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Holy Trinity Church

Albert Place, Stirling, FK8 2RG

Issue 10
July/August 2022

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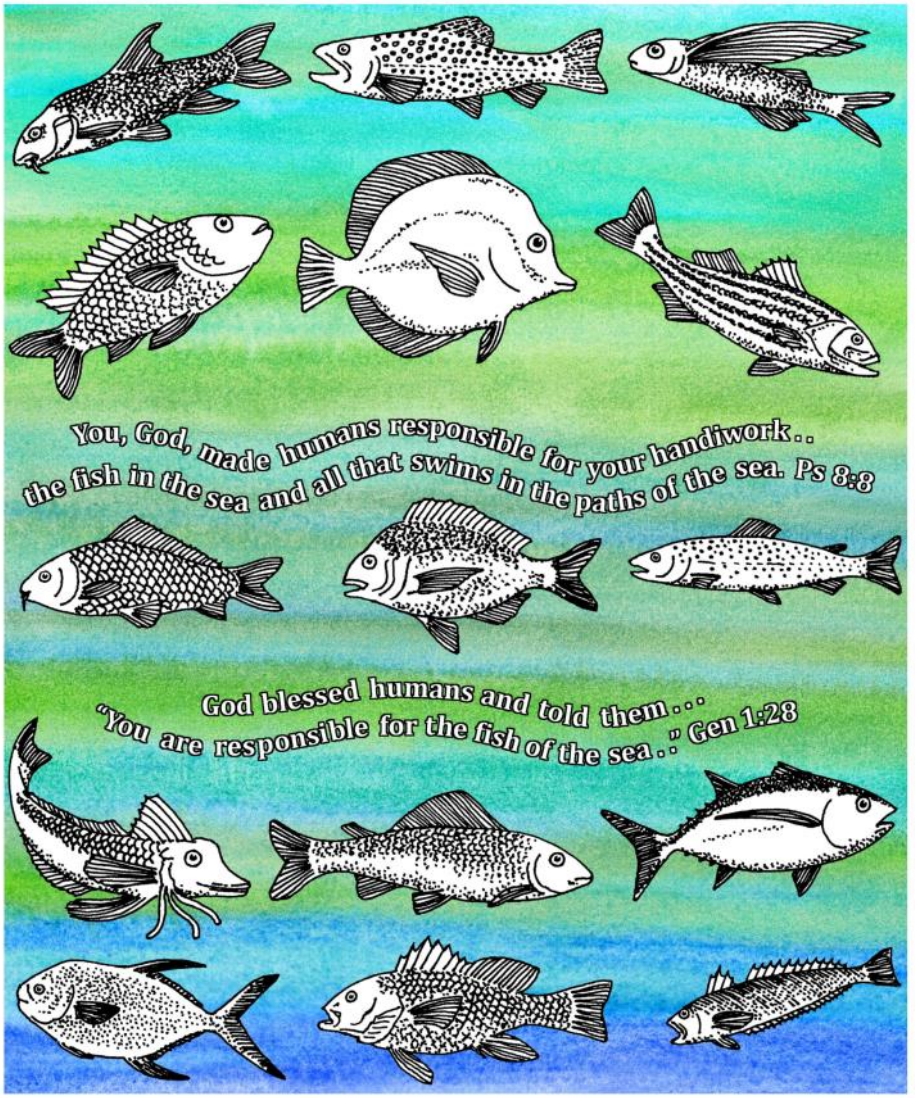

The Rector's Letter

Dear all,

A change of pace, a change of step, can sometimes be extraordinarily important for seeing things afresh and for learning a different rhythm of life. The story of Moses and the Burning Bush (Exodus 3.1ff) is such a moment of change, as Moses steps aside to marvel at a bush that is on fire, yet not consumed by the flames. What follows from that stepping aside is nothing less than an encounter with the living God (changing Moses' life and the lives of all Israel).

We, too, are invited to learn to see things differently as we grow in our journey through life and we often do not even have to step very far away from the ordinary in order to do so– after all, Moses is in his work-place as he encounters the Burning Bush while keeping the flock of his father-in-law!

A good question for us may be this: What would help us to change step so that we could see things afresh? Even in little things, parts of our routines?

I am planning on practising a bit of 'stepping aside' this summer, both while on holiday and when in Stirling ministering at HT. What is important is that we are ready to look at the ordinary with fresh eyes, so that God can show us new things and break through into our lives. As the Victorian poet Elizabeth Barrett Browning (1806-61) wrote in her work *Aurora Leigh*:

Earth's crammed with heaven,

And every common bush afire with God;

But only he who sees, takes off his shoes,

The rest sit round it and pluck blackberries.

