www.holytrinitystirling.org

Holy Trinity Church

Albert Place, Stirling, FK8 2RG

Issue 6

March 2025

Scottish Charity: SC016471

Rector's Letter

Dear all,

Every March (typically sometime during Lent), our bishop, clergy and lay representatives of each church meet for the annual Diocesan Synod. It is a time to worship together, discuss matters pertaining to our church life and to receive reports of various diocesan bodies. This year, Synod is meeting on 8th March, and I invite your prayers and blessings for the meeting.

The Diocesan Synod is a reminder that we at Holy Trinity are part of a bigger church; indeed, that we, together with other churches, form the diocese (and the diocese is not something added or imposed). Whatever we do at local level forms part of a mycelium (a root-like structure of fungus which can spread over many acres in soil) of Christian witness, discipleship, worship, growth and action.

Whenever we celebrate the Eucharist, we are reminded that we are part of something bigger (even beyond the confines of our diocese or denomination). We are reminded that we are mycelium of spiritual life and Christian community, called to bring God into all our encounters and life. As we break bread and bless wine to be shared among all, we have a tangible reminder of that mycelium as God works in and through all of us for the whole community and world.

As Paul so powerfully writes: 'The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? 17 Because there is one bread, we who are many are one body, for we all partake of the one bread.' (1 Corinthians 10.16-17)

Rector's Letter

For mycelium is one body, although it may appear in many different forms: but Christ is at the heart of all as we learn to become the body of Christ in many different forms and expressions.

In this sense, I wish you happy growing this Lent and a deeper realising of our interconnectedness as the one body of Christ in many forms.

Yours in the Christ-mycelium,

Christoph

From the Registers

Funeral

Lynne Melville 18th February

May she rest in peace and rise in glory

In This Issue

Rector's Letter	2-3	Readings	14-15
Holy Trinity Conservation	4-5	Rotas	16
HT News	6	Magazine Subscriptions	17
Getting to Know	7	Crossword	18-19
Recipe of the month	8	Smile Lines	20
Croftcarnoch Cottage	9	Ads	21-22
HT Garden Group	10-11	Contacts	23
Prayer Diary	12-13	Organisations	24

Holy Trinity Conservation Work

Following the January progress meeting with Cornerstone Traditional Stonemasons, our Architect, Roger Taylor, estimated that work should be completed by the end of March or early April. The Conservation Work to renew defective pointing, overhaul, repair and paint the gutters and downspouts will help our church building become more resilient and reduce the possibility of further dry rot occurrences. As always at this time of year, progress is subject to weather conditions. The short daylight hours from the end of November until the end of January and cold spells, when temperatures were too low for applying new mortar, have restricted progress.

By the time this magazine is published, the scaffolding should be away and work around the rest of the building being carried out from a 'cherry picker' or scaffold tower.

Ian, our property convenor, and Bill Wheeler were able to climb the scaffold and have a different view of the church building. Whilst 'on high', they were given some insights into the work of a stonemason. We have also hosted visits by High School students for this purpose.

Bill at work

Ian at work

Holy Trinity Conservation Work

When this work is completed, Holy Trinity should be better placed for moving forward with plans for our buildings, as outlined at the ACM last September.

Storm Éowyn

Unfortunately, Holy Trinity didn't survive Storm Éowyn unscathed. With the wind direction and strength, our notice board facing Dumbarton Road hasn't survived. You may have noticed the sections in the church porch. We also lost over 20 slates from the chancel roof, but leaving the waterproofing material underneath intact and hopefully keeping water out. The slates are expected to be reinstated during the Conservation Work. Ecclesiastical Insurance has been contacted about a claim for restoration.

The Vestry, in considering the removal of the notice board, sees an opportunity to consider how Holy Trinity wants to present itself. Please let us have your ideas and suggestions for making our activities visible to people passing. Also, can anyone help keep any new notice board updated and relevant? Please email ideas and/or offers of help to htstirling_secretary@gmail.com or pass a written note to Rachel Campbell.

