www.holytrinitystirling.org

Holy Trinity Church

Albert Place, Stirling, FK8 2RG

Issue 1

September 2024

Scottish Charity: SC016471

The Rector's Letter

Dear Friends,

It has been a busy summer at Holy Trinity and I know a lot of you have been involved in the things that have been going on. A team of volunteers has been opening the church to visitors and another team has been developing the nature friendly garden ground. In addition to that there have been many meetings to prepare for the restoration works to renew the pointing on the outside of the church. This has meant finding grant funding for this project and liaising with the Diocesan Buildings Committee. Many missions accomplished thanks to all that effort.

Meanwhile the regular functioning of church life has been continuing, attendance at services has been good across the holiday period and the hall has been in use by groups throughout. Jim Shanks suffered a fractured femur in a fall but at the time of writing I am glad to report that he is home from hospital and walking again.

Sadly, Liza Willey died in Strathcarron Hospice on the 29th July. She had been undergoing cancer treatment for some time. I saw her at home in June and then again in hospital in July when I took her communion. On both occasions, despite her obvious frailty, she was her usual bright self and delighted to welcome me. We will miss her caring, joyful presence and her example of steadfast faith.

We now look forward to the return of our Rector, Christoph Wutscher.

Yours in Christ

Val Nellist

9/08/24

From the Registers

Wedding

Kyla Sansalian and Michael Atkiss 29th June

Funeral

Eliza Thomson Willey 14th August

May she rest in peace and rise in glory

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Important date for your diary

ANNUAL CONGREGATIONAL MEETING

SUNDAY 29th SEPTEMBER 2024

Immediately after 10.30 service

If you are unable to attend please let the Rector or the vestry secretary (Rachel Campbell) know

Holy Trinity, Building Conservation Repair Work

Photos taken by Tod Taylor Architects

Holy Trinity Building Conservation Work

From investigation of the dry rot outbreak in 2019 and our 2020 Building Inspection we became aware of open stonework joints, leaks from the gutters and plant growth on the building. Whilst not immediately obvious, they can be seen by a closer look at the building. The accompanying photographs show some of them.

The Inspection Report recommended the following essential repairs by 2025:

- re-pointing around all the outside walls, especially at the downpipes,
- overhauling the cast iron gutters, the joint seals and the waterproof barrier beneath, renewing them where necessary,
- ensuring the downpipes are running freely, and
- painting all the gutters and downpipes,

The purpose is to help prevent ingress of water into the stonework and make future dry rot less likely. Dry rot occurs when the moisture level in timbers rises over 20% from causes such as dampness in the walls. There have been a number of such outbreaks since 2000 - at the west window, in the Rector's Vestry and in the main nave and north aisle roofing.

Fund-raising for conservation repairs began in 2019. Now, after five years and with several grant awards, we can afford to undertake work under the supervision of Roger Taylor, Tod Taylor Architects, Edinburgh. Even so, more donations will help reduce the need to use reserves.

The Stonemasons will start in the second half of September. Work is expected to take about ten weeks. Scaffolding will be used at the gable ends of the church and around the organ transept. Elsewhere an access platform will be used and moved as required. PTO

Holy TrinityBuilding Conservation Work

A small storage compound for tools, materials etc will be set up at the Albert Hall end of the grounds. There will inevitably be access restrictions preventing circulation around the church. Details will be publicised as soon as they are known on bulletin boards in church and hall, with a dedicated page on the website, but if you have questions please ask either *Rev'd Ian Boa, Property Convenor or Robert Nellist Treasurer*

Photo taken byTod Taylor Architects

HT Prayer Tree

The Prayer Tree situated at the back of church is an aid to prayer. Feel free to take a label and write your prayer/ message on it and hang it on the tree. **Please add the current date.** The label will be removed one month after this date but if you would like to leave the label on the tree please just alter the date or write another label.