Wishing you good courage for 'stepping aside' this summer, wherever you may be!

Yours in Christ,

Christoph

2022 General Synod– doing things differently

The 2022 SEC General Synod took place on 9th-11th June. It was based in St Paul's & St George's in Edinburgh for those who could get there, but was also livestreamed, and had participants from all over the Province taking part online. It showed how much has changed in the last 2 years. There was good reflection on what has been learnt and an acknowledgement of the trauma that everyone has faced individually and collectively. The Primus' Charge to Synod can be seen on the SEC YouTube channel. It takes less than 10 minutes and is worth watching to see how we are called to be hope and light in extremely difficult times.

Holy Trinity was well represented – Christoph and Alistair Warwick planned and participated in the worship. The opening Eucharist was a special occasion for everyone involved. I was there in my role in the Provincial Environment Group not only to gather comment and information from participants, but also to be part of a presentation to Synod on the actions needed to work towards the commitment that Synod made to 'Net Zero' by 2030. More on that once I have 'decompressed' from my first ever General Synod…… ***Cathy Johnston***

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HT Tots Café

Mondays 10-11.30 am

Hannah is hoping to keep HT Tots running over the summer break. Please check the Facebook page for updates:
https:/www.facebook.com/HTTotsCafeStirling/

Swifts

In response to your article on "Is your house welcoming to swifts? " there is the question "Is your church welcoming to swifts?"
Recently at St Ninian's Alyth we were fortunate to be given a large swift nesting box by Tayside Diversity Group and, after permission from the Diocesan Building Committee were able to fit it to our steeple with SSEN Transmission paying for the cherry picker as part of their encouraging nature.
Now we are waiting for some swifts!
Carol Renwick.

Thanks to Carol for this response. We welcome responses from our readers. Please keep them coming.

Debt leaves you so lonely

Christians Against Poverty has warned that more people are suffering loneliness and isolation as the cost-of-living crisis pushes them ever deeper into debt.

The charity has recently reported finding clients "too worried to answer the door or answer the phone."

Before contacting CAP for debt advice and support, 60 per cent of respondents said they had felt lonely, while about 40 per cent admitted that they had not had a meaningful conversation in the past week. Two thirds said that they had no one to turn to when they had a problem.

As one client explained, CAP "definitely gave me hope that there was light at the end of the tunnel." CAP's helpline has experienced a significant rise in demand this year.

Along with free debt advice, CAP offers emotional support and life-skills courses to hep people to connect with others and reduce their loneliness. *www.parishpump.org*

The Forth Valley branch of Christians Against Poverty is run in partnership with Stirling Baptist Church. For more information phone 0800 328 0006 or look at the website: https://capuk.org/i-want-help/our-services/cap-debt-help/help-in-scotland

Vegetarian Recipes

Here are some more recipes to try out over the summer.

Peanut butter cookies

It is very easy to find a recipe for these online.

First make your peanut (or any other nut) butter...yes, seriously it's so easy! I use 3 cups full of unsalted, but roasted, peanuts. Put them in the food processor and whizz until smooth.

Keeping them for 3 days can be a bit of a challenge! They are very tasty….

Cathy Johnston

Broccoli Soup

Ingredients

One large potato diced.

2 pints of chicken OR vegetable stock.

14 oz. broccoli chopped into florets.

Salt and pepper

Method

Put potato and stock into pan and bring to the boil. Simmer 10 minutes until tender. Add Broccoli and season and cook for a further 5 minutes. Then blend all until smooth. Return to pan and heat when required. Enjoy. ***Jan Foster***

Vegetarian Recipes

Guilt Free Chocolate Biscuits

Ingredients:

1 ripe mashed banana

100 grams porridge oats

1.5 tablespoons cacao powder (healthier than cocoa – rich in antioxidant, magnesium and copper))

150 grams finely chopped dark chocolate

Blended pumpkin seeds

A little plant based milk

Oven gas 5-6

Method

Add the cacao powder to the mashed banana. Stir in the porridge oats (these can be blended for a smoother consistency).

Add the blended pumpkin seeds and finely chopped chocolate.

Add a little milk if mixture seems dry.

