www.holytrinitystirling.org

Holy Trinity Church

Albert Place, Stirling, FK8 2RG

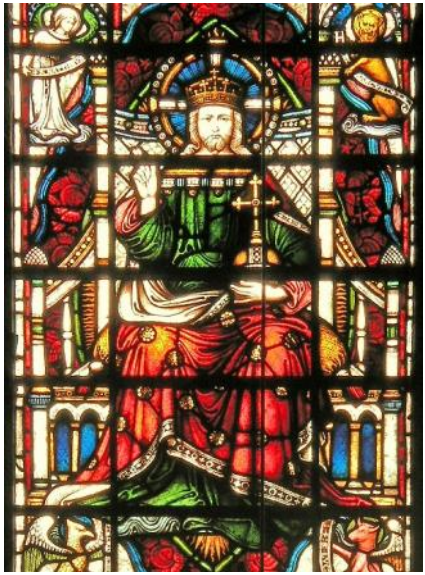
Issue 3

November 2022

Scottish Charity: SC016471

The Rector's Letter

Dear all,



This month, we celebrate the Feast of Christ the King – as we always do on the last Sunday of the Church Year before the season of Advent starts. Christ as the King is a frequent subject in Christian art, and Holy Trinity has its own Christ the King depicted in its great east window. Indeed, the image of Christ has been depicted in countless ways, changing with times and with different approaches to spiritual thought.

'Jesus Christ is the same yesterday and today and forever', it says in the Letter to the Hebrews (13.8), but that does not mean that we won't see different things in Christ as we change and grow.

As images of Christ change with time (and our own spiritual reflections on Christ change too), we may want to ask what kind of king we understand Christ to be? How helpful is the image of kingship, when reflecting on Christ's example and presence among us?

The Benedictine nun Delores Dufner reflects on exactly this key question in one of her hymn texts (another form of art) that we sing at HT and might help us explore the image of Christ the King in a different way:

1 O Christ, what can it mean for us

to claim you as our king?

What royal face have your revealed

whose praise the church would sing?

2 You came, the image of our God,

to heal and to forgive,

to shed your blood for sinners' sake

that we might rise and live.

3 Though some would make their greatness felt

and lord it over all,

you said the first must be the last
and service be our call.

4 You chose a humble human form

and shunned the world's renown;

you died for us upon a cross

with thorns your only crown.

5 But still, beyond the span of years,

our glad hosannas ring,

for now at God's right hand you reign,

a different kind of king!

Delores Duffner OSB

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May this hymn reflection help us see Christ's image in yet a different light.

Yours in Christ,

Christoph

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Holy Trinity Finances for 2023

The Scottish Episcopal Church's spiritual tradition is to sustain a lifetime of deepening Christian discipleship for laity and clergy alike, with the Eucharist at its heart, and God's presence disclosed in the world around. Our finances can be seen as part of our response.

This article is intended as an opportunity for reflection on the finance presentation at the Annual Meeting, the Accounts for 2021-22 and the report in the ACM Booklet. The Accounts are available for anyone who wants to see details and I am happy to answer any questions.

From 1 July 2021 to 30 June 2022

- Our General Income was - **£90,282**.
- The Expenditure on Day to Day running of Holy Trinity was - **£92,780**

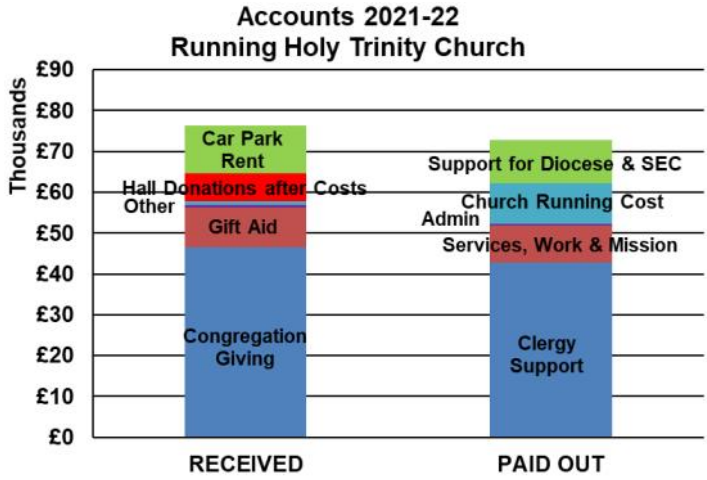
Consequent Deficit of **£1,948**, equivalent to 2% of our Income above.

