

**July and August 2017**  
**THE MESSENGER**



***The Magazine of  
St Michael And All Angels  
Episcopal Church, Helensburgh***  
**[www.stmichaelhelensburgh.org.uk](http://www.stmichaelhelensburgh.org.uk)**



**Service Details**

**Sunday**

8:00am Said Eucharist (1970 Rite)

9:30am Open Spirit Contemporary Worship (Crèche facility available)

10:30am Sung Eucharist (1982 Rite)  
*Crèche and Sunday Clubs*

6:30pm Prayer Book Choral Evensong

**Tuesdays**

10:30am Said Eucharist (1970 Rite) followed by refreshments

**Thursdays**

7:00pm Said Eucharist (1982 Rite)

For dates of services please see Diary (Page 10) inside



**ST MICHAEL AND ALL ANGELS, WILLIAM STREET, HELENSBURGH**

Charity Registered in Scotland SC006468

**The Diocese of Glasgow & Galloway**

**Bishop: The Right Revd Gregor Duncan**

Diocesan Website: [www.scotland.anglican.org/diocese/glasgow](http://www.scotland.anglican.org/diocese/glasgow)

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**From the Rector**

Some of you may be wondering why I now use the stick-microphone at the altar during the Sunday eucharists instead of using the clip-on microphone. The reason is that, quite bizarrely, I cause the clip-on one to buzz and crackle! It sometimes happens when Kevin our Lay Reader uses it, too. We cannot find an explanation for this. Using the stick-microphone means that I cannot do the traditional 'actions' with my hands during the Eucharistic Prayer. This does NOT invalidate the words of the Eucharistic Prayer! Holding the bread and the chalice in my hands and repeating Jesus' words from the Last Supper are not what makes these 'elements' holy. The bread and the wine still become, or represent, the Body and Blood of Jesus. This is because THE most important words in the prayer are when I call down the Holy Spirit upon the bread and wine and it is the action of the Holy Spirit which makes them into the Sacrament. The theological term for this action is 'Epiclesis' (the descent of the Holy Spirit upon the gifts of bread and wine.) You will notice that I still use my right hand to symbolically call down the power of the Holy Spirit, so the most important part of the prayer is still absolutely valid! I just thought I would clear up any puzzlement about this.

If you are going away for a Summer holiday and visit any churches, if you find interesting parish magazines, or similar publications, please do bring them back with you and share them with us!

Finally, and with due respect, i repeat what I asked of you some time ago. When I step down at my retirement, please NO monetary collections, gifts, farewell meals/parties, etc. My last Sunday will be the usual run-of-the-mill Sunday with absolutely

**MESSENGER**

**July/August 2017**

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## From the Rector (continued)

nothing to mark my departure. Thank you for your co-operation. Have an enjoyable summer, y'all. God Bless.  
*The Rector*

## News

At the last North-West Regional Council meeting it was decided to hold a trip to Largs in late August if possible and visit the labyrinth. Watch the notice board for details. Also, the next meeting will be held in St. Michael's on 11<sup>th</sup> September.

Have a great Summer!

*Richard Smith, Editor*

## Notices

### MONTHLY COFFEE MORNING

There will be no Coffee Mornings in July and August.

*Maureen Kyle*

### SIDESPERSONS' LEADER

We are still in urgent need of a volunteer to take up the vacant post of sidespersons' leader. We hope that an existing sidesperson or another member of the congregation will come forward. Please contact Brian for details on 01436 672 951.

*Brian Kyle*

## Vestry Report July/August 2017

Due to the Dean's visitation on 11th May, the vestry meeting scheduled for 8th May was cancelled, and we met with the Dean on the evening of his visitation instead. This was a helpful discussion in which the Dean confirmed the process for filling the vacancy after David has retired. The Dean did reassure us that recruitment of priests in the diocese is healthy, and that he did not believe finding a suitable candidate for St Michael's would be difficult, although we should not expect to complete the appointment of our next rector until next summer. For the time being we should continue to reflect prayerfully on what are our values and purpose as a church community.

The following routine vestry business has continued nonetheless:

**INTERIOR DECORATION.** All will surely agree that the church interior looks really good, and the Dean complemented us on all the work that has been done since he last visited. We now have full LED lighting in the church, which should

## Vestry Report (continued)

save a bit on electricity bills. The remaining interior issue, the flower vestry roof water ingress problem, has now been resolved.

