www.holytrinitystirling.org

Holy Trinity Church

Albert Place, Stirling, FK8 2RG

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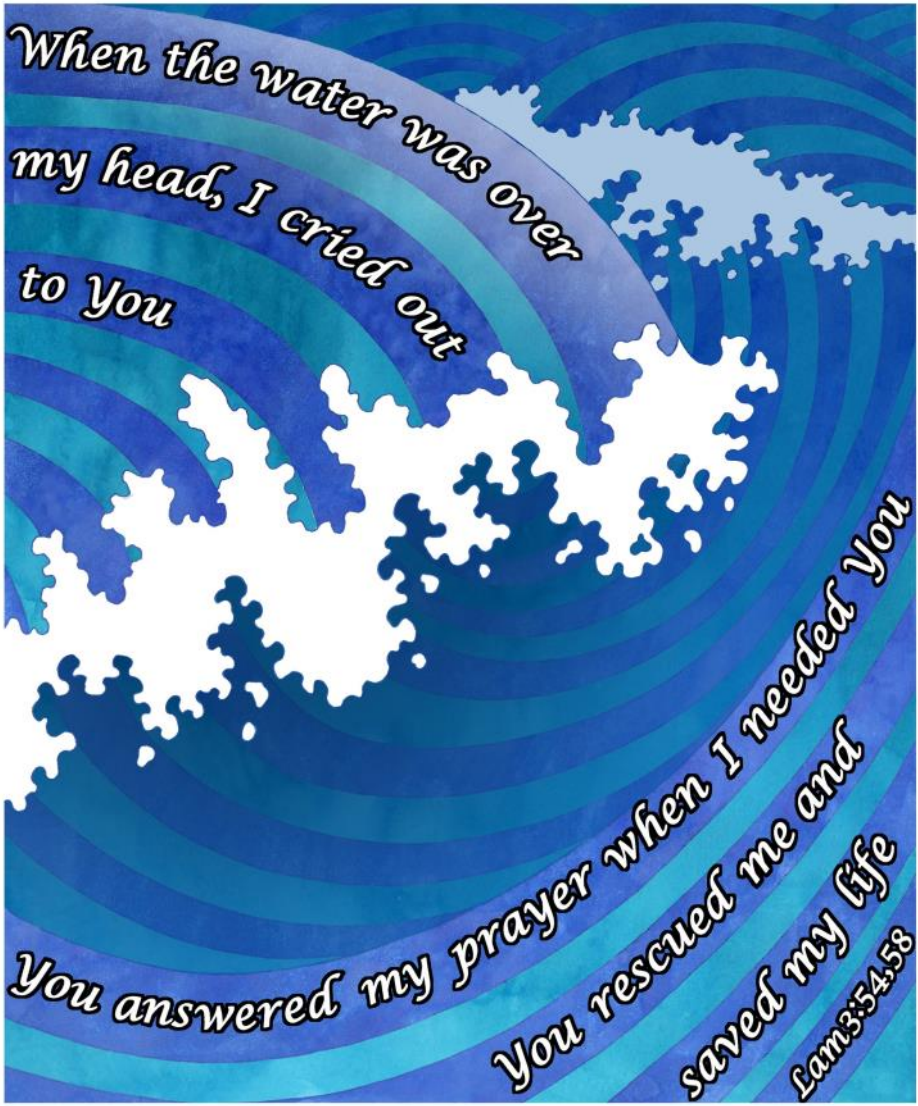

The Rector's Letter

During Lent this year, we are running a course on the Basics of the Christian Faith & Peculiarities of the Episcopal Tradition. Even if you are not taking part in the groups, there is a question worth asking ourselves: What are the basics of my faith in God? There are life basics, such as food, clothes and shelter without which life is difficult (and we are very much aware of people who lack any of those life basics in our prayers and in the way we offer practical help). Indeed, Christ says that we all need the basic things for life, but first we are to seek the Kingdom of God (Matthew 6.32-33). In the light of this, the question we may want to ask ourselves is this: What are the basics we need for seeking God? Prayer, worship, study? A sense of love and zeal for the Gospel? Meditation or action? There are many ways, which lead us to a deeper understanding of God in our lives. Whatever our way, the outcome will always be related to deeper life as we kneel in God's presence. As T S Eliot puts it in one of my favourite poems:

If you came this way,

Taking any route, starting from anywhere,

At any time or any season,

It would always be the same: you would have to put off

Sense and notion. You are not here to verify,

Instruct yourself, or inform curiosity

Or carry report. You are here to kneel

Where prayer has been valid.