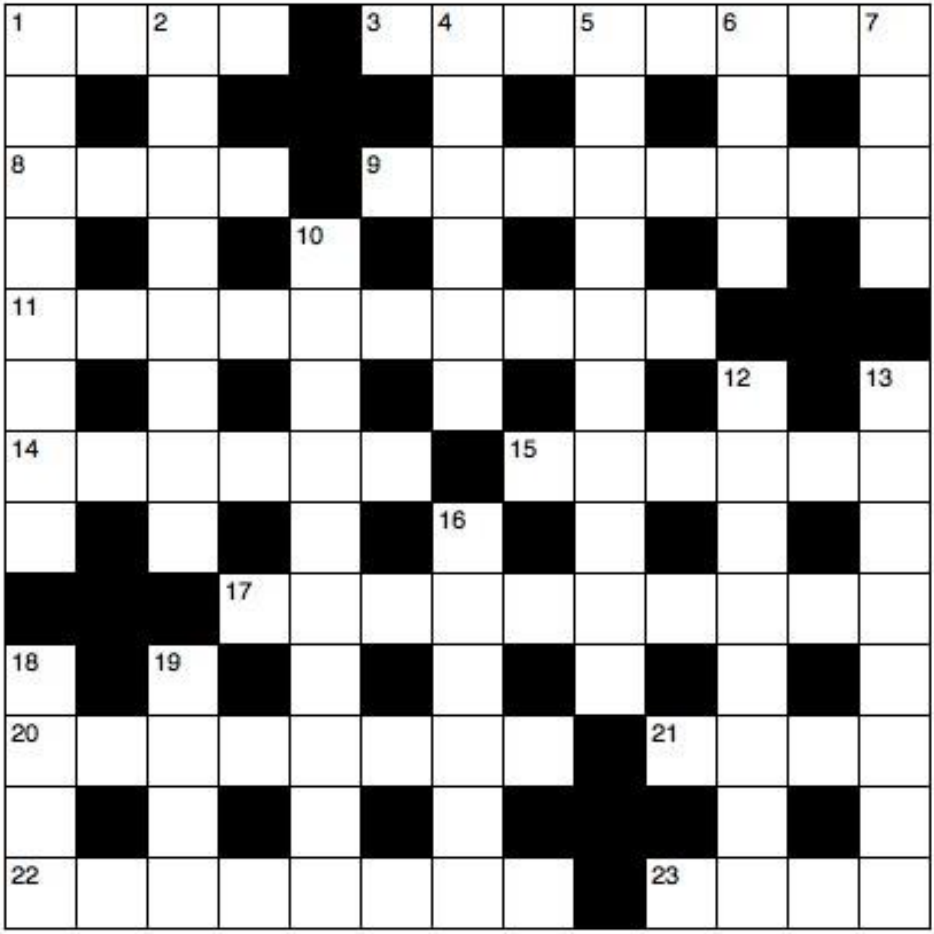
Shape into balls (about the size of a golf ball)

Place on a baking tray and flatten each ball slightly using a fork.

Bake for 12-15 minutes, allow to cool before enjoying with tea, coffee or milk.

Alastair Brims

Crossword



Across

1 Proverbs describes her as being 'of noble character' (Proverbs 31:10) (4)

3 'Shall we go up again — — against the Benjamites, our brothers?' (Judges 20:23) (2,6)

8 A descendant of Shem (Genesis 10:28) (4)

9 Anyone who does not carry his cross and follow me cannot be my — Luke 14:27) (8)

11 Resentment (Ephesians 4:31) (10)

14 In Cain(anag.) (6)

15 'Such knowledge is too wonderful for me, too lofty for me to—' (Psalm 139:6) (6)

17 Intense (1 Thessalonians 4:5)(10)

20 Third Order of the Roman Catholic Church(8)

21 'At midnight the cry rang out, "Here's the bridegroom! Come out to — him"' (Matthew 25:6) (4)

22 'My grace is sufficient for you, for my power is made perfect in — ' (2 Corinthians 12:9) (8)

23 'As the — pants for streams of water, so my soul pants for you, O God' (Psalm 42:1) (4)

Down

1 Nickname of popular First World War chaplain, the Revd G.A. Studdert Kennedy, — Willie (8)

2 Occasion of religious joy (Lamentations 2:22) (5,3)

4 'We three kings of — are' (6)

5 Allegation or charge (Jude 9) (10)

6 Kind (1 Chronicles 12:33) (4)

7 'Open your — and look at the fields!' (John 4:35) (4)

10 Also known as the Feast of Lights (John10:22) (10)

12 Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths (Matthew 8:28) (8)