**EXTERIOR DECORATION.** The re-decoration work to the church exterior has been contracted out, and will be progressing through the summer depending on the weather and painter availability.

**UPPER & LOWER HALL LIGHTING.** Thanks to a generous anonymous donation we have been able to upgrade the heaters and lights which include a press button operated timer which prevents the heaters being left on by mistake.

**WORKS PENDING.** Repairs to the rectory fence and a new gate are in hand, and the exterior notice board, ordered ages ago, should be in place soon.

**INSURANCE.** Following a routine insurance inspection, we have learned that we are under-insured; that we need to have regular safety inspections of the font lid hoisting mechanism; and that we should review our health & safety policy! The vestry will consider these matters at the next meeting, which is Monday 3rd July.

*Nick Davies, Vestry Secretary*

## Mothers' Union

We have finished our meetings for the 2016-17 season. We had a very interesting talk from one of the volunteers at the Vale of Leven hospital and were surprised to learn just how much scope there is for people to help out there. Eleven of us, including family and friends, went by train to Oban on 18 May. The weather was very kind and we had a lovely outing. Five of us went to the Spring Festival Service in Lenzie where we had a beautiful afternoon tea and witnessed the enrolment of a young couple to the MU.

Our new season begins on Tuesday 5 September at 1.45 pm with our opening Service and enrolment of any new members. If you would like to become a member please let me know before the end of August so that arrangements can be made to include you in the service. Please remember that there are no requirements for joining MU except a belief in the value of family life – that means that, in spite of the name, anyone (male, female, married or single) can join. We are not a bunch of little old ladies sitting round, drinking tea and knitting – even if we look like that! We have very interesting speakers, take part in all kinds of events and support many different causes. You are welcome even if you just want to come along to some of our meetings but it is important

## Mothers' Union (continued)

for us all to support each other in the coming months when we have no Rector. Our Autumn programme is beginning to take shape and I hope there will be something to interest every member of the congregation. I look forward to seeing you!

*Joan Thompson, Branch Leader*

## Eco-congregation

The Annual Gathering in April was held in Glasgow and over a hundred members from all over Scotland were in attendance. Our guest speaker was Alistair McIntosh, a writer on both spiritual and ecological matters, who has researched land reform and climate change, as well as the spiritual and ecclesiastical history of Scotland. Having been brought up on the isle of Lewis, he told us that at that time he was not made aware of the pre-Reformation church sites, ruins and traditions dating back to the time of the united church and its saints, and especially of the island's connection with the European pilgrimage routes. A small carved figure of St James, found in a ruined chapel in the south of the island, and identified by the name carved on it, has the scallop shell with which he was always associated and which connects him with the pilgrimage church of St Iago de Compostela. This was only one of many such fascinating observations which he had made in the course of his own pilgrimage through the island, and he wove a web of spirituality and eco-theology which was riveting to the listener. The speaker had, in his introduction, described the very practical steps, that he and his wife had taken at their house in Govan, to mitigate climate change. Solar panels on the South facing roof, combined with an air to air heat source pump, had meant a reduction of their carbon footprint by nearly 70%. He wanted us to remember that Christians must combine a renewed spiritual appreciation of Creation with practical efforts to save it from destruction.

Briefly, there were four workshops in the afternoon, and I attended one on how to make finance more ethical. It was about holding your bank to account about its own policies for ethical investing, especially if it had, like Barclays, for instance, actually signed an agreement to disinvest in fossil fuels. They often went back on such agreements, or simply did nothing about it, hoping no-one would notice. Also, we heard about the work of OikoCredit, a microfinance operator, set up by the World Council of Churches in 1975, to help finance small third world enterprises, sometimes a single woman or small community, by finding investors and giving a dividend. The Church of Scotland and the

## Eco-congregation (continued)

Scottish Episcopal Church were both signatories to the inception of OikoCredit and fully support its work. Individuals can invest in the company under certain conditions, so it might well be worth investigating.

