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Holy Trinity Church

Albert Place, Stirling, FK8 2RG

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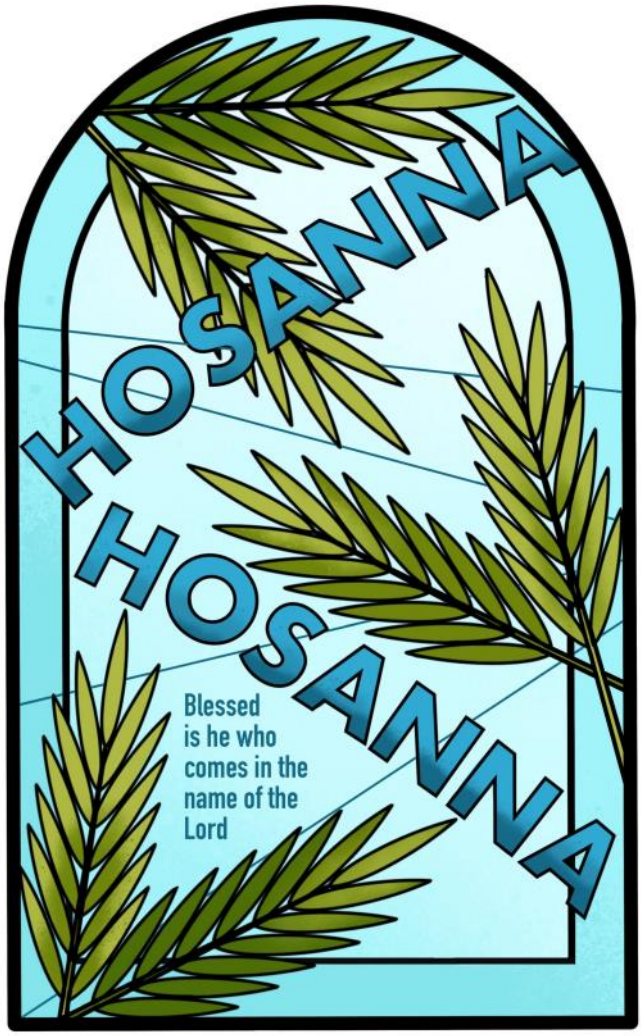

Rector's Letter

Dear all,

Attend with the ear of your heart.

This Lent at HT we are reflecting on the Rule of St Benedict, a text from the 6th century giving advice to monastic communities for their common life. The rule starts with an invitation to listen: 'Listen carefully, my child, to the master's instructions, and attend to them with the ear of your heart.' I don't know about you, but I sometimes find myself formulating an answer to a problem before I have really finished listening. It is fairly easy to 'speak over' God's voice, particularly if we do not want to hear what it has to say to us! But if we never listen properly, we can't move from what we already know into the greater unknown depths of God's mercy, grace and love.

The first step of listening, therefore, is to shut up. The second step, as St Benedict seems to suggest, is to attend to our heart, so that we may learn to hear with it: hear via our own love; the things that excite us; the things that draw us into God; the things that make life more colourful; or maybe this is via the people we care for and the situations we find ourselves in (both joyful and challenging). God may use all of those to speak to us and to nudge us on into deeper life.

As we continue in the season of Lent and prepare for Holy Week and Easter, may this be part of our Lenten practice: to shut up a bit more and to guard our hearts and keep them open for God and our neighbour – for through the ear of the heart we may hear a whisper of deep love. As it says in the Bible:

Keep your heart with all vigilance,
for from it flow the springs of life. (Proverbs 4.23)

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 5th, 12th , 19th and 26th March at 11.30am and 8pm.**

In This Issue

Rector's Letter	2	Our Services	11
Lent Groups	3	Rotas	12
HT News	4	A Prayer for …	13
Magazine Subscriptions	5	Earth Hour 2026	14
Happy Birthday Ken	6-7	Smile Lines	15-16
Prayer Diary	8-9	Ads	17-18
Readings	10-11	Contacts	19
		Organisations	20

HT News

Easter Flowers

The church will be decorated on **Saturday 4th April at 2pm**. If you are able to help, you are more than welcome to come along.

We are looking for people to decorate a basket with flowers, as well as donations of daffodils. Cash donations towards the flower fund are always welcome and these can be given directly to our treasurer, Robert Nellist, or to Karen Ellis or placed into the Flower Jar at the back of church.

Many thanks for your help towards helping to decorate our church.

Karen Ellis

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.

Lost Property Box

Please check the box to see if any of your belongings are in it. Any items that are not claimed by the end of March will be removed and recycled where possible.

Magazine Subscriptions

There is still time to pay for your postal copy.

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.

