



MAGAZINE MARCH 2019

Murrayfield

PARISH CHURCH

Dear Friend

Lent is something which has a higher profile in Catholic and Anglican traditions that it typically does in Presbyterian tradition. The custom of some kind of sacrificial fasting for the 40 days preceding Easter (eg not eating chocolate) wasn't something that I personally ever grew up with or practised. Referencing Lent, and perhaps marking the period in one way or another, is increasingly popular these days in the Church of Scotland.

I want to recommend the suggestions from a very interesting website www.livinglent.org The website is hosted by the Joint Public Issues team of the Baptist Union of Great Britain, the Church of Scotland, the Methodist Church and the United Reformed Church. The main thrust of the Living Lent website is to encourage us to do something in Lent that makes a difference to our environment. As an eco-congregation this is something I would encourage you all to consider.

Here is the blurb, "Living Lent is about recognising that changing our climate is not just an activity, but a lifestyle. That's why this Lent, you are invited to become part of a community who will respond to the call to climate action by making significant personal commitments to changing our lifestyles for the climate". The idea is that rather than do something trivial like not eating chocolate we commit to a lifestyle change.

There are 6 areas highlighted and the suggestion is to choose 1 from these 6. They include: Giving up Single Use Plastics for Lent, Going Meat free or free of all animal products for Lent, Buying Nothing New for Lent, Giving Up Electricity For an Hour Every Day for Lent. The website explains the ecological benefits of all these things and offers some very compelling and persuasive evidence and has links to all sorts of information.

I have been thinking for a while about my diet and how much meat I normally eat so my plan is to try as far as possible to try not to consume meat and dairy products during Lent (I am going to have occasional fish). As Christians we are called to look after our planet and perhaps this is a way to get some of us, me included, more seriously engaged with the practical outworking of what that entails in our lifestyles.

Best wishes from your minister Keith



Meat

Could you go meat-free, or even free of animal products all together, for Lent?

[Continue reading →](#)



Buy Nothing New

Could you buy nothing new for the whole of Lent?

[Continue reading →](#)

CENTRE



It's very often said that the Church is not the building but the people in it. But ask anyone in the area where the church is and they are still most likely to point out the large red building at the bottom of Ormidale Terrace. The church *building* is of course of great importance to the spiritual life of our congregation as our place of worship, but we are blessed also to have a second great asset – our Church Centre.

As convenor of our Centre Group I am now much more aware of how important the Centre is to us in two very important ways.

The first is our outreach to the Community. Of course we use the Centre for S Club and coffee after the service on a Sunday and for other church groups too – *Tuesday Circle*, *Wednesday Workout* and *Worship*, *Tots on Thursdays* – and many meetings. And it's the base for the MCT Murrayfield Club for those with dementia providing such valuable support and care. But take a look at the list of Church Centre Activities at the end of this Newsletter and I think you'll be surprised at the variety of things going on – children's activities galore, Scottish Country Dancing and Clubbercise, Yoga and Pilates, Bowling and Bridge, Rainbows and Brownies. Some of these activities are attended by our church members, but many are not – and it is there that our Centre provides us with the opportunity to welcome those who would be reticent to cross the door of the church and show them that the Church [Centre] is not just a building.

By allowing Community groups to use the centre at reduced rates we also serve our local community.

And that brings me to the second way in which the Centre is important to us – as a source of income. You might be surprised to know that we generated over £37,000 of income from the use of our Centre in 2018. So not only a valuable asset to help our outreach, but one which provides a healthy income.

But it could be more, as there are times when areas of the Centre are not used; and our income has reduced though there can be exceptional items such as election usage as a polling station which can boost it.

So how can you help us use our Centre better?

First of all, if you're in the Centre and you meet someone, please do smile and say hello – remember, the church is its people not just the building!

Let people know about the Centre and that it can be hired as a venue – not just for regular meetings but for one off parties or social events. And did you know all members are entitled to a 40% discount on our standard hire rates? Just get in touch with the Church Office or use the booking form on the website to check availability and cost.

Scott Kerr, Convenor of the Centre Group

COMMUNICATIONS

Hello?! Can you hear me? Update on Murrayfield Communications

Did you know Murrayfield Parish Church (MPC) has a communication strategy? No? Oops the Group is not doing a very good job then are we!