My second workshop was about the work of the Scottish Churches Parliamentary Office (SCPO). I had no idea that it existed, so was intrigued to hear that the churches do have two people who scrutinise legislation from a Christian point of view and interact with the Parliamentary committees who set out policies on all and every aspect of national life. The speaker encouraged us all to engage as often as possible on every occasion with our MSP's, as she assured us that they longed to know what we were thinking, and what ideas we had. Never miss an opportunity to engage with them on environmental matters whether large or small, because they really do want to know what people want them to do. This view struck me as rather optimistic, but she works with them so I suppose I must accept her advice.

There was also a representative, Jenni Hume, from the group "Have you got the bottle?" to explain ways in which we could join in this campaign and petition the government to legislate in favour of putting extra cost onto plastic bottles which can be refunded when they are handed in for recycling. The number of bottles found on beaches has gone up 40% in recent years and that does not include the ones still out at sea. A Danish gentleman who joined our beach-cleaning party at Kidston, said that the Danish Government had passed a law to recycle all their plastic bottles and the "money back" element made everyone want to return their bottles which made the scheme almost 100% successful. Please declare war on all plastic in your life. It is a blight which is killing off much of our fauna. Incidentally the good news as of today (Pentecost) is that the Kidston Park beach-clean found rather less dangerous litter and junk than last year, but still a huge number of the little blue plastic sticks which have cotton buds on the ends of them. People in this area seem to have a passion for using them. Birds who pick them up get punctured in their insides, and die a slow and painful death. The companies which make them have said they will make the sticks biodegradable, but they have not done so yet as far as we could see. So, more work to be done there.

Finally, just a mention of a forthcoming day event in St Michael's, on 22nd September, when the church will, as usual, be open all day but with a short service to begin and end the day; time for contemplation of an exhibition and

## Eco-congregation (continued)

for meditation on the theme of Creation; and our dangerous misuse of it. There will be simple quizzes for different groups, and other things of interest. Creation Time runs from 1st September to 4th October and is observed all round the world, by all types of church group and congregation.  
*Selina McGeoch*

## A Tale of Kindness

I found this wee story in an old edition of 'Our Daily Bread' lying at the back of church. I read it to the Tuesday congregation one week, but none of the railway enthusiasts fraternity of St. Michael's was present that morning. So here it is again, for them and others to smile at! The relevant Bible verse is Ruth 2:20, "Why, God bless that man! God hasn't quite walked out on us after all! He still loves us, in bad times as well as good!" ('The Message' transl.)

'At one end of the truck (lorry) terminal where H.H. Lee worked years ago was a coal company. Nearby was a railroad, and each day several freight trains passed by. Lee often noticed that the owner of the company, who was a Christian, threw chunks of coal over the fence at various places along the track. One day he asked the man why he did this.

The man replied, "An elderly woman lives across the street, and I know that her pension is inadequate to buy enough coal. After the trains go by, she walks along and picks up the pieces she thinks have fallen from the coal-car (the tender!) behind the engine. She doesn't realise that diesels have replaced steam locomotives. I don't want to disappoint her, so I just throw some pieces over the fence."

That's Christianity in action! The Book of Ruth vividly portrays this principle of giving. When Boaz saw Ruth gathering grain behind the reapers in his field, he commanded them to leave some handfuls of grain for her. To her, this was a blessing from the Lord.

In the same way, the people whose lives we touch need to experience God's love through our compassion and generosity. That's why we should ask God to make us aware of opportunities to show kindness.'

There is a wee ditty at the end of the story: 'Do a deed of simple kindness: though its end you may not see, it will reach like widening ripples down a long eternity.' (Anon) 'I include this, not just for the entertainment of the rail-fans of Tuesday mornings, but also because its sentiments should resonate with us, firstly as members of a well-to-do Christian community, and secondly as voters in a political community. At the present time both communities, local and national, need to re-assess their financial responsibilities and priorities. Thank you for reading this.  
*The Rector*

## Inspires Online

### PROJECT BREXIT PUTS THE INTEGRITY OF THE UK AT SERIOUS RISK

Writing in The Times newspaper on 5 May The Right Rev Dr Gregor Duncan, Bishop of Glasgow & Galloway says:

"If it had not been for the people of England and Wales, the UK would not be leaving the EU. That may seem an eccentric way of stating the outcome of the EU referendum, but it is rather more than that because it denies legitimacy to the oft-repeated claim that "the British people" voted to leave the EU with its corollary that the UK Government must implement their will, come what may. They did not, the people of England and Wales did. The claim rests on the assumed identification of England and Wales with Britain, which identification, in our time of devolved governments and parliaments, surely cannot go unchallenged.