13 Forebear (James2:21) (8)

16 Name given to the first two books of the Apocrypha (6)

18 Esau sold his birthright for this (Genesis25:34) (4)

19 Rear (anag.) (4) **Answers on page 15**

Prayer Diary for July

1 Fri **Serf,** bishop, c500, for Robert Nellist our Treasurer.

2 Sat for our Church Magazine team, Libby, Liza and Ann.

3 Sun PENTECOST 4 let us ask for courage to speak out for Christ's truth.

4 Mon **Thomas,** Apostle, for Rt. Revd. Ian Paton our Diocesan Bishop.

5 Tues St **Anthony Zaccaria**, priest, date unknown, for our Altar servers.

6 Wed **Palladius,** bishop, c450, for Rt. Revd, John Crook.

7 Thu for Alistair Warwick, Director of Music, the Choir and Music Group.

8 Fri for our Governments in Westminster and in Edinburgh.

9 Sat for our Police Services and our Security Services.

10 Sun PENTECOST 5 that we may always be good neighbours to others.

11 Mon St **Benedict of Nursia**, abbot, 547, for our sides-people.

12 Tues **Drostan of Deer**, abbot, c600, for those who prepare our rotas.

13 Wed **St Henry,** 1024, for Cathy Johnston our Lay Representative.

14 Thu **Camillus de Lellis**, priest, 1614, for those in the Merchant Service.

15 Fri **Bonaventure,** bishop, 1274, for Mary Kenyon, our flower convenor.

16 Sat **Our Lady of Mount Carmel**, for those who clean our church.

17 Sun PENTECOST 6 to remember we were commissioned in our baptism.

18 Mon for those who use the hall, and for Sarah Shaw the convenor.

19 Tues for Rachel Campbell, Vestry secretary and for Vestry members.

20 Wed for those working in the fields, agriculture and fisheries.

21 Thu **Lawrence of Brindisi,** priest, 1619, for Revd. Joan Lyon.

22 Fri **Mary Magdalene**, for Revd. Val Nellist our Asst. Priest.

23 Sat **Bridget,** religious, 1373, for HTKidZ and Alistair and Sarah Shaw.

24 Sun PENTECOST 7 let us ensure that we always remain established in the faith.

25 Mon **James, Apostle,** for Revd Christoph Wutscher our Rector.

26 Tues **Joachim and Anne,** parents of Mary the Virgin, for carers.

27 Wed **John Comper,** priest, 1903, for those who read for us.

28 Thu for the work of the World Food Programme in Afghanistan.

29 Fri **Martha & Mary of Bethany**, for Helen Kemp our P.V.G. Convenor.

30 Sat **Peter Chrysologus**, bishop, 450, for the Russian Orthodox Church.

31 Sun PENTECOST 8 that we may always be satisfied with what is enough.

Saints and Heroes to inspire our Prayers in July

5th **St. Anthony Zaccaria,** priest, born in 1502, at Cremona in Lombardy. He practiced medicine for a time, and was ordained. He worked for the reform of the clergy and the evangelisation of the people. He formed the Congregation of Clerics of St. Paul, who came to be known as Barnabites, and he made it possible for clergy who were not monks or mendicant friars to live by rule and to take vows. The time and place of his death is unknown.

11th **St. Benedict,** abbot, born at Nursia in Umbria about 480. He studied in Rome, and then turned his back on the world and lived in solitude in Subiaco. Disciples came to him, and he went to Monte Cassino, where he founded a monastery. He wrote a Rule, which established the spirituality and way of life of monastic communities ever since. He died in 547.

13th **St. Henry**, born in 973, Henry became Duke of Bavaria on his father's death in 995 and was crowned Holy Roman Emperor in 1014. He was married, but had no children. He was ardent for the reform of the Church, took part in synods, founded monasteries, appointed bishops of integrity. With his wife, who was herself canonized later, he live a semi-monastic life of prayer and discipline. He died in 1024 and was canonized in 1146.

30th **St. Peter Chrysologus**, born about 400, a native of Imola. He was Bishop of Ravenna. His preaching was famous, and more than 180 sermons, mainly on scripture and the liturgical year, have survived. He received hospitality from `Germanus of Auxerre' and presided at his funeral. He died about 450. He was declared a Doctor of the Church in 1729 by Benedict X111.

Readings for July

Sunday 3rd	**8.30am**	Holy Communion
PENTECOST 4	**10.30am**	Sung Eucharist
	Readings	Isaiah 66.10-14; Galatians 6.7-16; Luke 10.1-11, 16-20
Sunday 10th	**10.30am**	Sung Eucharist
PENTECOST 5	**Readings**	Deuteronomy 30.9-14; Colossians 1.1-14; Luke 10.25-37
Sunday 17th	**10.30am**	Sung Eucharist
PENTECOST 6	**Readings**	Genesis 18.1-10*a*; Colossians 1.15-28; Luke 10.38-42
Sunday 24th	**10.30am**	Sung Eucharist
PENTECOST 7	**Readings**	Genesis 18.20-32; Colossians 2.6-15; Luke 11.1-13
Sunday 31st	**10.30am**	Sung Eucharist
PENTECOST 8	**Readings**	Ecclesiastes 1.2,12-14 &2.18-23; Colossians 3.1-11; Luke 12.13-21