Holy Trinity Garden Group

As anyone who gardens will know too well, we have been at the mercy of the Scottish weather but the amount of rainfall has been helpful for the growth of our plants in the Bee Bed. We have lost a number of these due to rabbits and birds but the bed is now covered with netting. We had a hilarious morning draping the netting over bendy willow stakes (which will NOT be permanent!) but all is now secure. We will gradually replace the lost plants.

The lavender hedge is flourishing well.

The path is now much clearer due to the growth of the surrounding grass but we'd like to designate it by pinning some thick rope to the edges of the path to encourage its use. If anyone has a source of "old rope" – please get in touch with Joan – there might even be some "money for old rope" available but as ever any donation is welcome.

Future tree and hedge planting depends on the work on the roof guttering being completed and we hope to do this in early spring.

Our garden times have been variable over the holiday period but we'll keep in touch as and when we would like some more help – all hands very welcome! Please contact Joan on joanblyon@gmail.com.

Readings September

Sunday 1st	**8.30am**	Holy Communion
PENTECOST 15	**10.30am**	Sung Eucharist
	Readings	Deuteronomy 4.1-2,6-9; James 1.17-27; Mark 7.1-8,14-15,21-23
Thursday 5th	**11am**	Holy Communion
Sunday 8th	**8.30am**	Holy Communion
PENTECOST 16	**10.30am**	Sung Eucharist
	Readings	Isaiah 35.4-7*a*; James 2.1-10,14-17; Mark 7.24-37
Thursday 12th	**11am**	Holy Communion
Sunday 15th	**8.30am**	Holy Communion
Festival of Dedication	**10.30am**	Sung Eucharist
	Readings	Genesis 28.11-18; 1 Peter 2.1-10; John 10.22-29
Thursday 19th	**11am**	Holy Communion
Sunday 22nd	**8.30am**	Holy Communion
PENTECOST 18	**10.30am**	Sung Eucharist
	Readings	Jeremiah 11.18-20; James 3.13-4.3,7-8*a*; Mark 9.30-37

Readings September

Thursday 26th	**11am**	Holy Communion
Sunday 29th	**8.30am**	Holy Communion
St Michael & All Angels	**10.30am**	Sung Eucharist
(ACM)	**Readings**	Genesis 28.10-17; Revelation 12.7-12; John 1.47-51

Articles for the **October** magazine are requested on or before

September 15th

The magazine will be available on

September 29th

Rotas September

	Readings	Intercessions
1st Sept	W Wheeler	R Piper
8th Sept	N Morris	R Nellist
15th Sept	N Jorgensen	TBC
22nd Sept	N Okeke	S Shaw
29th Sept	S Shaw	D Brown

	Sidesduty
1st Sept	C Watson and L Coats
8th Sept	R Campbell and S Goss
15th Sept	A Lees and H Kemp
22nd Sept	R Nellist and J Foster
29th Sept	J Morris and N Morris

Holy Trinity Stirling is not responsible for the content of external sites whose links are included in the magazine. The views expressed in this magazine are not necessarily those of the editorial team.

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

"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property…"

Prayer Diary September

Sun 01 Pentecost 15

Mon 02 The Martyrs of New Guinea, 1942, for all who show courage

Tue 03 Gregory the Great, Bishop and Teacher of the Faith, 604, for the Episcopal church in Europe

Wed 04 for educators everywhere

Thu 05 for Strathcarron Hospice

Fri 06 for all who minister in our church

Sat 07 for all who venture into wilderness

Sun 08 Pentecost 16

Mon 09 The Birth of Mary, Mother of the Lord, for all who accept the role of mother

