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Holy Trinity Church

Albert Place, Stirling, FK8 2RG

Issue 5

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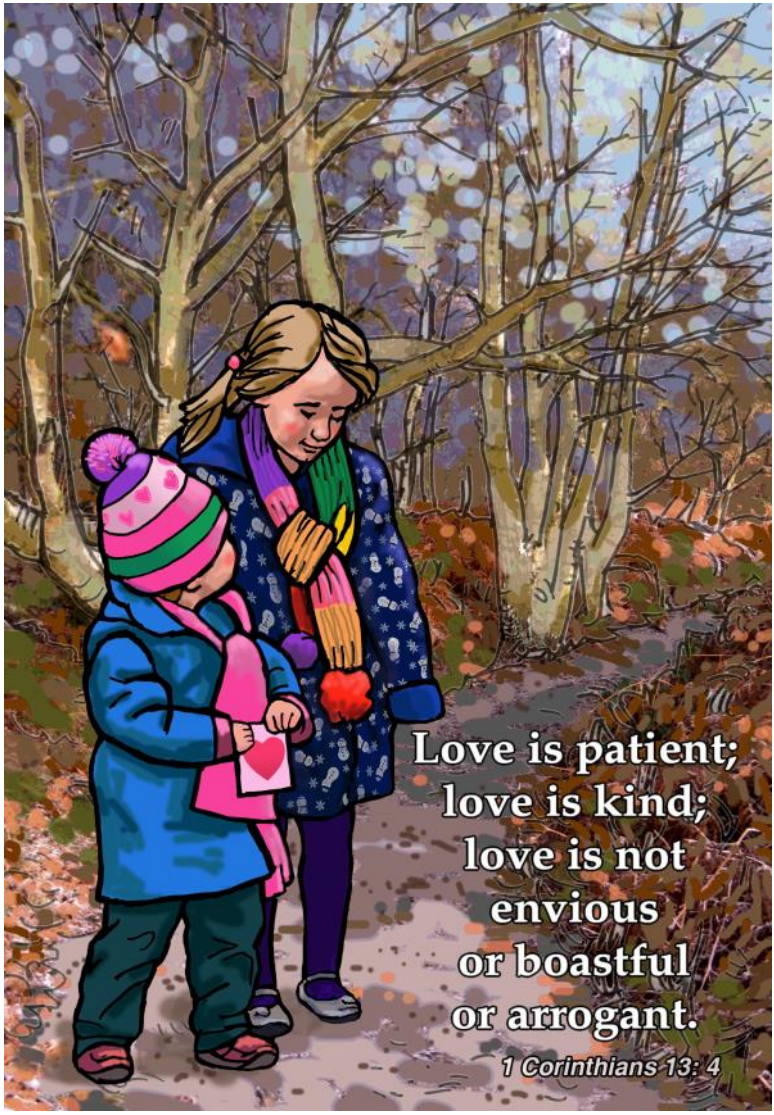

Rector's Letter

Dear all,

What does the Lord require of you
but to do justice, and to love kindness,
and to walk humbly with your God? (Micah 6.8)

Very little is known about the prophet Micah, whose writings we find in the Old Testament. Written probably in the eighth century BC, Micah is very much focussed on highlighting injustice and inequity as he speaks out against political and religious leaders failing to exercise justice. As he does so, he expresses deep hope for a new and transformed way of life and of salvation in God.

As we see injustice reign and inequity rise in our communities and in the world, Micah may have something worthwhile to say to us as well. We may not feel that we are able to influence inequalities and atrocities on the world stage, but we can influence our own spheres of life and how we treat those whom we meet with Micah's simple, but profoundly deep advice: whatever you do or whomever you meet, 'do justice, love kindness and walk humbly with God'. It might not sound much, but it surely can transform the world around us, right from our hearts – whoever or wherever we are.

Yours in Christ,

Christoph

Lent Groups

Note on Lent Groups 2026

Ora et labora et lege: Pray, work and read.