Readings for August

Sunday 7th	**8.30am**	Holy Communion
PENTECOST 9	**10.30am**	Sung Eucharist
	Readings	Genesis 15.1-6; Hebrews 11.1-3, 8-16; Luke 12.32-40
Sunday 14th	**10.30am**	Sung Eucharist
PENTECOST 10	**Readings**	Jeremiah 23.23-29; Hebrews 11.29-12.2; Luke 12.49-56
Sunday 21st	**10.30am**	Sung Eucharist
PENTECOST 11	**Readings**	Isaiah 58.9*b*-14; Hebrews 12.18-29; Luke 13.10-17
Sunday 28th	**10.30am**	Sung Eucharist
PENTECOST 12	**Readings**	Proverbs 25.6-7; Hebrews 13.1-8, 15-16; Luke 14.1, 7-14

Articles for the **September** edition are requested on or before

14th August

The magazine will be available on

28th August

Rotas for July

	Readings	Intercessions
July 3	L Green	I Boa
July 10	T Mitchell	N/A
July 17	R Campbell	C Johnston
July 24	S Stirling Aird	C Watson
July 31	H Piper	A Shaw

	Sidesduty
July 3	A Lees & H Kemp
July 10	L Coats & F MacLeod
July 17	B Watson & C Watson
July 24	J Foster & H Kemp
July 31	R Nellist & A Lees

Rotas for August

	Readings	Intercessions
Aug 7	G Young	R Nellist
Aug 14	A Pont	M Kenyon
Aug 21	I Boa	A Pont
Aug 28	C Johnston	C Watson

	Sidesduty
Aug 7	F MacLeod & C Kendall
Aug 14	B & C Watson
Aug 21	H Kemp & J Foster
Aug 28	L Coats & C Kendall

Crossword Answers

ACROSS: 1, Wife. 3, To battle. 8, Obal. 9, Disciple. 11, Bitterness. 14, Niacin. 15, Attain. 17, Passionate. 20, Tertiary. 21, Meet. 22, Weakness. 23, Deer.

DOWN: 1, Woodbine. 2, Feast day. 4, Orient. 5, Accusation. 6, Type. 7, Eyes. 10, Dedication. 12, Gadarene. 13, Ancestor. 16, Esdras. 18,

Advertising terms explained

NEW - Different colour from previous design.

UNMATCHED - Not quite as good as the competition.

FOOLPROOF OPERATION - No provision for adjustments.

ADVANCED DESIGN - The advertising agency doesn't understand it

FIELD TESTED - Manufacturer lacks on-site test equipment.

FUTURISTIC - We have no idea why it looks the way it does.

REDESIGNED - Previous flaws fixed - we hope.

DIRECT SALES ONLY - Factory had a big argument with distributor.

YEARS OF DEVELOPMENT - We finally got one to work.

BREAKTHROUGH - We finally figured out a use for it.

www.parishpump.org

Wishing all our readers a very happy Summer

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Ann Lees Tel 01786 472355 *Email: leesa@postmaster.co.uk*

Our Services

Sundays

10.30 a.m. Sung Eucharist

At present Sunday school (HTKidZ) for primary age children is not meeting regularly but if you would like information on planned activities (Government guidelines permitting) please contact Sarah or Alistair Shaw at shaws1@talktalk.net

Organisations Meeting in the Church Hall

Mondays
10-12 HT Tots Gen Pont gandapont@yahoo.co.uk
3.30-5.30pm Destination Judo: info@destinationjudo.com
6pm Mindbodysoul Yoga: grant@mindbodysoulyoga.co.uk

Tuesdays
10-11am Pilates: judithgraham090@gmail.com
6.30pm Lishi Self Defence: grant@lishi.org

Wednesdays
11-12 Action in Mind Fitness: Mariclaire15@hotmail.com
7pm SABOS: sabosmusicaltheatre@gmail.com

Thursdays
11am Stirling Community Lunch: stirling4community@gmail.com
4-7pm Dance: kimmybruce@hotmail.com
7pm Stirling4 Community Choir

Saturdays
9-10am Babyballet: lpattison@hotmail.co.uk

The church hall is available for further lettings in line with Government guidance. If you would like to rent the hall please contact Sarah Shaw on 07970466551 or shaws1@talktalk.net to discuss our risk assessment and terms of letting during COVID19.