 3JU to update you with how the Emergency Faith Response Plan is unfolding and your part in it.

We will start at 10am and aim to finish at 1pm. Tea, coffee and biscuits will be provided.

If you would like to stay for informal discussions/networking please bring a packed lunch.

At present the document is at the printers and realistically you should be able to access it on SBC website mid-October.

Because of financial restraints there are only going to be 20 copies printed so we would urge you to read it on line.

Please could you inform your 'team'

Thank you for all your help

We look forward to seeing you on 6th November

Blessings Joanna

Letter from Simon

Gosh Time is really flying by. It's frightening. It only seems like yesterday that Oliver started secondary School in the Lake District of Cumbria, and here we are 6 years later living in the Borders. He's just about to start in the World of Work on an apprenticeship with BT. I Look at him and thinking gosh it won't be long now and he will probably wanting to leave home and get a place of his own.

Another Chapter will begin for us. If I'm honest I'm not looking forward to that day but I know it will come. I Look at Oliver and back at photos of him in the past and boy, he's a man now.

When I Look back I've learnt so much about being a parent through him and learnt a lot from him too. It's been a joy over all. But I can't stop time or changes of life I have to learn to accept and appreciate change.

I've only been here 5 months but again I've learnt so much from everyone and the value of things and traditions like the Common Ridings bring to our communities. But even those things have changed, so I have been told by people.

It's hard to accept change especially if we are on our own. But as a Christian I have my faith that tells me God is with me every step of the way. One other thing God has given me is other people to be around me who have and do help me with accepting change. So if I stop and look to see who's around to help me it's staggering. There are loads of people from friends and neighbours and professionals in Health and Social Care. Home safety, and those who work in Police and our Armed Forces. So perhaps life isn't so hard with all these people around me and I can cope with change.

SO THANKS GOD FOR ALL THOSE WONDERFUL PEOPLE AND ALL THEY DO FOR ME.

Thank you too for being that person who has and does help me without even realising it.

Sorry if I've not shown my appreciation properly but from now I will try to. Perhaps we can all do the same with each other.

Care Home services

We will be taking services at Riverside on October 25th and at Thornfield on October 20th, November 17th and December 22nd.

Vestry meetings: November 5th, November 24th AGM

Leadership Team meetings: October 13th, November 17th

Our community coffee morning is on November 9th in the Parish Church Hall 10-12am

Local contact: Margaret Moyes 01750 22418

mmoyes2@gmail.com

Good News



Fresh Start Borders

www.freshstartborders.org.uk

making a difference!

It was wonderful to hear that the Bishop's Lent Appeal had raised £8,876 for Fresh Start Borders, a charity based here in Selkirk that provides starter packs for homeless people setting up their first flat. Several members of St John's are Fresh Start Volunteers and we recommended the charity to the Bishop.

Thank you to everyone who donated.



More good news

We were also delighted to learn that St John's has been awarded an Eco-Congregation Scotland Bronze Award for good practice in caring for creation shown in our spiritual life, practical action and global awareness.

We were particularly commended for the clear and effective planning for all new projects, activities and spiritual growth opportunities, involvement in achieving FT status for Selkirk, involvement with and promotion of Lend with Care, our current levels of recycling and efforts to reuse/repurpose, which are wideranging & many are local, our openness to exploring possibilities with regard to re-purposing the building, for extending the use of the grounds and improving the environment for wildlife, and our overall enthusiasm and commitment.



St John's

The refurbishment at St John's has started!



For the next few months all our services (see below) will be held in Connections, Back Row, Selkirk by kind permission of Selkirk Baptist Church. Thanks to Selkirk Community Shed for removing the pews which will be recycled into garden benches and thanks to the Green Shed for allowing us some storage space over the next few months. There is very little parking nearby so please leave space for those who need it.

Services October, November & December at Connections.