"The truth is that only two parts of the four-part UK voted to leave the EU, not a majority at all from that point of view. There was no provision that for such a momentous change to be undertaken, a majority would have to exist in each constituent part of the UK and so no recognition of the increasingly diverse nature of this obviously troubled land, troubled by the inability of its largest constituent, England, to acknowledge and live comfortably within an entity greater than itself.

"The truth also is that those who voted to remain have as much right to have their view remain part of national discourse as the so-called Brexiteers have the right to pursue their aspirations. As a direct consequence of side-stepping all of these truths and considerations, the whole Brexit project being so eagerly promoted by Her Majesty's Government and now by means of an early General Election, puts the integrity of the UK as a state at very serious risk: Brexit may very well come to mean Break-up.

"For all their talk of stability and of "coming together", Mrs May and her ill-fated predecessor, who have made no secret of their devotion to all parts of the UK, have already done much to undermine it by giving in to UKIP and certain elements in their own party, so much so as to put their commitment to any interest beyond that of their own party's prospects of office in doubt among some voters. One result may be that many Scots, who voted 'No' in 2014 and 'Remain' more recently, and who have perhaps never voted SNP will in the coming months sadly find themselves pondering with increasing distaste and disbelief the future mapped out for them by Mrs May, yoked to a Tory-dominated austerity England, and so increasingly unable to resist the demand for independence and for the end of the UK as they have known, loved and valued it all of their lives."  
*Gregor +*

## CALENDAR FOR JULY

### JULY

**NB: There is NO Evensong during July**  
**There is NO Open Spirit after 2<sup>nd</sup> July**  
**There is NO Eucharist on 27<sup>th</sup> July**

#### Sunday 2<sup>nd</sup> July – Third after Trinity

8:00am Said Eucharist (1970 Rite)  
9:30-10:00am Open Spirit Contemporary  
Worship (Last until 20<sup>th</sup> August)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Monday 3<sup>rd</sup> July

7:30pm Vestry meeting in Rectory

#### Tuesday 4<sup>th</sup> July – Feast-day of St.

##### **Thomas**

10:30am Said Eucharist (1970 Rite)

#### Thursday 6<sup>th</sup> July

7:00pm Said Eucharist (1982 Rite)

#### Saturday 8<sup>th</sup> July

9:00am Rambling Club – Arran

#### Sunday 9<sup>th</sup> July – Fourth after Trinity

Mission to Seafarers **SEA SUNDAY**  
observed with retiring collections for MtS  
8:00am Said Eucharist (1970 Rite)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 11<sup>th</sup> July

10:30am Said Eucharist (1970 Rite)

#### Wednesday 12<sup>th</sup> July

July Day of Prayer for Mission Action  
Planning, Trinity Chapel All Day

#### Thursday 13<sup>th</sup> July

7:00pm Said Eucharist (1982 Rite)

#### Sunday 16<sup>th</sup> July – Fifth after Trinity

8:00am Said Eucharist (1970 Rite)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 18<sup>th</sup> July

10:30am Said Eucharist (1970 Rite)

#### Thursday 20<sup>th</sup> July

7:00pm Said Eucharist (1982 Rite)

#### Saturday 22<sup>nd</sup> July

9:00am Rambling Club – Ben na Lap/ Loch  
Ossian

#### Sunday 23<sup>rd</sup> July – Sixth after Trinity

8:00am Said Eucharist (1970 Rite)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 25<sup>th</sup> July – Feast-day of St.

##### **James, Apostle**

10:30am Said Eucharist (1970 Rite)

#### Sunday 30<sup>th</sup> July – Seventh after Trinity

8:00am Said Eucharist (1970 Rite)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

### AUGUST

#### **NB:**

**There is NO Evensong during August**  
**There is no Open Spirit until 20<sup>th</sup> August**  
**There is NO Eucharist on 3<sup>rd</sup> + 10<sup>th</sup> August**

#### Tuesday 1<sup>st</sup> August

10:30am Said Eucharist (1970 Rite)

#### Sunday 6<sup>th</sup> August – Eighth after Trinity

8:00am Said Eucharist (1970 Rite)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 8<sup>th</sup> August – Feast-day of the

**Transfiguration of the Lord\***  
10:30am Said Eucharist (1970 Rite)

\*NB: The reason for not observing The  
Transfiguration on Sunday Aug.6th but  
transferring it to the Tuesday is because  
we celebrate The Transfiguration on at  
least one Sunday just before or during  
Lent.