The Rule of St Benedict (written early in the 6th century AD) is a rule for monks and nuns, governing many different aspects of community life. It influenced Western monasticism more than any other text, and it still is in wide use in many monasteries of the Benedictine family. It is where the Benedictine motto *Ora et labora et lege* (pray, work and read) has its origin. In our Lent Groups, we will reflect on different aspects of the rule and see how some of its content may be of relevance to us and our own Christian life.

Two groups will meet in parallel on **Thursdays 26th February and 5th, 12th , 19th and 26th March at 11.30am and 8pm.**

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HT News

Revd Joan Lyon features on the BBC news.

Joan has been lecturing nursing and paramedic students at Stirling University. She is contributing to the **Being Dementia Sharp** module. A reporter for BBC Tayside and Central has interviewed her about her role at the university and her impact on the students. It's a fascinating, illuminating account and contains some lovely photos of Joan including one of her looking very glamourous when she received a **Great British Care Award** for her work with the students at Stirling University. Many congratulations, Joan.

If you haven't yet read the article, click on the following link

https://www.bbc.co.uk/news/articles/c0r9pvx9821o

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.

Do you struggle with SAD, Seasonal Affective Disorder?

If you do, please contact Libby Coats lib.coats@gmail.com as she has a goLITE light machine that helps counteract SAD. It's free.

Magazine Subscriptions

Postal Copy

The charge for a postal copy is £**10**. per annum. You can pay by any of the following payment methods

Cheque or Cash:

You can pay by cheque made payable to "Holy Trinity Church Stirling." If posting a cheque, please send to The Treasurer, Holy Trinity Church ,26 Dumbarton Road, Stirling, FK8 2RG If delivering cash or cheque to church please place in an envelope marked "Magazine" and leave in one of the offertory baskets at the back of church. Add a note of your name inside the envelope.

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There is no charge if you pick up a copy in church. A donation is welcome (suggested amount £5) Please place in an envelope marked "Magazine" and leave in one of the offertory baskets at the back of church If you want to ensure that you get a copy please let one of the editorial team know and you will receive a personal copy with your name on the front page. If you already receive a named copy, no further action is necessary.

Getting to Know...

Background

Hi, I'm Ian Anderson. Recently I was asked where I was from by a lovely lady serving coffee after the service. I have a surreal sense of humour and before thinking said, "I was born in Portsmouth, but I was raised in the Highlands by wolves!"

BUT is it true? I *was* born in Portsmouth, I went to high school and had my first jobs in Thurso. Alas though, no wolves, not even a family dog. But in my heart, Thurso is where I come from.

Life Choices :

Professional

I became a police officer two months shy of my 20th birthday and found I liked it. It seems I was quite good at it too, as I became a detective at 21, detective sergeant at 22, and an Inspector four days before my 26th birthday. All seemed settled, but out of the blue I felt a call to offer for ordained ministry.

From the outset I have been a passionate ecumenist. My third year training placement was to a Catholic parish in inner city Bristol. I was ordained as a Methodist presbyter in Ely Cathedral, and my first appointment was to a Methodist, United Reformed Church, Church of England Local Ecumenical Partnership in Chelmsford. I looked after two churches in north London before moving to Aberdeen as Superintendent of the North of Scotland Circuit. Unfortunately, I became seriously unwell and retired early, coming to live in Stirling in 2008.

Ian Anderson

Personal

I met my wife, Alice, in the 'Red Lion" Faringdon, Oxfordshire, in November 1985. 'Playing it cool' I waited a whole three months before proposing, on the ancient ridgeway, miles from anywhere, in a snowstorm. We were married in St Faith's in Alice's home village, Shellingford, in February 1986. We have two lovely adult children, John and Rachel.

Holy Trinity

We started coming to HT seven years ago, primarily for the weekly Eucharist. It's become our church home because of the reverence of the Eucharist, the liturgy and music, the beauty and sacred space, and not least, Christoph's ministry.

