www.holytrinitystirling.org

Holy Trinity Church

Albert Place, Stirling, FK8 2RG

Issue 8
May 2023

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The Rector's Letter

Dear all,

The month of May will be a time of focus on the Holy Spirit for us at Holy Trinity: on the last Sunday of the month, we'll celebrate the Feast of Pentecost, recalling the gift of the Holy Spirit inspiring and strengthening the Church. The week before, on Sunday 21st May, Bishop Ian will be with us to lead a Service of Confirmation at HT, invoking the gift of the Holy Spirit on our confirmation candidates by the laying on of hands and the anointing with chrism oil. Both of these occasions (and the days in between) will form a kind of 'mini-season' of the Holy Spirit, reminding us of the importance of the presence of the Holy Spirit in our lives and in our discipleship.

The Holy Spirit is key to our lives: as a comfort and strength; as inspiration and guide; as creative force or loving presence.

How does the Holy Spirit show in your life? In 'gut-feeling' or signs? In inspiration or strength for a task at hand? What does the presence of the Spirit mean to you in everyday life?

In whatever way the Spirit shows, one thing is important to remember: the presence of the Holy Spirit will always be bigger than we can fathom or imagine. The Spirit cannot be caged in! As Christ says in John's Gospel: 'The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' (John 3.8)

In this sense, I wish you a freeing and deep Spirit-led season.

Yours in Christ,

Christoph

Our Services

Sundays

8.30am Holy Communion

10.30am Sung Eucharist

Thursdays
11.00am Holy Communion

At present Sunday School (HTKidZ) meets according to demand. Contact Gen Pont for further information: gandapont@yahoo.co.uk

HT Youth Fellowship meets monthly on Saturday evenings. Contact Sarah and Alistair Shaw for information: shaws1@talktalk.net

From the Registers

Funeral : Elizabeth Anne Holt 19th April 2023.

May she rest in peace and rise in glory

In This Issue

Rector's Letter	2	Readings	12-13
Our Services	3	Rotas	14
Young Adults Group	4	Quotes of the Month	15
Flourishing Future Group	5	Smile Lines	16
Christian Aid Week	6	Ads	17- 18
One in Five...	7	Contacts	19
Getting to Know...	8-9	Organisations	20
Prayer Diary	10-11		

Young Adults Group: Stirling/Bridge of Allan/Dunblane Area

A new Young Adults Group is now up and running for anyone who lives in the Stirling, Bridge of Allan, and Dunblane area. It will meet weekly on Tuesdays between 7.30 and 9.30pm.

Who is this for? Anyone **aged 18-40** who wants to meet new people and make lasting connections in the community. It's open to people of all faiths and none, in particular international students.

Where? The Church Hall, St Saviour's Scottish Episcopal Church, 21 Fountain Road, Bridge of Allan (enter by large wooden door on Fountain Road leading into church garden (not the main church door!) – hall is at end of garden path).

Activities….. How do we create a welcoming community? What would you like to discuss? Our goal is to create a welcoming and inclusive space where you can be yourself and form meaningful relationships with others. This is your group but we're happy to be the Start-Up people. Games, art, study, questions/discussions about faith and the Bible, outings, film & discussion visits……but most of all, a place to relax and make friends. We'll end each evening with a short time of prayer together.

Who are we? Led by Revd Joan, James Gardner and Revd Rebekah – members of the local Scottish Episcopal Churches.

So why not come along and see what we're all about? We can't wait to see you there!

Interested? Want to find out more? Email youngadultsgroup021@gmail.com

HT Flourishing Future Group

Many of you will be aware that over the last few months, the *Green Action Group*, has been working on its strategy *that ensures the environment is embedded in our faith, decision making and activity.* The strategy aligns with the Provincial Strategy to deliver net zero by 2030. The strategy was presented to and accepted by the HT Vestry on the 13th March 2023. As the strategy becomes embedded, we also agreed a name change from the *Green Action Group* to the *Flourishing Future Group.* This change moves us away from the idea that a 'group' will do all the 'green action' to one that will involve us all in delivering a flourishing future for HT, the wider church and community.

The land surrounding our Church and its buildings is a key asset that we can use to address some of our environmental challenges, including the promotion of biodiversity, community value and the capture of carbon. We are hugely grateful to Jim and Brian Shanks who over many decades meticulously maintained the Church and its land. We now need to consider how we take forward the management of the land surrounding the Church, whilst also addressing the net zero challenge. If you are interested in joining this team, please drop me an email by the end of May (a.n.tyler@stir.ac.uk please use 'Flourishing Future' in the subject line).