## /AUGUST 2017

#### Saturday 12<sup>th</sup> August

9:00am Rambling Club – TBD

#### Sunday 13<sup>th</sup> August – Ninth after Trinity

8:00am Said Eucharist (1970 Rite)  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 15<sup>th</sup> August – Feast-day of Mary

**the Mother of Jesus**  
10:30am Said Eucharist (1970 Rite)

#### Thursday 17<sup>th</sup> August

7:00pm Said Eucharist (1982 Rite)

#### Sunday 20<sup>th</sup> August – Tenth after Trinity

8:00am Said Eucharist (1970 Rite)  
9:30-10:00am Open Spirit Contemporary  
Worship  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 22<sup>nd</sup> August

10:30am Said Eucharist (1970 Rite)

#### Thursday 24<sup>th</sup> August – Feast-day of St.

##### **Bartholomew, Apostle**

7:00pm Said Eucharist (1982 Rite)

#### Saturday 26<sup>th</sup> August

9:00am Rambling Club – Ochils/Glen  
Devon  
10:30am-12:30pm Messy Church at URC

#### Sunday 27<sup>th</sup> August – Eleventh after

**Trinity**  
8:00am Said Eucharist (1970 Rite)  
9:30-10:00am Open Spirit Contemporary  
Worship  
10:30-11:15am Sunday clubs for children  
10:30-11:30am Sung Eucharist (1982 Rite)

#### Tuesday 29<sup>th</sup> August

10:30am Said Eucharist (1970 Rite)

### Redemptorists

The Redemptorist religious order has a mission to spread the Good News of Jesus Christ by preaching and by publication. Quite coincidentally a card from The Redemptorists with the following prayer came through the letter-box the morning the news of the Manchester bombing was breaking. It is worth sharing.

'Look with compassion, O Lord,  
upon the earth that is marred by darkness.  
Look with pity on all the peoples  
on whom have fallen the miseries of war.

Have mercy on the wounded and the dying;  
comfort those who are broken-hearted;  
assuage the madness of oppressors  
and deliver those who are persecuted.

We commend to you, O Lord,  
all who suffer in time of war and terror:  
the homeless, the wounded, the sick,  
the hungry, the anxious and the frightened.

When people's liberty is lost to the  
oppressor,  
let not their spirit and hope be broken.  
May all peoples be brought through strife to  
contentment  
and the nations of the world be united in  
lasting peace.

This we pray to the one who was  
imprisoned,  
the one who was stripped bare and  
executed;  
Jesus Christ our Lord.'

## Helensburgh and Lomond Foodbank

### VICE-CHAIR REPORT FOR ANNUAL GENERAL MEETING - YEAR 2

Firstly, I would like to add my own thanks to all of you for the time and support you have given to the Foodbank during this past year. It is due to your ongoing commitment and to the generosity of the local community, who provide all the food we issue, that the Foodbank can operate. It is the contribution made by every volunteer that allows the Foodbank to deliver a service to those experiencing food poverty here in Helensburgh and in Rosneath. Unlike most other Foodbanks we are not part of a wider network or organisation and have no paid employees; we are made up entirely of volunteers. "You are the Foodbank" We currently have 35 active volunteers...7 of whom also serve on the Foodbank Committee.

We continue to have access to Foodstore accommodation provided free of charge by the Royal Navy, the location of the Foodstore is due to change this summer due to the upgrading of the Drumfork Club Complex. We will however still have access to Foodstore accommodation in the Churchill Estate. The Red Cross continue to allow us use of the garage and the Hall for three sessions per week, also free of charge. We do however make a donation to the local Branch of the Red Cross in recognition of their support this contributes to running costs for the Hall. Although we are now in March 2017 this report covers the Year 2 from 1st November 2015 until 31st October 2016. During our second year, we have seen the demand for food by people experiencing food poverty increase.