Our direct Income for running Holy Trinity came from Giving by the Congregation and Gift Aid recovered. This covered the costs of Ministry, Services etc, Administration and some of the running cost for our Church building.

Holy Trinity Finances for 2023

The donations for Use of the Hall (after paying the hall costs) and Car Park Rent covered the rest of the Church running cost and Holy Trinity's contribution to the work of St Andrews Diocese and the wider Scottish Episcopal Church. The illustration shows the breakdown of these.

Legacy, special collections and similar income are omitted from this summary, as have been the hall running (power, replacement of lights etc) and exit ramp and gutter renewal costs. These make up the General Income and Day to Day running Expenditure totals quoted below.



Summarising, it cost almost **£1,400** per week to run Holy Trinity in 2021-22:

- **£1,183** on spiritual life and worship, community life and outreach, and
- **£216** on Administration and Support for our Bishop, Diocese and Province

However, we raised **£1,467** each week in 2021-22:

- **£1,113** from Giving, Gift Aid, Fund Raising and Other Income, and
- **£354** from the Hall donations (after costs) and the Car Park Rent

Holy Trinity Finances for 2023

Although we were able to cover our church running costs in 2021-22, Holy Trinity, like everyone, is facing higher costs, estimated at nearly 10% - £140 per week.

An aim from the 2021 Annual Meeting was for the Regular and Occasional giving to increase by about £90 per week. We managed £3,600 in the year - about £70 per week. It would be a great help to achieve a similar amount more this coming year.

The Vestry appreciates that everyone has financial constraints, with some people facing real hardship. We would welcome increased donations from anyone able to do so. Ensuring regular weekly or monthly contributions and signing up for Gift Aid are other ways. Envelopes can be provided to help if needed. The Vestry, too, has already increased the Donation rate for the Hall.

Other contributions, however given, are equally valuable to Holy Trinity. Stewardship can include:

- Giving practical help and assistance;
- Organising some fund-raising activity - to make it effective, give lots of publicity and seek help to organise it;
- Supporting social and fund-raising events by being there and encouraging others to join in – it would be good if we could pass some of the money raised to where there is need eg Start Up Stirling, Christian Aid;
- Making Holy Trinity known throughout the community to enable appreciation of its activities and building;

Another way is when you buy goods on-line. Sign up for Easy Fund Raising with Holy Trinity as nominated beneficiary, and making your purchases through this website will achieve donations for Holy Trinity at no cost to you from lots of retailers;

Holy Trinity Finances for 2023

- Holy Trinity has received various legacies in recent years. Including Holy Trinity in a will is another way of providing support.

I am happy to answer questions about the finances, discuss ideas about the above and help anyone who wants to take them forward.

Robert Nellist Treasurer

...love the new notice board, Vicar...
...just not quite so sure about the wording...

Feeding Tips

Here are some tips for feeding animals and ourselves.

Help your hedgehogs this autumn

With our warmer British autumns, hedgehogs now tend to begin hibernation later – in December or January. In the meantime, it is critical that they build up enough body weight to get them through those lean, bleak weeks of January to April… so now is the time to help them, by feeding them.

The hedgehog is carnivorous and, in the wild, lives on a diet of beetles, earthworms and other invertebrates. But in the winter, the bugs are dead or buried, and the worms deep underground. So – a hedgehog would appreciate your help! But don't put out milk and bread – both are actually bad for hedgehogs. Instead, they will thrive on tins of dogfood or non-fishy cat-food and water.

And while your spiney guests are noisily munching their dinner, you can prepare a bedroom, should they decide to move in. A nice deep compost heap will keep a hedgehog warm. It is also possible to buy hedgehog hibernation nests – ask our local wildlife centre or the RSPCA for details.

www.parishpump.co.uk

Feeding Tips

Freeze your leftover food, advises Sainsburys

During the cost-of-living crisis, shoppers should learn to freeze everything from eggs to herbs to yoghurt, according to the supermarket's latest advice.

The average family wastes £60 a month by throwing food away, according to the waste charity WRAP. "If it were a country, food waste would have the third largest carbon footprint in the world, behind only the USA and China," Catherine David, from WRAP, said.

Sainsburys says that just one in ten of us even know that it is possible to freeze eggs. The most commonly thrown-away food includes breads, milk and salad.

Make a bird nut ball

You will need:-

1. equal quantities of melted fat and breadcrumbs
2. nuts, seeds and dried fruit
3. string
4. dried apricots
5. peanuts in their shells

Mix together the melted fat and the breadcrumbs, and stir in half of the nuts, seeds and dried fruit. As the mixture starts to solidify, shape it into a ball around a length of string and place it in the refrigerator to harden.