Lent Groups 2025: Voice of the Living Light

This Lent, we will look at the work and legacy of the nun, visionary and theologian Hildegard of Bingen (1098-1179) by reflecting on her life, excerpts of her writing, images accompanying her visions and music she composed. Two groups will meet in parallel on **Thursday mornings (after the 11am service) and in the evenings at 8 p.m. on 13th, 20th. 27th March and 3rd & 10th April.**

Lost Property

Thanks to *Rosas Mitchell*, there is now a lost property box at the back of church. It's located on the table alongside the Prayer Tree. Please check it if you have lost any small items e.g. gloves, hats

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.

See Libby Coats if you have any questions.

Getting to Know...Carolyn Wallis

Hello everyone. I'm Carolyn. I've been coming to Holy Trinity for over a year now and am loving it. I've had such a warm and friendly welcome.

I'm originally from Ayrshire and came to Stirling to look after a loved one and have stayed! Most of my life has been teaching in Secondary Schools - starting in Nigeria as a volunteer teacher - and then into Dumfries & Galloway when I came home where my teaching career unfolded.

I did deviate at one point and found myself studying Chinese Medicine in Reading - alongside my teaching. It was a fascinating period of study and the hardest that I have ever done! I became a Practitioner in the doctor's surgery in Dumfries where I started off as a patient. It was a great privilege to be with people who came for treatment.

The other in- between bits of my life have been infused with caring for my parents and my big brother.

Now as a 'getting older' person, I am building on one of my school subjects , religious studies, and training to be a chaplain. I've a way to go yet but I've been doing some volunteering at the Queen Elizabeth University Hospital in Glasgow in the stroke wards. Now I am jumping in to lots of new experiences which is very exciting to see where the chaplaincy may take me.

I look forward to meeting you all in time. Meanwhile thank you for making my time at Holy Trinity so joyous and hopeful.

All Good Wishes, *Carolyn*

Thanks to Carolyn for featuring in Getting to Know. Please speak to one of the editorial team if you would like to take part. You are very welcome.

Recipe of the Month

Back in November *Jane Morris* provided the following delicious soup at the Christmas Lunch and Craft Fayre.

Celeriac, Coconut and Chilli Soup (serves 4-6)

FROM*: 'A soup for every day' – New Covent Garden Food Company*

Heat 2 Tbs groundnut oil in a pan, adding 900g peeled and roughly chopped celeriac. Cover and cook gently for 10 minutes.

To the pot add: a small bunch of chopped coriander stalks, a deseeded and chopped green chilli, 1 tsp lemon thyme, 1.75 litres chicken stock, juice of 1 lime and 25g of grated fresh ginger.

Bring to the boil, cover and simmer for 30 minutes.

Remove from the heat and add 75g creamed coconut.

Blend until smooth.

Season to taste.

Reheat gently to serve, stirring in chopped coriander leaves.

Serve garnished with chopped spring onions.

Crossword Answers

ACROSS: 1, Corinthians. 9, Abandon. 10, Eglon. 11, Spa. 13, Deem. 16, Hi-fi. 17, Abijah. 18, Ohad. 20, Myth. 21, Now see. 22, Knit. 23, Tide. 25, Arm. 28, Nahor. 29, All done. 30, Kind-hearted.

DOWN: 2, Of age. 3, ISDN. 4, Tens. 5, Idea. 6, Nullify. 7, Hardworking. 8, Enlightened. 12, Praise. 14, Mad. 15, Vigour. 19, Abishai. 20, Met. 24, Is one. 25, Arid. 26, Male. 27, Slur.

Croftcarnoch Cottage – Killiecrankie

Croftcarnoch Cottage belongs to the Diocese of St Andrews, Dunkeld and Dunblane and is offered for use as a holiday cottage or for Retreats.

The cottage is 5 miles from Pitlochry and 4 miles from Blair Atholl with easy access to the A9 and is an ideal centre for holiday activities in the area and further afield.

The cottage is fully self-catering. The accommodation comprises of a large living room with wood burner; fully equipped kitchen; 3 bedrooms (1double, 1 twin and 1 single) 1 bathroom and 1 shower room.

The cost of rental is £55 per night (£385 per week) for clergy and religious organisations and £80 per night (£560 per week) for others.

We are now operating a 3 night minimum stay policy.

Please contact the Diocesan Office – **01738 443173** or Eleanor McGourty on admin@standrews.anglican.org for further details and availability.