As set out in our Constitution: Our first objective is to provide practical support by way of direct distribution of food to any in need: During Year 1 (1st November 2014 until 31st October 2015) we issued 986 Bags of Food and in Year 2 (1st November 2015 until 31st October 2016) we issued 1169 Bags of Food up by 18.5%. The number of people benefiting from the food issued also increased from 1768 individuals in Year 1 to 2045 individuals in Year 2. An increase of 15.6%. In January 2016, we were invited to provide welcome bags of food for 15 Syrian refugee families being resettled on Isle of Bute. If we include those supported by these bags of food, the total benefiting from our Foodbank in Year 2 was 2114 with 696 being children.

The local community have shown tremendous support to the Foodbank through the food donations they make at the Co-operative and Waitrose Stores and through schools, churches, workplaces, individual donations and group donations. We had three Waitrose Collection Day Events during the year, one in November 2015, and the others in April and July 2016. On each of these days we took in more than 1,000 food items thanks to the generosity of the Waitrose shoppers and to the volunteers who assisted at these collections. The Buffet Shop, Tesco and the Glasgow Vineyard Charity also gave us surplus non-perishable items during the year.

In Year 2 we brought 31,769 food items into the Foodstore and issued 32,162 food items to clients. This means that we issued 393 more food items than we brought into stock. Obviously, we could rely on the opening stock of 4,258 items from the previous

## Helensburgh and Lomond Foodbank (continued)

year to balance the stock. It is good that we issued marginally more than we brought into stock.... we are not here to store up food but to provide it to those who need it. This year we introduced fresh fruit as an additional item, 30 bags with 4 pieces of fresh fruit is donated weekly by a local charity. We have also received donations of bags of potatoes, carrots and onions from Ardardan Farm Shop. We hope to increase the fresh produce available in this coming year with bakery and vegetables from Tesco as part of the Fareshare Community Project. You will hear more about this later. During our second year, we improved access for clients by opening on a Thursday evening session. This allows the working poor, those on zero hour contracts and others to use the foodbank in the evening.

In November 2015, we established the new outreach foodbank at the Howie Pavilion Rosneath and after persistent pressure by Victoria Ferguson on Argyll & Bute Council we are no longer being charged for use of the building for the Wednesday afternoon Foodbank Session held there. We have also established a link with the Health Centre in Arrochar and have an arrangement in place whereby we can have food delivered to anyone there who requests food.

Our second objective is: Signposting of information, advice and support to individuals on matters of social wellbeing: This has been improved by the presence of a Citizen's Advice Advisor at the Monday and Friday Morning sessions. We have recently applied for funding for a CAB Advisor for the Thursday evening session. Clearly facilitating direct access to a CAB Advisor is better than merely providing contact information or giving an information leaflet, although in the absence of an on-site advisor this is still necessary. I hope that you agree that the Helensburgh & Lomond Foodbank has met the objectives set out in our Constitution during our second year in operation.

Unfortunately, the planned changes to social welfare with the introduction of universal credit and forecast of a reduction in income for those who rely on benefits will mean that the service provided by the Foodbank is likely to increase in the coming year. The recent budget again left all benefits frozen, unemployment benefit remains at £57.90 per week for under 25-year-old and at £73.10p for the over 25's. There has been no increase in these benefits since 2015 despite increases in the cost of living with energy, transport and food all costing more. With inflation those on benefits are around 1.2% worse off than last year. Those who attended the special showing of "I Daniel Blake" at The Tower to mark our second year in operation, were rightly upset at the portrayal of the devastating effects of job loss and how difficult life on benefits can be. There is little cause for optimism that the coming year will be any different for those relying on benefits and those who have decided that the benefit system is not working for them and is too difficult to navigate.

Hopefully the Foodbank will continue to offer a welcoming and supportive service to all who come to us for food and perhaps it will help us appreciate how difficult and insecure life is for those who attend.

*Mary C McGinley, Vice Chair*

# Rambling Club

## WALKING HOLIDAY IN THE YORKSHIRE DALES 9TH – 12TH MAY 2017



This year the STM walking holiday was based in Skipton nestled on the edge of the Yorkshire Dales, organised by the current 'Committee' of James Ashby, Frankie Hammer, Richard Horrell and Jo Scott (and as always assisted by Pete and Ethnee Ashton). I had only ever driven past the signs for the Dales so it was wonderful to be able to explore another part of the

country.