My Ideal Holiday…

Mid Atlantic, in the Chart Room on the Queen Mary 2, being served a Tanqueray Ten dry martini, with a twist, stirred not shaken. (James Bond is a Philistine on this!)

Many thanks to Ian for sharing this information with us. Please contact the editorial team (details on page 19) if you would like to feature in the Getting to Know Article.

Pedestrian Crossings

Can you get across the pedestrian crossing in time?

Have you ever had to hurry to make it to safely across the street because the pedestrian crossing light is about to turn red again?

If so, you are not alone. A recent study has found that pedestrian crossing timings are simply too brief for many elderly people and especially those with mobility problems.

The length of time given at crossing points usually assumes a walking speed of 1.2m per second. But the study found that the average speed of adults aged over 65 is only 0.77m per second.

So more than half of older people need to increase their normal walking speed by about 50 per cent, just to reach the other curb safely.

One of the researchers said: "This isn't just a safety issue – it's potentially a barrier to independence, physical activity, and social connection, all of which often decline in later life."

Another said: "Allowing enough time to cross the road can boost confidence, support independence, and help them remain engaged in their communities, all key to a better quality of life."

The study was published in the journal *Age and Ageing.*

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Is this a problem you have encountered? Do send your response to the editor: lib.coats@gmail.com

Scottish Churches China Group

A Prayer for the People of China

Lord God,
We lift up the people of China before you today.
Bless their land with peace,
compassion,and hope.

Be near to those who are struggling —
the poor, the sick, the weary,
and those who face hardship or fear.

We thank you for all those working to
support people in difficulties.
Please bless and help them in that work.

Grant wisdom and kindness to China's leaders,
that justice and mercy
may guide their decisions.

Strengthen families and communities
with love and understanding,
and let unity and goodwill flourish
across the nation.

May your light shine upon the people of China,
bringing comfort, healing, and renewed faith.
Help all hearts to seek truth and peace,
and may your grace dwell richly among them.

All for the sake of Jesus,
Amen.

Scottish Churches China Group
苏格兰教会中国会
Scottish Charity No. SCIO SC033740

Prayer Diary February 2026

Sun 1 Fourth Sunday after Epiphany

Mon 2 The Presentation of the Lord, for wisdom in young and old

Tue 3 Saints and Martyrs of Europe, c8th to 19th centuries, for peace across Europe

Wed 4 Bride of Kildare, Abbess, c525, for the church in Ireland

Thu 5 for Startup Stirling and its work

Fri 6 Paul Miki, Priest, and the Martyrs of Japan, 1597, for courage in Faith

Sat 7 for all who work in the outdoors

Sun 8 Fifth Sunday after Epiphany

Mon 9 for HTTOTS

Tue 10 Scholastica, Religious, 543, that we come closer to God

Wed 11 for all who are in education

Thu 12 for world leaders to believe in truth

Fri 13 for all youth organisations and their Leaders

Sat 14 Cyril, Monk, 869, and Methodius, Bishop. 885, 'Apostles of the Slavs', for peace in Ukraine