Holy Trinity Garden Group

Spring is now upon us and we are looking forward to a new season of tending the church front garden.

- the lavender plants along the front wall have grown really well and were pruned for the winter months.

- the walking path through the garden will be kept mown and it will be interesting to see what flowers might emerge through the longer grass in this second year of letting it grow. Please do walk round the path- it keeps it looking like a path!

- the Bed for Bees has been somewhat ravaged by rabbits and we need to buy some replacements which they prefer not to eat.

- plans are being made for the planting of trees and placement of benches but this may not be possible in spring due to the continuation of building work and the necessary scaffolding plus, of course, suitable weather conditions!

- the larger Flourishing Future group is embarking on a plan to landscape all of the grounds round the church and hall while the Garden Group continues to work on the front area.

Please look out for Gardening dates and times in the church pewsheet (also available in the church weekly email). You are very welcome to join us at any time – to keep our garden looking cared for and welcoming. We do get a lot of interest from passers by and this is always an opportunity for them to visit the inside of the church when it is open as well as admiring the lavender plants!

All donations are gratefully received in order to continue our work. We need replacement plants for our Bed for Bees and a couple of tonne bags of wood chips/compost. **Please give generously at the upcoming Regifting Stall (at coffee time in church hall after service on 2nd March.**

Any questions or suggestions - contact **Joan Lyon** - joanblyon@gmail.com.

How do you choose the colour of flowers for your garden? This year, it seems that many of us will pick up on Pantone's 'colour of 2025' for our homes, and plant variations of its 'mocha mousse' into our gardens. That means flowers in various soft chocolate hues of burnt browns, complemented by deep maroons and purplish taupes.

Some garden designers believe that the more neutrally coloured flowers will be around for some years to come. As one consultant Jake Croft explained: "I think people are looking for a slower pace of life and more balance and I think soft browns and neutral colours give off that cosy, warm, comforting feeling, as opposed to bright, in your face, clashing colours."

But some experts have doubts. Karl Harrison, a professional landscaping consultant, says that brown is "not a happy colour. It's a bit depressing. You are going to have to do wonders in a garden to make someone happy with brown flowers."

The Pantone colour of the year is selected annually by the paint brand's colour institute. 'Mocha mousse,' PANTONE 17-1230, is supposed to evoke "thoughtful indulgence," and be "sophisticated and lush, yet at the same time an unpretentious classic." www.parishpump.co.uk

Readers-what are your thoughts/reactions to this article? Please email them to me lib.coats@gmail.com

Prayer Diary March 2025

Sat 1 David, Bishop, Patron of Wales c.601, for the Church in Wales

Sun 2 Sunday before Lent

Mon 3 John and Charles Wesley, Priests 1791 and 1788, for our friends In the Methodist Church

Tue 4 Adrian of May Island, Abbot, and Companions, 875 for the victims of violence

Wed 5 Ash Wednesday

Thu 6 Baldred, Bishop, 608, for seafarers and fishermen

Fri 7 Perpetua and her Companions, 203, for all who speak truth to power

Sat 8 Duthac, Bishop, 1068, for our Primus Mark

Sun 9 First Sunday of Lent

Mon 10 Kessog, Bishop, c700, for Bishop Ian

Tue 11 for all who minister at Holy Trinity

Wed 12 for the people of Gaza

Thu 13 for World Leaders, that they govern with truth and justice

Fri 14 for Stirling Street Pastors and all who work in the night-time economy

Sat 15 for the work of The Samaritans

Sun 16 Second Sunday of Lent

Mon 17 Patrick, Bishop, Patron of Ireland c461, for the Church of Ireland

Tue 18 Cyril of Jerusalem, Bishop and Teacher of the Faith, 386, for all who are in education

Prayer Diary March 2025

Wed 19 Joseph of Nazareth, for all who act as caring fathers

Thu 20 Cuthbert, Bishop, 687, for all who work in conservation

Fri 21 Thomas Cranmer, 1556, for the Church of England

Sat 22 Thomas Ken, Bishop, 1711, for the Anglican Communion

Sun 23 Third Sunday of Lent

Mon 24 Paul Couturier, Priest, 1953, for greater ecumenical union

Tue 25 The Annunciation of the Lord

Wed 26 for a just peace in Ukraine

Thu 27 for all who are neurodivergent

Fri 28 Patrick Forbes, Bishop, 1635, and Aberdeen Doctors, Teachers of the Faith, for the Scottish Episcopal Institute

Sat 29 John Keble, Priest, 1866, for all involved in church music

Sun 30 Mothering Sunday

Mon 31 for an equitable distribution of wealth across the world

ASnippetfrom the HT Magazine Archives March 1925

We are most grateful to a member of the congregation who has given us a new and beautiful carpet for the steps leading up to the Lectern.