Actually the [recent survey](#) of younger members found that we are doing well at communicating in MPC. But there is always room for improvement.

The goals of our communication strategy are in summary to

- Promote the work and values of MPC
- Keep members up to date
- Encourage new members and make them feel welcome.
- Bring the wider community into the church.
- Share information with our Murrayfield Churches Together partners
- Meet legal requirements that affect communication

Our recent work includes our updated [website](#) – packed full of useful information. We've created information leaflets (in the pews) and colourful posters in the centre celebrating different aspects of life at MPC.

Another change you should see this year is new noticeboards outside and at the back of the sanctuary.

One of our biggest challenges is to balance the money and environmental cost of communication with meeting everyone's communication needs. So you **can** get a printed copy of the magazine - just ask the Church Office - but our preference is to send it by email. We are also trying to make the magazine more attractive to read by asking contributors to write concisely (!) and including photos.

Responding to recent feedback that we don't always get information out at the right time, we're experimenting with increasing the size of the magazine and sending out regular short update emails.

If you are on Facebook you can **like our page**.

Fay's much loved Family Newsletter is essential reading for MPC families so make you are signed up if that's relevant for you.

Communication works both ways so please give us feedback - to Keith or the Office.

Thank you and over and out!

Steven Marwick, Communications Group Convenor



CHURCH NEWS

BUILDING AN INCLUSIVE CHURCH



All who attended the course 'Building an inclusive church' held at Murrayfield Parish Church in January were there for the same reason! To find out how church can be as inclusive and accessible as possible for all children. The course was led by Sarah Whitaker who is a Psychology graduate from Edinburgh University and is currently studying for a masters in Clinical Psychology. Sarah shared a wealth of information on the difficulties faced by children with additional support needs and how we can all work together to help to make church more accessible for all families. An invitation to the wider church through presbytery created interest from people from a number of other churches, who were able to join in with the event.

CHRISTIAN AID



IT'S TIME FOR OUR MCT QUIZ NIGHT ON MARCH 24TH AT 6.45 PM AT SAUGHTONHALL UR CHURCH

We hope as many people as possible will make up teams of 4 or give their names as individuals to join in what seems to have become an annual event. Hurry because every year it gets more popular and tickets are limited. It will be a general knowledge quiz - nothing too obscure we assure you, minimal pop, sport and TV soaps - but not suitable for the very young. We think teenagers would be helpful for some sections - family teams would be very welcome, the S Club teachers, choir, or of course groups of friends to spread the net across the community. Many of you will have enjoyed previous quiz evenings so do come and join us again.

Small entry charge £6 per team member and prizes for the winning team.

Raffle and refreshments of tea/coffee and homebaking.

Contacts are: Marjorie Guthrie	337 6641
Liz Sudlow	337 2022
Anne Ostrowski	346 1928

FAIRTRADE FORTNIGHT



Come and join us after the service on 10th March for a fairly traded cuppa and tasty treats. Any offers of baking or help on the day would be welcome.

Fiona Dinsmore, Alex Hardie

Family News



If you haven't tried Messy Church before come along and join in. It's fun for the whole family and there's something on offer for all ages. Better still bring another family with you from the community. Please tell your friends and neighbours about Messy Church. We want to welcome as many people from the community as possible. Pop Saturday 30th March, 3.30-5.30pm in the diary and join in with amazing crafts, a celebration and food!



Can you help with family door welcoming? 10.15 am on Sunday mornings.



Can you help with coffee in the Hall after the service?
Or bake for a cake and chat Sunday. Please get in touch.



TOTs Toddlers on Thursdays, 10-11.30am, runs during school term time. We enjoy singing, story time, playing with toys, coffee and cake and always find time to thank God! It's for adults and children 0-5 years. A busy group with lots of chatter and friendship.



Creche, S Club and Quest all welcome volunteers. Please get in touch if you can help out occasionally.



If you would like more information about any of the above or would like to meet up for a coffee and chat please just get in touch anytime. I would love to hear from you!