Place the remainder of the fruit, seeds and nuts on a piece of newspaper and roll the hardened ball around on it until it is completely covered with the mixture.

Make a loop from the string that protrudes from one side of the ball and thread apricots and peanuts in their shells onto the string on the other side of the ball.

Hang the bird treat from your bird table of the branch of a tree.

From Country Traditions by Stephanie Donaldson (Southwater, £8.95 ISBN 1842151789)

Favourite Poetry

In last month's edition we were invited to name a poem/poet/verse that means a lot to us. Here are some responses.

Sandy Goss

Where to begin? How to choose a single poem or poet? I love too many to choose. (Have too many poetry books as well, says David!)

What about "My Last Duchess" by Robert Browning - very chilling, but so wonderfully crafted that you feel you are there!

Or maybe "To His Coy Mistress" by Andrew Marvell - you have to laugh at this tongue in cheek wooing!

I would also mention Gerald Manley Hopkins' poem "Pied Beauty" for the sheer pared-down beauty of the language.

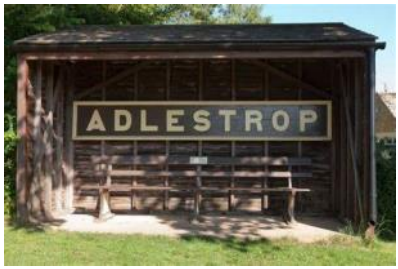
Then there is "Cargoes" by John Masefield and "The Highwayman" by Alfred Noyes both remembered from school and loved for the gorgeous language and the rhythms that trip off the tongue.

A poem I'm always quoting is "Jenny Kissed Me" by Leigh Hunt - short and sweet and you can substitute the name for that of your significant other!

That's enough, but I haven't even got to Seamus Heaney, Robert Frost, R. S. Thomas or Simon Armitage, the present poet laureate. Nor have I touched on some of my favourite poetry written in the Scottish tongue!

Another time perhaps.

Libby Coats



I grew up in the Cotswolds near Adlestrop village. I love Edward Thomas' poem entitled Adlestrop . I am on that train, hearing the blackbird singing his heart out, feeling the heat of the warm June day in a beautiful plac

Anne Murray

My favourite poem is : *Abou Ben Adhem* by Leigh Hunt - the story of a person who is visited by an angel. It has some beautiful images. This was a favourite of my father's, and he would often recite it when it was his turn to say our night prayers with my sister and me, when we were very small. I loved it, as I sometimes found the ordinary prayers a bit boring and repetitive. I never tired of hearing this poem and dad assured me that God liked it too! I totally believed him of course.

Another favourite is *Leisure* by W.H. Davies.

Ann Lees

I don't have an all-out favourite poem, but do have some lines from Gerard Manley Hopkins' The Windhover that I am particularly fond of. They come at the end of the poem, which is mainly about the splendid sight of a kestrel in flight. But at the end comes

No wonder of it: sheer plod makes plough down sillion

Shine, and blue-bleak embers, ah my dear,

Fall, gall themselves, and gash gold-vermilion.

Which makes me feel that you don't have to be outstanding or spectacular to serve God's glory, everyday life offers opportunities just as well.

An Interesting Object

Thanks to Ken Ravey for reminding the editor about a feature in the magazine back in 2011 when we were invited to share an object of interest in Holy Trinity. Here is Ken's choice

There are many things in the church with an interesting history, beautiful in their own right, decorative, functional, and they speak to us in many ways. To single one out and label it a favourite is difficult. My item is the Lectern and this must be my choice.

It is shaped in the likeness of an eagle and it carries the holy Bible which contains the Word of God. The eagle is associated with St. John the Apostle, symbolising the height to which he rises in the first chapter of his Gospel.

A symbol of resurrection and ascension, the eagle ascends high above mountain peaks and glens Its excellent eyesight can see the smallest of movements far below. It swoops down and gathers food for its family of young eagles, taking back to its eyrie sustenance and life-giving energy. As the eagle soars high over our heads we think of our Heavenly Father in heaven, the creator of heaven and earth who has given his Word to all generations through his chosen leaders: Prophets: poets: and through his own Son Jesus Christ, who came to reveal the Father's character and love for the whole of creation. The followers of Jesus, his Apostles and disciples, also left a record of what they had seen and heard as they accompanied Him on his many journeys, and it is this precious Word our eagle carries. It gives God's people, the followers of Jesus, sustenance and spiritual food, to enable them to grow in faith and strength, in a hostile world.