Electronic Transfer:

Transfer money electronically to "Holy Trinity Episcopal Church Stirling"

Sort Code 80-06-47

Account No 00111052

Please state your name and "Mag" in the reference.

Picking up a copy in church

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.

Happy Birthday...

With Ken Ravey turning 90 on the 22nd March, this seems like a fitting occasion to acknowledge Ken's role as the prime mover in the formation of the Music Group and the huge contribution he made to the musical life of the church over a number of years.

It was on an Alpha course back in 1998 that Ken first suggested that a few of us should dust down our long disused instruments and provide some musical accompaniment to the spiritual exploration and the fellowship. With Ken on keyboard, Edna on violin, Sarah on viola and Rachael Livingston and I on guitar, we started practising in our homes and sharing songs that we knew and loved. Ken was the driving force, and his enthusiasm and desire to diversify the music offering in the church was infectious. Eventually we found ourselves an outlet – a Sunday evening service in the hall where we worshipped in the round, using contemporary songs, liturgy, stories and prayer. This ran for several years, until eventually we were allowed to lead the music for the monthly Sunday morning all-age services. Gen Pont joined us on violin, and other members came and went over time.

Our music very much grew out of our fellowship as a group and our shared faith journey. Ken and Edna in particular had so much to give to the younger members in terms of the depth of their faith and breadth of their life experience. Our line-up changed over the years, and eventually, Ken and Edna decided to step down. Alistair Warwick took over on piano, bringing his wealth of musical knowledge and skill to the group, and more recently we have been blessed by the arrival of Sally on flute, Laura on violin and Tony on cello. But to me, the Music Group still feels like Ken's baby.

Ken

So Ken, I'd like to extend warmest congratulations to you on reaching the amazing milestone of 90 years, as well as gratitude for the musical legacy you have left Holy Trinity. And a final confession - I still have that guitar amp that you lent me 28 years ago. I'll get my own some day and return it you… honest!

Alistair Shaw

And a very Happy Birthday to Ken from all at Holy Trinity

Ken and Edna at Loch Venachar 2022

Prayer Diary March 2026

Sunday 1 Second Sunday of Lent

Monday 2 Chad of Lichfield, for the Scottish Episcopal Institute

Tuesday 3 John and Charles Wesley, Priests, 1791 and 1788, for our friends in the Methodist church

Wednesday 4 Adrian of May Island, and Companions, Martyrs, 875, for courage in faith

Thursday 5 David, Bishop, Patron of Wales, c601, for all to use the gifts of the Spirit

Friday 6 Baldred, Bishop, 608, for Bishop Ian

Saturday 7 Perpetua and her Companions, Martyrs, 203, for the Church in Africa

Sunday 8 Third Sunday of Lent

Monday 9 Duthac, Bishop, 1068, for our Primus Mark

Tuesday 10 Kessog, Bishop, c700, for Christian life here in Scotland

Wednesday 11 for all who experience or are threatened with homelessness

Thursday 12 for a just and lasting peace in Ukraine

Friday 13 for all families with young children

Saturday 14 for all who work in retail

Sunday 15 Fourth Sunday of Lent (Mothering Sunday)

Monday 16 Boniface of Ross, Bishop, 8th century, for all who work outdoors

Tuesday 17 Patrick, Bishop, Patron of Ireland, c461, for the Anglican Communion

Prayer Diary March 2026

Wednesday 18 Cyril of Jerusalem, Bishop and Teacher of the Faith, 386, for all who struggle with parts of the Creed

Thursday 19 Joseph of Nazareth, Husband of Mary, for peace in our families

Friday 20 Cuthbert, Bishop, 687, for all who preach in our church

Saturday 21 Thomas Cranmer, Bishop, 1556, for all victims of violence

Sunday 22 Fifth Sunday of Lent

Monday 23 Thomas Ken, Bishop and Teacher, 1711, for the Archbishop of Canterbury

Tuesday 24 Paul Couturier, Priest, 1953, for a strengthening of ecumenical ties

Wednesday 25 The Annunciation of the Lord

Thursday 26 for Startup Stirling and its work

Friday 27 for peace in the Middle East

Saturday 28 Patrick Forbes, Bishop, 1635, and the Aberdeen Doctors, Teachers of the Faith, for all in education

Sunday 29 Sixth Sunday of Lent

Monday 30 Monday of Holy Week

Tuesday 31 Tuesday of Holy Week

Readings March 2026

Sunday 1st	**8.30am**	Holy Communion
LENT 2	**10.30am**	Sung Eucharist
	Readings	Genesis 12.1-4*a*; Romans 4.1-5, 13-17; John 3.1-17
Thursday 5th	**11am**	Holy Communion
Sunday 8th	**10.30am**	Sung Eucharist
LENT 3	**Readings**	Exodus 17.1-7; Romans 5.1-11; John 4.5-42
Thursday 12th	**11am**	Holy Communion
Sunday 15th	**10.30am**	Sung Eucharist
LENT 4	**Readings**	1 Samuel 16.1-13; Ephesians 5.8-14; John 9.1-41
Mothering Sunday		
Thursday 19th	**11am**	Holy Communion
Sunday 22nd	**10.30am**	Sung Eucharist
LENT 5	**Readings**	Ezekiel 37.1-14; Romans 8.6-11; John 11.1-45