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CHURCH NEWS

CONGREGATIONAL ROLL

Deaths

Mr William Telfer 7th February 2019

WEEKLY DUTIES

3rd March - Team 8

Jane Crispin, Marjory Cook,
Catriona Parkin, David Parkin,
Peter Alderdice

10th March - Team 9

Catherine Campbell, Jane Flanagan,
Chris Goudie, Peter Campbell,
Rosemary Whaley

17th March - Team 10

David Marwick, Liz Aitken,
Doris Kerr, Marjorie Guthrie,
Rachael Wood

24th March - Team 1

David Holton, Emma McAslan,
Helen Holton, Beverly Kerr,
Sally McIntosh

31st March - Team 2

Keys Aitken, Jennifer Paterson,
John Crispin, Adam Hardie,
Scott Kerr

FLOWER ROTA

	Donor	Deliverer
3rd Mar	K Avey	K Avey
10th Mar	A Henry	A Henry
17th Mar	R McDonell	TB/KA
24th Mar	L Rough	L Rough
31st Mar	M Henderson	TB/KA
7th Apr	P Skrgatic	P Skrgatic



SCRABBLE AND RUMMIKUB

The next Scrabble and Rummikub session will be on Monday 11th March in the Dove between 2 and 4 pm.

Anyone is very welcome to join us.

Chris Goudie

SPRING INTO ACTION

7 AND 14 APRIL

Thinking ahead to spring, we shall be having a collection for the Edinburgh City Mission. Please bring along donations of **SOAP, TOOTHPASTE** and **TOOTHBRUSHES** on either 7 or 14th April or both!

Catherine Campbell

Church Diary + Housekeeping

CHURCH CENTRE ACTIVITIES -

See website for contact details

MONDAY

Jo Jingles 9.30-11.30 am

Bowling 10 am-12 noon

Bridge 10 am 12 noon

Kumon 3.15-5.45 pm

Pilates 4.40-8.20 pm

Clubbercise 6.35-7.35 pm

Royal Scottish Country Dance 7.45-9.15 pm

TUESDAY

Pilates 9.15-10.15 am

Baby Sensory 10.00 am-12.30 pm

Murrayfield Dementia Club 10 am-2.30 pm

Street Feet 3.45-5.00 pm

Pilates 4.45-6.45 pm

WEDNESDAY

Tumbletots 9-11.30 am

Rainbows 5.15-6.15 pm

Acting Out 5.50-10 pm

Yoga 7.15-8.30 pm

THURSDAY

Pilates 9.15-10.15 am

Murrayfield Club 10 am-2.30 pm

Yoga 2.30-4.15 pm

Rainbows 6-7.30 pm

Royal Scottish Country Dance 7.45-9.15 pm

FRIDAY

Dance Sing 9.45-11.45 am

Murrayfield Club 10 am-2.30 pm

Baby & Toddler Group 9.30-11.30 am

Relax Kids 2.00-5.30 pm

Brownies 6-7 pm

Postcard Club 2nd Friday of Month 7.30 pm

SATURDAY

Edinburgh Ballet 9-12.15 pm

Kumon 9.30 am-12.45 pm

Tinnitus Group 4 times a year 1-5.30 pm

CHURCH DIARY

WWW (starting on the stage)

Wednesdays 6, 13, 20, 27

TOTs (Main Hall) Thursdays 7, 14, 21, 28

Tuesday Circle (Dove) -Tuesday at 2.00 pm

5 Mar - "Children's Hospices Across Scotland"

19 Mar - AGM and Daffodil Tea

SUNDAY SERVICES

All Sunday morning services are at 10.30 am with a short Communion being held on the 1st Sunday of each month. Full Communion will be held on the first Sunday in February, June and September and Easter.

A service is held at 4.30 pm at Murrayfield House on the second Sunday of each month (crèche & S-Club provided)

Contact details

Our church manager Maureen can be contacted on 0131 337 1091

office@murrayfieldparishchurch.org.uk

Our minster Keith Graham can be contacted on 0131 337 1364

kegraham@churchofscotland.org.uk

Our session clerk Jane Smart can be contacted on 0131 337 1581

jane@murrayfieldparishchurch.org.uk

Our session clerk Sheena Douglas can be contacted on 0131 343 2664

sheena@murrayfieldparishchurch.org.uk

Our families worker Fay Forsythe can be contacted on 0131 337 6501

fay@murrayfieldparishchurch.org.uk

Our Organist Justin Nash can be contacted on 07732165768

justin@murrayfieldparishchurch.org.uk

Our pastoral care co-ordinator

Chris Goudie can be contacted on 0131 312 8468

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