In the meantime, we have initiated a discussion with Tree Link Stirling and On the Verge. We have agreed to participate in *No Mow May*, which is a campaign initiated by PlantLife (https://www.plantlife.org.uk), and will allow us to assess what our grassed areas have to offer in terms of floral diversity, and the benefit this may have to insect life and biodiversity. This will explain why the grassed areas may look a little unkempt during the month of May. We will report back our findings.

Andrew Tyler, on behalf of the HT Flourishing Future Group

Christian Aid Week 2023: 14-20 May

We're raising money for Christian Aid Week because we want every child to be able to have the education they need to break free of poverty. We imagine a future where crops are not flattened by cyclones and washed away by floods.

Together, we can make dreams come true around the world. We won't stop until everyone can live a full life, free from poverty.
Please support us this Christian Aid Week by donating to our e-envelope, which is at https://envelope.christianaid.org.uk/holy-trinity-stirling

You can type in the link above, or e-mail me on dwbrown384@sky.com for a link that you can simply click onto. Please feel free to pass this link on to your family and friends or circulate it on social media. The site makes it easy to do this.

Last year, we raised £1,046, amounting to £1.258.75 with Gift Aid added. It would be good if we could at least equal that amount.
Please make all donations to the e-envelope by Saturday 20 May.
Thank you
David Brown

One in five people find common noises "intolerable"

Do some common noises really bother you? If you hate everyday sounds like chewing, sniffing and even moderate breathing, then you may be among the one in five people in Britain who suffer from misophonia.

In the first study of its kind, researchers from King's College London and University of Oxford have discovered that 18.4 per cent of the general UK population say certain noises can leave them feeling 'trapped' and 'upset'.

Misophonia is a psychological condition in which common sounds made in normal life trigger more than the occasional irritation. Instead, they can trigger a fight or flight response, sparking real anger and even panic.

Clinical psychologists say that while most people dislike the sound of loud chewing, slurping, snoring and loud breathing, people with misophonia frequently react badly to even normal breathing, footsteps and swallowing. *www.parishpump.co.uk*

The above article got me thinking about sounds that I tolerate , indeed that I love. They're often associated with a memory e.g. a blackbird singing takes me back to sitting in my mother's garden, the Archers' theme tune on Radio 4 as a backdrop to my domestic life, the noise of a walking boot on a path signifying a stroll. Are there important sounds in your life? Please send them in for inclusion in the June magazine. *Libby Coats*

The views expressed in this magazine are not necessarily those of the editorial team.

Getting to Know...

Although born in Ewell, Surrey, I am half English half Scottish and have moved so many times it is no wonder that I attended seven Schools! My two younger sisters were born during WW2, and I loved to tease them that while I was a pre-war model, they were "utility" babies.
Being baptised in the Church of Scotland, confirmed in the Episcopal Church and having taught in both Sunday Schools I am Ecumenical. Holy Trinity has become home to me with its spirituality and caring friendship.

I married in 1961 and we had sixty-one magical years together with two daughters and seven grandchildren. Peter was an architect / artist, rugby referee, Red Cross instructor, and wonderful human being. We met taking part in the Edinburgh Festival demonstrating Scottish country dancing.

I was fortunate to appear in "The Kilt is my Delight" on BBC and to tour abroad with the Royal Scottish County Dance Society.

When I was six years old, I announced that I wanted to teach dancing (I adored my ballet teacher) and never wavered although sent to boarding school for a "rounded" education! However, when he saw how determined I was, my father always supported me in running my own business. I trained at the Scottish Ballet School and in London for ballroom dancing. The height of my stage career during training was being a windmill "en pointe" dressed in sackcloth during a performance of Don Quixote! I preferred teaching.

Music has always been vital in my life and I love especially the Mozart Clarinet Concerto. I love visiting the theatre, with a highlight trip being

an outdoor performance in the Verona arena of a magical blue & silver Aida - during a thunderstorm. It lasted until 2am with the Grand March played twice through as the orchestra had to keep running for cover in the rain!

Peter and I were both IAMRoadSmart and Royal Society for the Prevention of Accidents Advanced Drivers, helping others to pass the tests.
My greatest regret is tripping up stone steps resulting in a shattered shoulder which forced me to retire from teaching dance aged eighty three! My motto now is "be not anxious or afraid" - not always easy.