(from: T.S.Eliot, Four Quartets: Little Gidding)

Wishing you all a deep and prayerful Lent.

Yours in Christ,

Christoph

Lent Groups and Confirmation

Lent Groups 2023

This year, we'll offer an Adult Confirmation Course for our Lent Groups, as we meet to discuss Christian basics and peculiarities of the Scottish Episcopal Church. Whether you've been confirmed or not, this will hopefully be a good opportunity to discuss and re-visit the foundations of our faith and share in fellowship with others at HT. Two groups will run in parallel:

Wednesday mornings at 10.30 a.m. (1st, 8th, 15th, 22nd & 29th March)

Thursday evenings at 8 p.m. (2nd, 9th, 16th , 23rd & 30th March)

Confirmation at HT

Bishop Ian will be with us at HT on Sunday 21st May for a service of Confirmation. Confirmation is, in a way, the second part of baptism, as, by the laying on of hands, the gift of the Holy Spirit is prayed upon us. Should you have not been confirmed yet and wish to be included, please speak to the Rector or a member of the ministry team.

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Annual Magazine Subscriptions

Postal Copies

Thanks to those who have already paid. A request to others to pay as soon as convenient.

The charge for a postal copy is £**10**. per annum. Please pay in February. Any of the following methods of payment are welcome:

Post a cheque made out to **Holy Trinity Church Magazine** to Libby Coats (address on Contacts page)

Deliver cash or cheque by hand to Libby Coats

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Sat 11th March 2023

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Recycling glasses and contact lenses

Where? Specsavers

Customers at Specsavers can drop off both metal and plastic glasses and sunglasses, as well as contact lenses and accessories, including blister packs, contact lens cases and solution bottles. These will be given a second lease of life and remanufactured into a wide range of items such as furniture, home and garden accessories, benches and play park equipment.

Recycling blister packs

Where? Superdrug

Superdrug has teamed up with brands Anadin, Panadol, Nexium, Piriteze, Rennie, Nicorette, Imodium, Sudafed & Benadryl to include collection boxes in every **Superdrug Pharmacy**, so you can recycle your empty medicine blister packets. Once collected, the empty blister packets are separated by polymer type and cleaned (if necessary). The material is then extruded into plastic pellets to make new recycled products. In Stirling the collection box is at the back of the store by the pharmacy section.

Also, if you buy a new electrical or electronic item from Superdrug, they'll recycle the one you're replacing for free. Simply bring the old electrical item in within 28 days, show them receipt for its replacement and they'll do the rest.

Recycling unwanted make-up

Where? Superdrug

An estimated **8 million tonnes** of plastic enters our oceans every year, and with **146 million make-up products** being produced every year, make-up is playing catch up. By recycling unwanted make-up, 93 tonnes of virgin plastic has been diverted from landfill since 2016. The recycling box in the Stirling store is near the front door by the make-up counter.

Transition Stirling:

www.transitionstirling.org.uk

Winter Warmers are looking for warm clothes to help people keep warm through the winter. We are looking for all age groups. These can be deposited at the Winter Warmer shop at the Thistle Centre next to Muffin Break or at the large box outside Lush. Opening Times: Tuesday till Saturday 10 till 5pm.

They are especially looking for: hats, gloves, scarves, jumpers, body warmers, coats, hoodies, loungewear, footwear, blankets, babygros.

Every little bit helps

From *HT Green Action Group*

Getting to Know...

I am originally from Belfast, where my Mum and brother still live. I grew up at the height of the Troubles, but came to Stirling for university in 1986 and stayed!

I have taken a few forays elsewhere, which included five years in Edinburgh and seven years working with the Russian Christian student movement – five of those years living in Ekaterinburg, Russia. These were some of the most formative and transformative years of my life, and I still have some very precious Russian and Ukrainian friends – which can make some conversations a little tricky these days. I am a dreadful linguist, so please don't ask me 'So, you must speak Russian really well, then?'!!

I am happiest reading a good book, cycling anywhere, a bit of travel, and being with good friends. Red wine and gin & tonic occasionally feature in the aforementioned posts 😊

A favourite film and music – shared with my husband, Dave – would be 'The Lives of Others' and Henryk Gorecki's Symphony No 3. Dave sadly passed away eight years ago at 52, after a very short struggle with cancer. But he is still very much a cherished presence in our lives.