Twenty-three of us stayed in the Herriots Hotel opposite Skipton Station, six camped nearby and Frankie stayed with a friend. Richard H had arranged with the hotel for us all to eat together in the evening, so as you can imagine we pretty much filled the dining room – in person and in voice!

Once checked in, it was such a lovely afternoon several people decided to walk along the Leeds and Liverpool Canal which ran at the back of the hotel. They followed the path through Skipton which led to a beautiful walk in Skipton Castle Woods where the steep banks were covered in wild garlic – the smell was amazing.

Our first walk was a gentle circular route to Brimham Rocks; strange millstone grit formations which have been eroded into weird shapes by the elements. It covered a considerable area and I found it quite surreal. At the end of the walk there was a National Trust Exhibition Centre, shop and a small café; the perfect finish to a lovely walk – indulging in an ice cream cone in the sunshine surrounded by these extraordinary natural sculptures.



# Rambling Club (continued)



The second walk was to Malham Cove. Having seen this wonder a number of times on Country File I was very eager to see it for real. Our route took us past more banks of wild garlic and a very pretty waterfall called Janet's Foss, then we reached the point where the group would split for a high walk or a medium walk. The start of the high option was a short scramble up Gordale Scar, a

limestone ravine, which thankfully wasn't too wet due to the wonderful sunshine we had been blessed with. Sadly, the Scar got the better of me and my short legs, so I will have to return for another attempt when it is less busy. Ten did manage the scramble with relative ease and once on the top were rewarded with a walk that included Malham Tarn before meeting up with the medium walkers at the famous Malham limestone pavement above the cove. It was amazing walking over the clints and grikes, you had to watch where you put your feet. Even walking down the manmade steps to the bottom of the cove was quite treacherous as they were very steep. It was all worth it because the Cove is magnificent and every bit as wonderful as it appeared on Country File.

As we made our way back to the car park we were able to stop for refreshments at Beck Hall, and what better way to finish this lovely walk could there be - a luscious cream tea sat outside in the glorious sun!

Thank you to the Committee for all the hard work required to organise this event – at times it was like 'herding cats' but we all really appreciate the effort that goes into it. I know that I enjoy visiting the new places, the companionship - catching up with people, especially those you don't see very often (it was lovely to see Jean & Hugh and Alice & Alistair) - and the overall feeling of being physically and spiritually uplifted. How lucky we all are.



*Gerry Quickfall*

## ST MICHAEL'S RAMBLING CLUB

### WALKS JULY TO SEPTEMBER 2017

Walks are on Saturdays and start outside St Michael's Church at 9 am unless otherwise indicated by the leaders of the individual walks.

DATE	GRADE	WALK	ORGANISER
8 <sup>th</sup> July	Moderate	Arran (tbc)	Frankie Hanmer 01436 678490
22 <sup>nd</sup> July	Hard Moderate	Ben na Lap Loch Ossian	Richard Horrell 01436 676936
12 <sup>th</sup> August		TBD	Frankie Hanmer 01436 678490
26 <sup>th</sup> August	Moderate /Hard	Ochils/ Glen Devon	James Ashby 01436 675541
9 <sup>th</sup> September	Moderate	Balmaha	Jo Scott 01389 849145
23 <sup>rd</sup> September		TBD	Richard Horrell 01436 676936

Note that the grade (and possibly the walk) may change after a recce.

If you have an idea for a walk, or want to lead one, please contact one of the committee members, who are:

Jo Scott (01389 849145) Richard Horrell (676936) Frankie Hanmer (678490) and James Ashby (675541)

*Spirit of our Loving God  
In your mercy and compassion  
Inspire, encourage and empower us  
To live and work together  
As a Diocese  
To allow your mission for us  
To take flesh  
Through Jesus Christ  
Our Living and Eternal Lord.  
Amen*