Prayer Diary May 2023

Mon 01 Philip and James, Apostles, that we have divine power to love like God www.franciscanmedia.org/saint-of-the-day/saints-philip-and-james/

Tue 02 Athanasius, Bishop and Teacher of the Faith, 373, for all who are in education. www.thegospelcoalition.org/article/who-was-athanasius-and-why-was-he-important/

Wed 03 For all those who are neurodivergent - those whose brain differences affect how their brains work

Thu 04 For all who work in the arts or entertainment

Fri 05 For all travelling and preparing for the Coronation

Sat 06 For their Majesties King Charles and Queen Camilla

Sun 07 5 Easter

Mon 08 Julian of Norwich, c1413, may we forgive ourselves and live in Divine Love. https://julianofnorwich.org/pages/who-is-julian-of-norwich

Tue 09 For the Emergency Services

Wed 10 For Startup Stirling and its work

Thu 11 For The Mission to Seafarers

Fri 12 Thomas Rattray, Bishop, 1743, for the Scottish Episcopal Institute. https://forallsaints.wordpress.com/2011/05/12/thomas-rattray-bishop-of-dunkeld-1743/

Sat 13 For the Stirling Street Pastors

Sun 14 6 Easter

Mon 15 Matthias, Apostle, that we have confidence to speak of our faith. https://overviewbible.com/matthias-the-apostle/

Tue 16 For all involved in Youth Work

Wed 17 For Strathcarron Hospice

Thu 18 Ascension Day

Fri 19 For all those hurting from bereavement

Sat 20 For a healing of the Earth and our environment

Sun 21 7 Easter

Mon 22 For HT Tots

Tue 23 William of Perth (or Rochester), 1201, that we act when we see need. https://www.daily-prayers.org/saints-library/william-of-perth-rochester-2/

Wed 24 For our Vestry and its members

Thu 25 Bede, the Venerable, of Jarrow, Teacher of the faith, 735, for all in library services and publishing. https://www.franciscanmedia.org/saint-of-the-day/saint-bede-the-venerable/

Fri 26 Augustine of Canterbury, Bishop, c604, that we learn to overcome failure. https://www.franciscanmedia.org/saint-of-the-day/saint-augustine-of-canterbury/

Sat 27 For the work of the Samaritans

Sun 28 Day of Pentecost

Mon 29 For all who are making journeys

Tue 30 For the work of the Scottish Men's Shed Association

Wed 31 The Visit of Mary to Elizabeth, for all parents, grandparents and those who care for young children. https://www.goodnews.ie/marysvisit.shtml

Readings May 2023

Thursday 4th	**11am**	Holy Communion
Sunday 7th	**8.30am**	Holy Communion
EASTER 5	**10.30am**	Sung Eucharist
	Readings	Acts 7.55-60; 1 Peter 2.2-10; John 14.1-14
Thursday 11th	**11am**	Holy Communion
Sunday 14th	**8.30am**	Holy Communion
EASTER 6	**10.30am**	Sung Eucharist
	Readings	Acts 17.22-31; 1 Peter 3.13-22; John 14.15-21
Thursday 18th	**11am**	Holy Communion
Ascension Day	**7.30pm**	Sung Eucharist
	Readings	Acts 1.1-11; Ephesians 1.15-23; Luke 24.44-53

Sunday 21st	**8.30am**	Holy Communion
EASTER 7	**10.30am**	Sung Eucharist
	Readings	Acts 1.6-14; 1 Peter 4.12-14; 5.6-11
		John 17.1-11
Thursday 25th	**11am**	Holy Communion
Sunday 28th	**8.30am**	Holy Communion
PENTECOST	**10.30am**	Sung Eucharist
	Readings	Acts 2.1-21; 1 Corinthians 12.3*b*-13;
		John 20.19-23

Rotas

	Readings	Intercessions
7th May	L Green	B Piper
14th May	R Campbell	D Brown
18th May		
21st May	S Stirling Aird	C Watson
28th May	B Piper	N Morris

Sidesduty

7th May B & C Watson

14th May H Kemp & L Coats

18th May Volunteers

21st May C Kendall & J Foster

28th May F MacLeod & A Lees

Quotes of the month

Don't worry about what people are thinking of you. They aren't thinking about you, they are thinking about themselves.

If I had known how wonderful it would be to have grandchildren, I'd have had them first. -
L Wyse

When you talk, you only repeat what you already know, but if you listen you may learn something. - *Amish school proverb*

Unfettered inquisitiveness, it is clear, teaches better than do intimidating assignments. - *Augustine*

Evil people attack others for their own failings. - *S Peck*

Every path has its puddle.

Blessed are those who hunger and thirst, for they are sticking to their diets!

If you want the rainbow, you've got to put up with the rain.

Experience is something you don't get until just after you need it.

www.parishpump.co.uk

Articles for the April edition are requested on or before

May 14th

The magazine will be available on

May 28th

Fire
There was a fire at the main Inland Revenue office in London, but it was put out before any serious good was done. - *Ronnie Corbett*

Mark
When the late Dean of York was asked why he called his stumpy-tailed fox terrier 'Mark', he explained: "The New Testament contains the life-stories of our Lord by Matthew, Mark, Luke and John. Mark's is the shortest tale!"