Sun 15 Sunday before Lent

Mon 16 Thomas Bray, Priest and Missionary, 1730, for our library service

Tue 17 Finan of Lindisfarne, Bishop, 661, for all our Bishops

Wed 18 Ash Wednesday

Thu 19 Martin Luther, Priest and Reformer, 1546, for all liturgists

Prayer Diary February 2026

Fri 20 Colman of Lindisfarne, Bishop, 676, for our Primus Mark

Sat 21 for all care workers and those they care for

Sun 22 First Sunday of Lent

Mon 23 Polycarp of Smyrna, Bishop and Martyr, c156, for our Bishop Ian

Tue 24 for the people of Gaza

Wed 25 for all the homeless and those in housing need

Thu 26 for International Relief Agencies

Fri 27 for the work of the Samaritans

Sat 28 for World Peace

Articles for the **March edition**

are requested on or before

Sunday 8th February

The magazine will be available on

Sunday 22nd February

Readings February 2026

Sunday 1st	**8.30am**	Holy Communion
CANDLEMAS	**10.30am**	Sung Eucharist
	Readings	Malachi 3.1-4; Hebrews 2.14-18; Luke 2.22-40
Thursday 5th	**11am**	Holy Communion
Sunday 8th	**10.30am**	Sung Eucharist
EPIPHANY 5	**Readings**	Isaiah 58.1-9*a*; 1 Corinthians 2.1-12; Matthew 5.13-20
Thursday 12th	**11am**	Holy Communion
Sunday 15th	**10.30am**	Sung Eucharist
Sunday before Lent	**Readings**	Exodus 24.12-18; 2 Peter 1.16-21; Matthew 17.1-9
Wednesday 18th	**6.30pm**	Sung Eucharist with Ashing
ASH WEDNESDAY	**Readings**	Isaiah 58.1-12; 2 Corinthians 5.20*b*-6.10; Matthew 6.1-6, 16-21
Thursday 19th	**11am**	Holy Communion

Readings February 2026

Sunday 22nd	**10.30am**	Sung Eucharist
LENT 1	**Readings**	Genesis 2.15-17, 3.1-7; Romans 5.12-19; Matthew 4.1-11
Thursday 26th	**11am**	Holy Communion

Our Services

Sundays
10.30am Sung Eucharist

First Sunday in the Month
8.30am Holy Communion

Thursdays
11.00am Holy Communion

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

Rotas February 2026

	Readings	Intercessions
1st Feb	A Pont	D Brown
8th Feb	S Shaw	C Johnston
15th Feb	N Morris	A Shaw
18th Feb	TBC	
22nd Feb	N Jorgeensen	T Mitchell

Sidesduty

1st Feb C Kendall and S Goss

8th Feb L Coats and A Lees

15th Feb R Campbell and C Watson

18th Feb Volunteers

22nd Feb R Nellist and R Piper

HT Tots

1st Feb A Lees and R Watson

8th Feb Half Term

15th Feb K Ellis and H Kemp

22nd Feb R Watson and H Kemp

The Winter Olympics returns to Europe

If you like snow-sports, you are in for a great month. From 6th to 22nd February, Italy will be hosting the 2026 Winter Olympics, officially known as Milano Cortina 2026. The opening ceremony is at football's famous San Siro stadium. The Paralympic Winter Games follows, from 6th to 15th March.

For the first time the Winter Games will have two host cities, Milan and Cortina d'Ampezzo, with events spread across 15 venues in northern Italy, using existing infrastructure to reduce costs. (Thus, Milan will host indoor events like hockey and figure skating, while Cortina hosts alpine skiing and snowboarding.)

Around 3,500 athletes from more than 90 countries are expected to compete for 195 medals across 16 Olympic disciplines. New this year is ski-mountaineering.

Snow gets an occasional mention in the Bible. Job tells how God "Says to the snow, 'Fall on the earth' … He stops all people from their labour. The tempest comes out from its chamber, the cold from the driving winds. At His direction they swirl around over the face of the whole earth to do whatever He commands them."

Let's hope that the snow does a good deep swirl around Italy this month.

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Hymns for Professionals

Dentist - Crown Him with many crowns

Contractors - The Church's one foundation

Obstetricians - Come labour on

Golfers - There is a green hill far away

Politicians - Standing on the promises

Librarians - Let all mortal flesh keep silent

With Valentine's Day and romance in mind….

The Rules of Marriage

Here are the real-life answers from a group of children:

Question: How do you decide who to marry?
You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. - Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. - Kirsten, age 10

Question: What is the right age to get married?
23 is the best age because you know the person FOREVER by then. - Camille, age 10

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- **DISPOSAL**
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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

9-12.30 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 or shaws1@talktalk.net