Every Sunday 8.30am Holy Communion (in side room)
1st Sunday of month: 10.30am Family Communion (main hall)
2nd Sunday: 10.30am Sung Eucharist (main hall)
3rd Sunday: 10.30am Eucharist of Healing (main hall)
4th Sunday: 10.30am Sung Eucharist (main hall)
Wednesday 10.00 am Informal Holy Communion (side room)
We can use the kitchen for coffee after the main service and there is storage space for hymn books, communion items etc

Special Services

October 6th Harvest & Gift Day followed by lunch at The Woll
October 13th Service for Homelessness Sunday
December 8th Joint Confirmation Service at St Peter's with Bishop John
December 24th Christingle Service



Have you been struggling since the loss of your loved ones?

Come and join with others who have also experienced life-changing loss through bereavement.

During **Living with Loss Retreats** we look at loss and grief from a gentle Christian perspective. Our focus is on making the best of our life in the present, and finding a way forward in the changed circumstances of our lives.

- Varied programme.
- Open to those aged 18 and over.
- **Living with Loss Retreats** are led by Abi May – Christian author, bereaved mother, retreat leader and educator.

COMMENTS FROM PARTICIPANTS

“The content of the bereavement sessions was excellent and the approach varied, interactive and all very clearly presented.”
“I thought Abi led the sessions with sensitivity and compassion.”
“This was a first class retreat which I found extremely helpful.”
“I had no idea, really, what to expect this week. I am returning home feeling assured that I will survive and continue to take 'small steps' on my journey.”

WWW.LIVINGWITHLOSS.CO.UK

Or contact Abi directly: livingwithloss@btinternet.com

The Rev. Simon Cake has asked us to encourage prayer within the congregations of the three Episcopal Churches. Initially Simon approached three of us to pray regularly for the Centre of Mission and his ministry. He would like, also, small groups of two or three, in each congregation to gather together as prayer partners.



Great is the power of prayer...

Shirley Douglas: St. Peter's 01896 759254
Carol Wilson: St. John's 07947 164579
Barbara Paterson: St. Cuthbert's 01450 37393

New Pilgrim Path. I find this useful. Simon.

Dear Father Cake New Pilgrim Path: www.newpilgrimpath.ie, if you find it useful, to bring it to the attention of your parishioners.

The Internet offers immense possibilities for encounter and solidarity. "New Pilgrim Path" is a website aimed at sharing with fellow travellers of all Christian denominations the wealth of online spiritual resources we have discovered and continue to discover.

The website features daily prayer, online retreats, reflections, sacred music, poetry, religious broadcasts, and much more. The site was launched in Advent 2016 and roughly 40% of our steadily increasing visitors are from the UK.

Helen Gallivan www.NewPilgrimPath.ie



Milk Bottle Tops For Charity

We started in 2010 and estimate that 41.9 tones have been collected raising £11,200 for Palliative Care charities and The Margaret Kerr unit at Borders General Hospital. We have alternated in the last few years between Macmillan Cancer Care, Marie Curie and The Lavendar Touch. In the early years the amount per tonne was £200 but at the moment we are getting £350. It takes a million and a half tops per tonne. That is a lot of collecting and sorting. We don't need to sort by colour but we do need to make sure that it is only tops that are types of plastic 2 or 4. A small group gather on two Mondays a month checking the contents of the bags of tops that you are good enough to collect for us. The Rotary Club of Galashiels co-ordinate the work but we are grateful to St Peters Church in Galashiels who host our sorting nights. The tops are bought by Sharp Polymers, with a base at Charlesfield, St Boswells. They reuse them as covers for cables.

For information about where to take the tops please contact John on 07551 357580

St Cuthbert's



welcoming space, and we are very grateful to him for this.

We continue to open the church during the day as a quiet space, and have had appreciative comments, as well as requests for prayer. Our volunteer is still doing a wonderful job clearing and gardening in the churchyard, creating another peaceful,



The churches in Hawick held a United service, Praise in the Park at the end of August. There were about 200 people filling the stand at Volunteer Park, and on a beautiful day, led by the Salvation Army and Saxhorn Bands, we raised the roof! I think all of us present enjoyed worshipping together, and hope this tradition will continue and we can do more together.



At our harvest thanksgiving on 6th October, we will again be bringing items for the Food Bank run by the churches in Hawick. The need is ever greater, and this is just a reminder that we have a collection point at the back of the church throughout the year, and there are also collection trolleys in some of the local supermarkets, or items can be handed in to the Salvation Army shop in the High Street.