Thanks to *Sheila Brown* for sending this in. I wonder when the carpet was removed. *Ed*

Readings March 2025

Sunday 2nd	**10.30am**	Sung Eucharist
Sunday before Lent	**Readings**	Exodus 34.29-35; 2 Corinthians 3.12-4.2; Luke 9.28-36
Wednesday 5th	**6.30pm**	Sung Eucharist & Rite of Ashing
ASH WEDNESDAY	**Readings**	Isaiah 58.1-12; 2 Corinthians 5.20*b*-6.10; Matthew 6.1-6, 16-21
Thursday 6th	**11am**	Holy Communion
Sunday 9th	**10.30am**	Sung Eucharist
LENT 1	**Readings**	Deuteronomy 26.1-11; Romans 10.8*b*-13; Luke 4.1-13
Thursday 13th	**11am**	Holy Communion
Sunday 16th	**10.30am**	Sung Eucharist
LENT 2	**Readings**	Genesis 15.1-12,17-18; Philippians 3.17-4.1; Luke 13.31-35
Thursday 20th	**11am**	Holy Communion

Readings March 2025

Sunday 23rd	**10.30am**	Sung Eucharist
LENT 3	**Readings**	Isaiah 55.1-9;
		1 Corinthians 10.1-13; Luke 13.1-9
Thursday 27th	**11am**	Holy Communion
Sunday 30th	**10.30am**	Sung Eucharist
LENT 4	**Readings**	Joshua 5.9-12; 2 Corinthians 5.16-21;
		Luke 15.1-3,11*b*-32

Our Services

Sundays
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

Please note that the 8.30am Holy Communion service is discontinued in autumn and winter

Rotas March 2025

	Readings	Intercessions
March 2nd	**A Pont**	**N Morris**
March 9th	**A Tyler**	**A Shaw**
March 16th	**N Jorgensen**	**R Piper**
March 23rd	**R Campbell**	**A Pont**
March 30th	**M Kenyon**	**R Nellist**

Sidesduty

March 2nd J Foster and S Goss

March 9th J and N Morris

March 16th H Kemp and C Wallis

March 23rd L Coats and C Kendall

March 30th R Campbell and A Lees

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

March 16th

The magazine will be available on

March 30th

Annual Magazine Subscriptions

Postal Copies

The charge for a postal copy is £**10**. per annum. Please pay in March. 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

Transfer money electronically to the magazine bank account. Details as follow:

Sort Code 80-05-28

Account No 00490556

Please state your identity on an electronic transfer.

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) 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.