Tue 10 for all leaders of youth organisations

Wed 11 for all who suffer abuse

Thu 12 for those in Central and Local Government

Fri 13 Cyprian of Carthage, Bishop and Martyr, 258, for the Church in Africa

Sat 14 Holy Cross Day, for Christian Unity

Sun 15 Pentecost 17

Mon 16 Ninian of Whithorn, Bishop, c430, for an increase of faith in Scotland

Tue 17 Hildegard of Bingen, Abbess, 1179, for all church musicians

Wed 18 for displaced persons everywhere

Thu 19 for all who work the land

Prayer Diary September

Fri 20 John Coleridge Patteson, Bishop and Martyr, 1871, for all who seek to increase the reach of the gospel

Sat 21 Matthew, Apostle and Evangelist - for all civil servants and those who work for local authorities

Sun 22 Pentecost 18

Mon 23 Adamnan of Iona, Abbot, 704, for the innocent victims of conflict

Tue 24 for all looking after small children

Wed 25 Finnbar of Caithness, Bishop, c610, for our Primus Mark

Thu 26 for the work of Startup Stirling

Fri 27 Vincent de Paul, Priest, 1660, for all who work with horses

Sat 28 for all our emergency services

Sun 29 Pentecost 19

Mon 30 Michael and All Angels, for angels we meet unseen

Quotes of the Month

- Holy means set apart. Not like a set of cutlery, that comes out only on Sundays. More like a Swiss army knife – remove a splinter, cut a rope, open a bottle, anytime, anywhere. Whatever the boss needs. - *Milton Jones*
- Desert and mountain places located on the margins of society are locations of choice in luring God's people to a deeper understanding of who they are. - *Belden Lane*
- At least bear patiently, if you cannot bear joyfully. - *Thomas a Kempis*
www.parishpump.co.uk

Walking is a great way to exercise

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking. According to health specialists, the simple act of walking "ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness."

Here are five reasons why:

Walking raises your heart rate and makes you breathe faster.

It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.

Walking improves your bone density

Walking briskly engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.

Walking improves your mood

It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

Walking...

Walking helps your brain

You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.

Walking helps your body shape

An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape with improve, which in turn will boost your confidence! *www.parishpump.co.uk*

How do you feel about walking?

Do you enjoy it or is it a duty?

Where do you walk and do you have a favourite walk?

Do you like walking in company or on your own?

Please send responses to the editor by 15th September for inclusion in the October magazine. Photos welcome

Visit

A bishop visited a primary school in his full episcopal attire – with his mitre, robes and bishop's crook or crozier. A little lad's mother asked him later what he had thought of the bishop's visit to his school. The little boy replied: "It was great – now I know what a *real* crook looks like!"

Cucumber

A small boy asked his mother for a cucumber to take to Junior Church. A slightly puzzled mother complied. Later she asked what it had been used for. "Sorry, mum," he confessed. "I got it wrong. We were supposed to bring a newcomer."

Not all

Dear Minister: I know that God loves everyone, but He has never met my sister. Love Peter (aged 7)

Last words

The Seven Last Words of the Church: "We never did it like that before."

Miscellaneous observations on daily life…

The secret to a clean kitchen is simple. Don't cook. Ever.

Microchips: What's left at the bottom of the bag.

The inventor of the doorbell obviously did not own a dog.

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PAPERSORTERS

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Organisations Meeting in the Church Hall

Mondays

10-12noon HTTots Gen Pont: gandapont@yahoo.co.uk

4.00-6.15pm 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 Pilates Mini Ball Class: Jackie.govan@live.com

12-1pm Latin and Ballroom Dance Class: stirling4community@gmail.com

5-7pm Dance: francescahamill@icloud.com

7-9pm SABOS: sabosmusicaltheatre@gmail.com

Thursdays

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

7pm Stirling4 Community Choir

Fridays

9.10-9.55 Pilates: judithgraham090@gmail.com

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

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

5-6pm Capoeira class: dendemaruouk@outlook.com

Saturdays

9-10am Babyballet: livingstonandfalkirk@babyballet.co.uk

The church hall is available for further lettings. If you would like to rent the hall please contact Sarah Shaw on 07970466551