Nikki Jorgensen

I will often be joined at church by a little friend of mine – Romeo – who has come to stay with me once a month for the past five years. He's a bit of a legend, so please get to know him if you can.

I started coming to HT about 18 months ago, and am so grateful I did. Thank you for your welcome and care. I truly feel my soul restored and energized for life after a good dose of HT-ism. That is what keeps me coming along – my years in the cold winters of Russia have obviously prepared me for some of those nippy Sunday mornings in the HT sanctuary 😊

Many thanks to *Nikki* for taking part in Getting to Know. Please contact *Libby Coats* if you would like to participate.

From The Archives 1923

Dedication of the Memorial Chapel Screen March 1923

On Friday, 9th March, at a short service at 3.30 the Bishop dedicated the beautiful Screen presented by Viscount Younger. On behalf of the Vestry and congregation the Rector briefly expressed our appreciation of this addition to the Memorial Chapel. In his address, the Bishop expressed the hope that the Chapel would be used for private prayers. The Screen is put there not to shut people out but to help those using it to shut the door of their mind to distracting thoughts. We were glad to have the donor with us on this occasion. At the same time the Bishop dedicated other gifts presented to the Chapel, including the chair and kneelers; and also the vases presented by Mr. John Gill. Sir Robert Lorimer, who designed the Screen, after careful consideration and a special visit of inspection, recommends that the ironwork should remain ungilded.

Thanks to *Sheila Brown* for sending this from the archives.

Miscellaneous

The real secret to skimming a stone

Our parents taught us that when you want to skim a stone, use only ones that are circular, flat, smooth, and of medium weight.

But now scientists have discovered that this is not true. It seems that you do NOT need a perfect stone, in order to skim it successfully. In fact, even stones that are heavy, knobbly and a bit potato-like can be made to bounce across the water.

The research shows that while a flat stone is best for several short, neat skips, a larger rock can skim with fewer – but bigger – leaps.

According to Dr Ryan Palmer, a research associate at the University of Bristol, "the heavier a projectile is and the more curved it is, the deeper and longer the skimming interaction. That means you can get really exciting skims known as 'superelastic' bounces.

"Essentially, you throw it in at one height and it has a monstrous leap out of the water - which is both surprising and unexpected." *www.parishpump.co.uk*

Any thoughts/opinions? Please send them to one of the editorial team (Contact details on page 20)

Goodbye to Traidcraft

Traidcraft goes into administration

Traidcraft PLC – a Christian group that has spent years campaigning for fair trade – has gone into administration.

The stands were familiar to many churchgoers, with almost 3,000 churches in the country selling Traidcraft products at some point in their 40-year history.

The brand cited the coronavirus pandemic, the war in Ukraine and soaring energy prices as the reasons behind the severe financial difficulties. *www.parishpump.co.uk*
We have good and grateful memories at HT of the Traidcraft stall run by *Brian, Carol and Robbie Renwick.*

Return of the Prayer Diary

Regular readers will be aware that *Bishop John Crook* and the *Revd Graham Willey* contributed the Holy Trinity Prayer Diary to this magazine.

Nick Morris has kindly agreed to take on the diary. You will notice a different format in that references to Saints' lives and specific events are included in the diary. See overleaf.

Prayer Diary March

Wed 1 David, Patron of Wales, c544, and pray for the work of WaterAid. *sdow.org/saint-david*

Thu 02 Chad of Lichfield, Bishop, 672, and pray for peace in all areas of conflict. *www.lichfield-cathedral.org/st-chad/st-chad*

Fri 03 John Wesley, 1791 and Charles Wesley,1788, Priests, and pray for our friends in the Methodist Church. *christianhistoryinstitute.org/study/module/wesleys*

Sat 04 Adrian of May Island, Abbot and Companions, Martyrs, 875, and pray for seafarers. *www.celticchristiantradition.com/saint-adrian-of-may*

Sun 05 2 Lent

Mon 06 Baldred, Bishop, 608, and pray for evangelists everywhere. *celticsaints.org/2014/0306a*

Tue 07 Perpetua and her Companions, Martyrs, 203, and pray that we might have courage in times of trial.
justus.anglican.org/resources/bio/117

Wed 08 Duthac, Bishop, 1068, and pray for Bishop Ian.
www.omniumsanctorumhiberniae.com/2014/03/saint-duthac-of-ross-march-8

Thu 09 Today we pray for refugees and asylum seekers everywhere.