## LECTIONARY – JULY/AUGUST 2017

Sunday	Eucharist	Evensong
2 <sup>nd</sup> July Trinity 3	Genesis 22:1-14 Romans 6:12-end Matthew 10:40-end	No Evensong
9 <sup>th</sup> July Trinity 4 SEA SUNDAY	Genesis 24:34-38+42-49+58-end Romans 7:15-25a Matthew 11:16-19+25-end	No Evensong
16 <sup>th</sup> July Trinity 5	Genesis 25:19-end Romans 8:1-11 Matthew 13:1-9+18-23	No Evensong
23 <sup>rd</sup> July Trinity 6	Genesis 28:10-19 Romans 8:12-25 Matthew 13:24-30+36-43	No Evensong
30 <sup>th</sup> July Trinity 7	Genesis 29:15-28 Romans 8:26-end Matthew 13:31-33+44-52	No Evensong
6 <sup>th</sup> August Trinity 8	Genesis 32:22-31 Romans 9:1-5 Matthew 14:13-21	No Evensong
13 <sup>th</sup> August Trinity 9	Genesis 37:1-4+12-28 Romans 10:5-15 Matthew 14:22-33	No Evensong
20 <sup>th</sup> August Trinity 10	Genesis 45:1-15 Romans 11:1-2a+29-32 Matthew 15:21-28	No Evensong
27 <sup>th</sup> August Trinity 11	Exodus 1:8-2:10 Romans 12:1-8 Matthew 16:13-20	No Evensong
*NB: Choral Evensong begins again in September*		

## READERS' LIST – JULY/AUGUST 2017

DATE	8:00am	10:30am	6:30pm
2 <sup>nd</sup> July	John MacCallum	James Ashby	
9 <sup>th</sup> July	Chris Sanders	Jill Braid	
16 <sup>th</sup> July	Selina McGeoch	Trevor Quickfall	
23 <sup>rd</sup> July	Henry Douglas	John Lewis	
30 <sup>th</sup> July	Penny Johnston	Michael Blake	
6 <sup>th</sup> August	Nigel Allan	John Hanks	
13 <sup>th</sup> August	John MacCallum	Chris Packard	
20 <sup>th</sup> August	Chris Sanders	Julie Siemens	
27 <sup>th</sup> August	Selina McGeoch	Helen Gibson	

## Thoughts

Two spiritual snippets for you to enjoy.

'God of compassion, you await the sinner's return and spread a feast to welcome home the lost. Save us from the temptations that lead us away from you, and draw us back by the constancy of your love, that we may take our place in your household and gladly share our inheritance with others.'

(Kieran J. O'Mahony OSA Speaking from Within. Veritas, 2016)

'As the hand is made for holding and the eye for seeing, Thou hast fashioned me for joy. Share with me the vision that shall find it everywhere: in the wild violet's beauty; in the lark's melody; in the face of a steadfast man; in a child's smile; in a mother's love; in the purity of Jesus.'

(Trad. Gaelic, trans. Alistair MacLean; Celtic Spirituality, ed. Mary C. Earle. SPCK, 2012)

### ***Church Group Leaders***

People's Warden	Morag Carlaw	672090
Rector's Warden	Jo Scott	01389 849145
Sunday School		
Crèche	Pauline and Ray Williams	673944
Infants, Juniors and Bible Class	Anne Cook	672500
Sidespersons	Vacant	
Bellringers	Kitty Fleming	676963
Reading (Lessons) Rota	Nigel Allan	671875
Cleaning Co-ordinator	Barbara Hoey	671718
Visiting Co-ordinator	Vacant	
Flowers	Sue Ashby	675541
Intercessions Rota, Laundry, Soft		
Fabrics and Chief Sacristan	Joan Sadden	672422
Sunday Coffee Rota	Margaret Horrell	676936
BRF (Bible Reading Fellowship Notes)	Susan Lewis	01389 841592
Mothers' Union Branch Leader	Joan Thompson	423451
Us (formerly USPG)	Marion Blake	673960
Keep Fit/ Hall Convener/		
Monthly Coffee Morning Rota	Maureen Kyle	672951
Eco Congregation	Selina McGeoch	676074
Hill walking and Rambling Club	Richard Horrell	676936
Traidcraft	Jo Scott	01389 849145
Vale of Leven Hospital Tea Bar	Judith Adams	672477
St Michael's Art Group	John MacCallum	673521
Magazine Editor	Richard Smith	831644
Collation / Distribution	Vacant	

### ***Contact People/Organisers***

Ask how to join or help. Perhaps bring new ideas for new activities  
You will be welcome. Please let the editor know if any changes are needed.