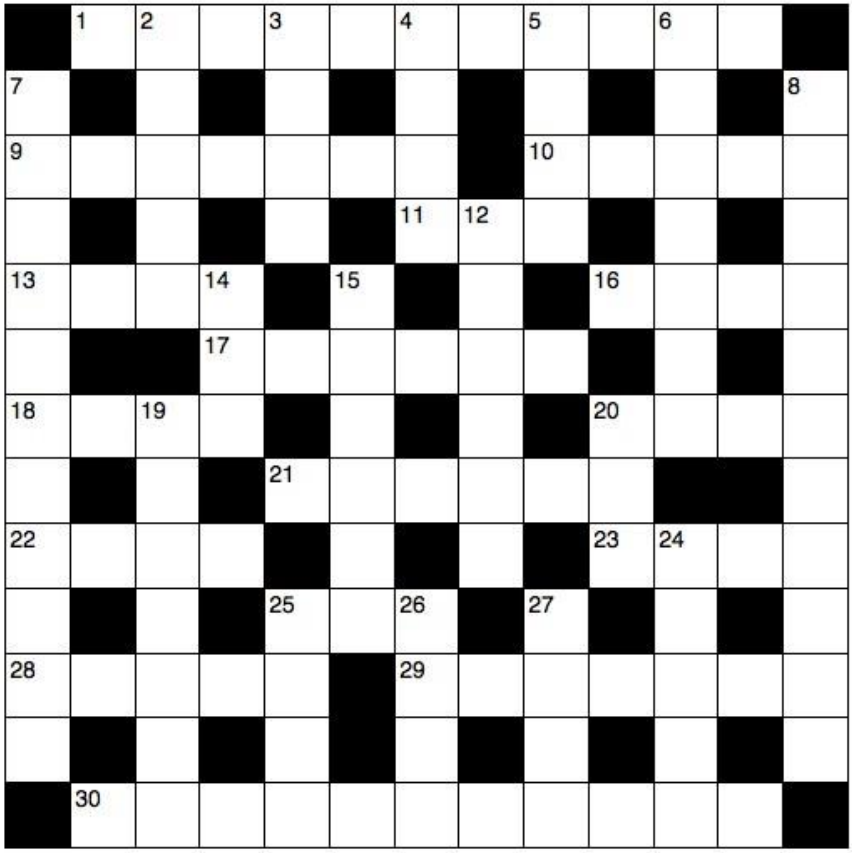
Thank You and Welcome

HT magazine owes a massive debt of gratitude to *Liza Green* who has been a member of the editorial team for many years. She has performed all roles and deserves a well earned rest. Many, many thanks to her.

Welcome to a new member of the editorial team

Thank you to *Jane Morris* who responded to our appeal for a new member of the magazine team.

Crossword



Across

1 These letters come between Romans and Galatians (11)

9 'You will not — me to the grave' (Psalm 16:10) (7)

10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)

11 Town possessing mineral spring (3)

13 Mede (anag.) (4)

16 High-fidelity (abbrev.) (4)

17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)

18 A son of Simeon (Genesis 46:10) (4)

20 Controversial religious book of the 1970s, The — of God Incarnate (4)

Answers on page 8

21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)

22 'You — me together in my mother's womb' (Psalm 139:13) (4)

23 Edit (anag.) (4)

25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)

28 Abraham's brother (Genesis 22:23) (5)

29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)

30 Sympathetic (Proverbs 11:16) (4-7)

Down

2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)

3 Integrated Services Digital Network (1,1,1,1) 4

4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)

5 Concept (John 8:14) (4)

6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)

7 Industrious (2 Timothy 2:6) (11)

8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you (Ephesians 1:18) (11)

12 'Out of the same mouth come — and cursing' (James 3:10) (6)

14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)

15 Vitality (Job 20:11) (6)

19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)

20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)

24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)

25 Parched (Matthew 12:43) (4)

26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)

27 Disparagement (Psalm 15:3) (4)

Beware of these contagious diseases in church

Frontophobia: A morbid fear of the front seats in church. The sufferer is struck by an attack just inside the church door and so collapses in the nearest back seat.

Ear Frequency Destruction: Caused by sitting near the loudspeaker when the minister is singing full volume, off-key, etc., into the microphone.

Sermonic Throat: A dreaded choking caused by the start of the sermon. The sufferer unwraps a sweet very slowly and noisily, which seems to effect a complete cure.

Double Auricular Clearance: A condition due to the simultaneous opening of both ear ducts, which allows sound to enter one ear and leave the other without any absorption thereof. Condition is acute during Bible reading and sermon.

Accelerated Vocal Response: A condition which causes the sufferer to try to sing faster than the organ.

Retarded Vocal Response: A condition which causes the sufferer to try to sing slower than the organ.

Church Meeting Paralysis: This can strike suddenly, when a post in the church needs filling. A good dose of enthusiasm works wonders with this sad affliction.

Miscellaneous observations on daily life

Based on my calculations, I can afford to retire five years after I die.

Birthday cake is the only food you can blow on and spit on, and still everybody rushes to get a piece.

I recently decided to sell my vacuum cleaner - all it was doing was gathering dust.