Miscellaneous observations
How come it takes so little time for a child who is afraid of the dark, to become a teenager who wants to stay out all night?

I burn about 2000 calories every time I put on fitted sheets by myself.

Proof-reading needed!
The following true-life headlines found in local newspapers make you wonder: is proofreading a dying art?

Man Kills Self Before Shooting Wife and Daughter
Something Went Wrong in Jet Crash, Expert Says
Panda Mating Fails; Veterinarian Takes Over
Miners Refuse to Work after Death
Juvenile Court to Try Shooting Defendant
War Dims Hope for Peace
If Strike Isn't Settled Quickly, It May Last Awhile
Cold Wave Linked to Temperatures

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www.somersandcurrid.co.uk

Contacts

RECTOR: **Rev Canon Christoph Wutscher,** 4 Bracken Lane, Stirling FK9 5AB Tel: 01786 359821
Email: rector@holytrinitystirling.org

HON ASSISTANTS:
Rt Rev John Crook, 163 Lothian Crescent, Stirling FK9 5SG
Tel: 01786 359881 *Email: johnmcrook99@gmail.com*
Rev Val Nellist, 28 Glamis Gardens, Dalgety Bay, Fife KY11 9TD
Dr Rebekah Sims, Deacon *Email: rebekak.e.sims@gmail.com*

HON SECRETARY AND ALTERNATIVE LAY REP: **Rachel Campbell,** 12 Northend, Cambusbarron FK7 9LJ
Tel: 01786 451103 *Email: secretary@holytrinitystirling.org*

TREASURER: **Robert Nellist,** 28 Glamis Gardens, Dalgety Bay, Fife KY119TD
Tel: 01383 824066 *Email: treasurer@holytrinitystirling.org*

LAY REPRESENTATIVE: **Cathy Johnston,** 5 Snowdon Place, Stirling FK8 2NH
Tel. 01786 471406 Mob. 0771 892 1181 *Email: cathymjohnston@gmail.com*

ROTA SUPERVISOR: **Ann Lees** (see Magazine Production)

CONVENOR OF FABRIC & BUILDINGS COMMITTEE: **Ian Boa** 12 Millar Place Stirling FK8 1XD
Mob:0786 085 1935 *Email:ianboa@me.com*

VESTRY MEMBERS: **Rector, Rebekah Sims, Rachel Campbell, Cathy Johnston, Robert Nellist, Ian Boa, Hannah Gray, Carol Kendall, Carolyn Lawson, Nick Morris, Anne Pittock, Brian Shanks, Andrew Tyler**

DIRECTOR OF MUSIC: **Alistair Warwick,** Ardarroch, Glen Road, Dunblane FK15 0GY
Tel: 01786 823000 Mob: 0779 256 6349 *Email: hts@alistairwarwick.com*

VERGER: **Brian Shanks:,** 15 Richard Quinn Street, Cowie, FK7 7DU Tel: 01786 817191 Mob: 07870444861

FLOWER CONVENOR: **Mary Kenyon,** Easter Culmore, Kippen FK8 2JQ Tel: 01786 870360
Email: maryelizkenyon@gmail.com

HALL CONVENOR: **Sarah Shaw** *Email: shaws1@talktalk.net* Mob:0797 046 6551

SAFEGUARDING PVG CO-ORDINATOR: **Helen Kemp,** 1 Grendon Court, Stirling FK8 2JX
Tel: 01786 479400 *Email: heleninstirling@talktalk.net*

MOTHERS UNION: **Helen Kemp, Mary Kenyon,** *see Safeguarding PVG Co-ordinator & Flower Convenor*

MAGAZINE PRODUCTION: **Libby Coats,** 28 Snowdon Place, Stirling FK8 2JN: Tel: 01786 479785
Email: lib.coats@gmail.com **Liza Green** Tel: 01786 200180 *Email: liza_swan_green@yahoo.co.uk*
Ann Lees Tel 01786 472355 *Email:ann.lees@btinternet.com*

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

6.30-8pm Lishi Self Defence: damien@lishi.org

Wednesdays

9.15-10.15 Fitness Class: Jackie.govan@live.com

11.30-3pm Tea Dance (last Wednesday in the month): stirling4community@gmail.com

5-7pm Dance: francescahamill@icloud.com

7-9pm SABOS: sabosmusicaltheatre@gmail.com

Thursdays

11-2pm Stirling Community Lunch: stirling4community@gmail.com

4-7pm Dance: kimmybruce@hotmail.com

7pm Stirling4 Community Choir

Fridays

10-12 noon Art Group: stirling4community@gmail.com

2-5pm University of the Third Age (monthly): membership@fvu3a.org.uk

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