Fri 10 Kessog, Bishop, c700, and pray for Mark our Primus.
www.omniumsanctorumhiberniae.com/2014/03/saint-kessog-of-lennox-march-10

Sat 11 Today we pray for our Emergency Services.

Sun 12 3 Lent

Mon 13 Today we pray for all who work in retail.

Tue 14 Today we pray for all those touched by Mental Health problems.

Wed 15 Today we pray for the Scottish Episcopal Institute.

Prayer Diary March

Thu 16 Boniface of Ross, Bishop, 8th c, and pray for the Church of Scotland. *www.bartleby.com/210/3/143*

Fri 17 Patrick, Bishop of Ireland, 461, and pray for Ireland. *www.irish-genealogy-toolkit.com/history-of-st-patrick*

Sat 18 Cyril of Jerusalem, Bishop and Teacher of the Faith, 386, and pray for the Peace of Jerusalem. *www.franciscanmedia.org/saint-of-the-day/saint-cyril-of-jerusalem/*

Sun 19 4 Lent

Mon 20 Joseph of Nazareth and pray for all who act as fathers. *www.jesus-story.net/joseph-of-nazareth-his-story/*

Tue 21 Thomas Cranmer, Bishop, 1556, and pray for the Anglican Communion. *www.bbc.co.uk/history/historic_figures/cranmer_thomas*

Wed 22 Thomas Ken, Bishop, 1711, and pray for truth to prevail in all areas of public life. *justus.anglican.org/resources/bio/128*

Thu 23 Today we pray for all our children, both biological and others.

Fri 24 Paul Couturier, Priest, 1953, and pray for Christian Unity. *www.paulcouturier.org.uk/*

Sat 25 The Annunciation of the Lord - we pray that when called by God that we will say yes. *www.franciscanmedia.org/saint-of-the-day/annunciation-of-the-lord/*

Sun 26 5 Lent

Mon 27 Today we pray for all those who do not have enough to eat.

Tue 28 Patrick Forbes, Bishop, 1635, and the Aberdeen Doctors, Teachers of the Faith, and pray for our Scottish Universities. *en.wikipedia.org/wiki/Patrick_Forbes_(bishop_of_Aberdeen)*

Wed 29 John Keble, Priest, 1866, and pray for all who work in the Arts. *www.westminster-abbey.org/abbey-commemorations/commemorations/john-keble*

Readings March 2023

Thursday 2nd	**11am**	Holy Communion
Sunday 5th	**10.30am**	Sung Eucharist
LENT 2	**Readings**	Genesis 12.1-4*a*;
		Romans 4.1-5, 13-17; John 3.1-17
Thursday 9th	**11am**	Holy Communion
Sunday 12th	**10.30am**	Sung Eucharist
LENT 3	**Readings**	Exodus 17.1-7; Romans 5.1-11;
		John 4.5-42
Thursday 16th	**11am**	Holy Communion
Sunday 19th	**10.30am**	Sung Eucharist
LENT 4	**Readings**	1 Samuel 16.1-13; Ephesians 5.8-14;
Mothering Sunday		John 9.13-41
Thursday 23rd	**11am**	Holy Communion
Sunday 26th	**10.30am**	Sung Eucharist
LENT 5	**Readings**	Ezekiel 37.1-14; Romans 8.6-11;
		John 11.1-45
Thursday 30th	**11am**	Holy Communion

Rotas March 2023

	Readings	Intercessions
5th March	**N Morris**	**A Shaw**
12th March	**T Mitchell**	**N Morris**
19th March	**N Jorgensen**	**C Johnston**
26th March	**A Pont**	**C Watson**

Sidesduty

5th March F McLeod & L Coats

12th March A Lees & C Kendall

19th March J Foster & H Kemp

26th March J & N Morris

Articles for the April edition are requested on or before

March 19th

The magazine will be available on

March 26th

Musings on daily life

'Ecclesiastic' is material used to fasten a clergyman's robes.

A day without sunshine is like, well, night.

I am in shape. Round is a shape.

I plan on living forever. So far, so good.

I am having an out of money experience.

What's the leading cause of dry skin? Towels.

A cashew is a peanut with back trouble.

A gesticulation is any movement made by a foreigner.

What's a perfect gift for a person who has everything? Storage space.

A teenager was always asking his father if he could borrow the family car. Pushed to the limit, the father asked his son why he thought that God had given him two feet. Without hesitation, the son replied, "That's easy, one for the clutch and one for the accelerator."

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Golden Charter

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Our Services

Sundays
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 HTTots 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