PAPERSORTERS

Are your paper documents in a muddle? Would you like them sorted, listed and made available? Then PAPERSORTERS have the answer. We can help with:

- **ADVICE ON DATA PROTECTION & PRESERVATION**
- **DISPOSAL**
- **DECLUTTERING**
- **HOUSE CLEARANCE**

CONFIDENTIALITY GUARANTEED

Speak to Claire Brims Tel: 01786 475163

Email: papersorters@yahoo.co.uk

Thomas Ross

Monumental Sculptors

Established 1897

73/75 Barnton Street, Stirling FK8 1HJ

Additional Lettering, Renovation &
Repair Work carried out all over Scotland

A Large Range of New Memorials

A FAMILY RUN BUSINESS

Tel: 01786 473978

thomasrossmemorials@btconnect.com

www.jgmossman.co.uk

Old Plean Roofing

"Saving you the Worry"

NFRC
LEADING ROOFING EXCELLENCE

Services include:

Flat Roofs.

Slating and Tiling.

Maintenance and Repair.

Guttering, Soffits and Fascia.

Moss Removal.

FREE ROOF HEALTH CHECK

TRADING STANDARDS APPROVED
buywithconfidence.gov.uk

Contact us:

01786 811 033

07703 640 229

info@oldpleanroofing.co.uk

www.oldpleanroofing.co.uk

Constructionline
Gold Member

Somers & Currid
Independent Funeral Directors

Est. 1924

Stirling
01786 473 348
22 Viewfield Street
Stirling, FK8 1UA

Callander
01877 360 015
Unit 6 Geisher Road
Callander, FK17 8LX

Formerly William Somers Ltd
www.somersandcurrid.co.uk

SAIF INDEPENDENT FUNERAL DIRECTORS

Golden Charter

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 Tel: 01786 359881 *Email: johnmcrook99@gmail.com*
Rev Val Nellist Tel: 01383 824066 *Email: valnellist@btinternet.com*
Dr Rebekah Sims Deacon *Email: rebekah.e.sims@gmail.com*
Rev Ian Boa Mob: 0786 085 1935 *Email: ianboa@me.com*

HON SECRETARY : **Rachel Campbell** Tel: 01786 451103 *Email: secretary@holytrinitystirling.org*

TREASURER: **Robert Nellist** Tel: 01383 824066 *Email: treasurer@holytrinitystirling.org*

LAY REPRESENTATIVE: **Cathy Johnston** Mob. 0771 892 1181 *Email: cathymjohnston@gmail.com*

ALTERNATE LAY REPRESENTATIVE: **Nick Morris** Mob:0741 460 3894 *Email: nick8morris@gmail.com*

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

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

VESTRY MEMBERS: **Rector, Rebekah Sims, Ian Boa, Rachel Campbell, Cathy Johnston, Robert Nellist, Hannah Gray, Mary Kenyon, Ann Lees, Nick Morris, Bob Piper, Annie Pittock , Andrew Tyler**

DIRECTOR OF MUSIC: **Alistair Warwick** Tel: 01786 823000 Mob: 0779 256 6349
Email: music@holytrinitystirling.org

VERGER: **Brian Shanks** Tel: 01786 817191 Mob: 0787 044 4861

FLOWER CONVENOR: **Karen Ellis** Mob: 0798 036 7214 *Email: karenellishome@hotmail.co.uk*

GARDEN GROUP: **Revd Joan Lyon** Mob: 0780 778 3168 *Email: joanblyon@gmail.com*

HALL CONVENOR: **Sarah Shaw** Mob: 0797 046 6551 *Email: hallbooking@holytrinitystirling.org*

SAFEGUARDING PVG CO-ORDINATOR: **Helen Kemp** Mob: 0772 432 7363
Email: heleninstirling@talktalk.net

MOTHERS UNION: **Helen Kemp (**see Safeguarding PVG Co-ordinator) **Mary Kenyon,**
Tel: 01786 870360 Email: *maryelizabethkenyon@gmail*.com

MAGAZINE PRODUCTION: **Libby Coats,** Tel: 01786 479785 *Email: lib.coats@gmail.com*
Ann Lees Tel 01786 472355 *Email: ann.lees@btinternet.com*
Jane Morris Mob: 0780 106 7545 *Email:jane59morris@gmail.com*

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