The Holy Bible is placed on the Eagle Lectern to remind us of the height to which our thoughts and prayers must ascend, to heaven itself. The lectern is used not only by readers but also by intercessors who lead us in prayer.

In Deuteronomy ch.1 1:1 8. God says, *" Keep these words of mine in your hearts, teach them to your children at home."*

An Interesting Object

St Mark tells us in ch.13:31 Jesus said, *"Heaven and earth will disappear but my words will never disappear".*

To me the Lectern is a very special place. It is from the wings of the eagle that God speaks to us Through His Word, and it is from there that we speak to God in prayer through our Lord Jesus Christ, believing He hears and answers us. *Ken Ravey*

Do you have a favourite object or an object that intrigues you? Please let us know about it.

Readings November 2022

Wednesday 2nd	**6.30pm**	Sung Eucharist
ALL SOULS	**Readings**	Wisdom 3.1-9; 1 Peter 1.3-9; John 6.37-40
Thursday 3rd	**11am**	Holy Communion
Sunday 6th	**10.30am**	Sung Eucharist
PENTECOST 22	**Readings**	Job 19.23-27*a*; 2 Thessalonians 2.1-5, 13-17; Luke 20.27-38
Thursday 10th	**11am**	Holy Communion
Sunday 13th	**10.30am**	Sung Eucharist
REMEMBRANCE SUNDAY	**Readings**	Malachi 4.1-2*a*; 2 Thessalonians 3.6-13; Luke 21.5-19
Thursday 17th	**11am**	Holy Communion
Sunday 20th	**10.30am**	Sung Eucharist
CHRIST THE KING	**Readings**	Jeremiah 23.1-6; Colossians 1.11-20; Luke 23.33-43
Thursday 24th	**11am**	Holy Communion
Sunday 27th	**10.30am**	Sung Eucharist
ADVENT 1	**Readings**	Isaiah 2.1-5; Romans 13.11-14; Matthew 24.36-44
	6.30pm	Advent Carol Service
	Readings	tbc

Rotas November 2022

	Readings	Intercessions
Nov 2	**Volunteer**	**Volunteer**
Nov 6	**G Young**	**C Watson**
Nov 13	**N Morris**	**A Pont**
Nov 20	**N Jorgens**	**A Shaw**
Nov 27	**I Boa**	**V Nellist**

Sidesduty

Nov 6 J & N Morris

Nov 13 J Foster & H Kemp

Nov 20 C Kendall & F Macleod

Nov 27 L Coats & A Lees

Articles for the **December/January** double edition are requested on or before

November 13th

The magazine will be available on

November 27th

Quiet

A Sunday School teacher asked her children: "And why is it necessary to be quiet in church?" One little girl replied helpfully: "Because people are sleeping."

More real-life notes left for milkmen...

~ Please knock. My TV's broken down and I missed Coronation Street last night. Maybe we could talk about what happened over a cup of tea?

~ My daughter says she wants a milkshake. Do you do this before you deliver, or do I have to shake it at my end?

~ Please send me a form for cheap milk, as I have a baby two months old and did not know about it until a neighbour told me.

~ Milk is needed for the baby. Father unable to supply it.

~ Please leave no milk today. When I say today, I mean tomorrow, as I wrote this note yesterday.

Milky sermon

Ministers from the Welsh valleys were distressing the older members of a chapel by the length of their sermons. On one occasion an elderly man greeted the minister: "And what is the subject of your sermon this morning?"

"The milk of human kindness," replied the minister.

"Ah," the old man mused a moment. "Condensed, I hope?"

(From Peterborough in The Daily Telegraph) www.parishpump.co.uk

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Our Services

Sundays
8.30am Holy Communion
10.30am Sung Eucharist

Thursdays
11.00am Holy Communion

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

Organisations Meeting in the Church Hall

Mondays
10-12noon HT Tots Gen Pont gandapont@yahoo.co.uk
4.00-5.30pm Destination Judo: info@destinationjudo.com
6.15-7.45pm Mindbodysoul Yoga: grant@mindbodysoulyoga.co.uk

Tuesdays
10-12noon Pilates: judithgraham090@gmail.com
6.30pm Lishi Self Defence: damien@lishi.org

Wednesdays
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. If you would like to rent the hall please contact Sarah Shaw on 07970466551 or shaws1@talktalk.net