Readings March 2026

Thursday 26th	**11am**	Holy Communion
Sunday 29th	**10.30am**	Sung Eucharist with Procession of Palms
PALM SUNDAY	**Readings**	Isaiah 50.4-9a; Philippians 2.5-11; Matthew 26.14-end of 27

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 March 2026

	Readings	Intercessions
1st March	G Lamb	N Morris
8th March	R Campbell	A Pont
15th March	R Piper	A Shaw
22nd March	J Morris	R Nellist
29th March	A Tyler	D Brown

Sidesduty

1st March S Goss and volunteer

8th March L Coats and volunteer

15th March R Campbell and A Lees

22nd March R Nellist and R Piper

29th March J and N Morris

HT Tots

2nd March A Lees and S Goss

9th March K Ellis. and C Gray

16th March A Lees and H Kemp

23nd March R Watson and C Gray

30th March K Ellis and R Campbell

A prayer for the noisy half of the world…….

They say you're available
on certain conditions. Quiet ones.
That if I can find an air of
tranquillity
It carries that still small voice.

But I don't do quiet, stillness.
I am not tranquil except when
I am asleep
And then I am not available
As far as I know.

So, what's the chance of a still
big voice in the noise,
Of hearing you in the roaring
traffic,
The screaming mealtime.
The crowded train,
The supermarket queue,
The smoky, throbbing bar?

I know that time you weren't
in the fire, in the storm.
But everyone's different.
Maybe Elijah was better at quiet.

You're usually quiet.
I'm usually wired.
If I try for your silence,
Perhaps you could try for my
noise.

Your place or mine?
I know they say you're in
the country,
But maybe we could meet
In town…..

Martin Wroe (b. 1961)

Taken from an article by Meryl Doney in the Church Times

Thanks to Revd Joan Lyon for sending this poem.

Please send us one of your favourite poems or a book recommendation.

I'll recommend a poem that seems to chime with the sentiments in this month's Rector's letter. It's title is ***Clearing*** *and it's written by Martha Postlethwaite. It starts:*

"Do noy try to save the whole world"

Earth Hour 2026 – a time to turn off your lights

The Earth Hour 2026 takes place on Saturday 28th March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20th anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action through sustainable, actionable lifestyle changes.

The first Earth Hour was held in Sydney, Australia, on 31st March 2007, and has since become a global movement. The 2025/26 theme is 'Giving an Hour for Earth' is encouraging people to adapt sustainable habits in their daily lives.

And while our lights are off for an hour, Earth Hour will encourage us to spend the time in nature, or stargazing, or engaging in environmental, educational, or sustainable activities.

More info at: https://www.earthhour.org

How many church members does it take to change a light bulb?

What do you mean CHANGE??? That light bulb was given in memory of my grandmother! My father installed it with his bare hands! He donated his time AND the use of his ladder to do it, too! My family's been members of this church for four generations! And if you think you're going to come in here and make a bunch of changes all of a sudden, vicar, you've got another think coming!

On the road

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

Cleaned out

"Just cleared out some space in the freezer" sounds so much more productive than "I just polished off another pint of ice cream."

New Dog Breeds for Crufts?

With Crufts Dog Show held this month, here are some ideas for new breeds for the Kennel Club…

Collie + Lhasa Apso = Collapso: A dog that folds up for easy transport

Spitz + Chow Chow = Spitz-Chow: A dog that throws up a lot

Pointer + Setter = Poinsetter: A traditional Christmas pet

Malamute + Pointer = Moot Point: Owned by...oh, well, it doesn't matter anyway

PTO

Collie + Malamute = Commute: A dog that travels to work

Deerhound + Terrier = Derriere: A dog that's true to the end

Pekingese + Lhasa Apso = Peekasso: An abstract dog

Irish Water Spaniel + English Springer Spaniel = Irish Springer: A dog fresh and clean as a whistle

Newfoundland + Basset Hound = Newfound Asset Hound: A dog for financial advisors

Terrier + Bulldog = Terribull: A dog that makes awful mistakes

Bloodhound + Labrador = Blabador: A dog that barks incessantly

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

Articles for the **April edition**

are requested on or before

Sunday 15th March

The magazine will be available on

Sunday 29th March

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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 Stirling4Community 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