



OUTREACH

St. James the Less Scottish Episcopal Church, Penicuik



Magazine Issue 130, July 2006

Contents

Service Times	2
Rector's Letter.....	3
Vestry Business Report....	6
Infinite space.....	6
We are not alone!	7
'Penicuik for Africa'	9
***Please watch your speed – prayer is not enough! ***	11
August 2006 Rota	13
September 2006 Rota.....	14
Church Women's Fellowship (CWF)	15
Mothers Union News	15
A Celtic Traditional Prayer	15
Mull Weather.....	15
Congratulations.....	16
And to	16
And also to.....	17
"Lindisfarne Trip".....	17
Saint Kentigern revisited.....	17
Choir News	19
Race for Life.....	20
Sea Sunday	20
"Outreach" on the W...W...Web!	20
"Outreach" needs you!	21
A Smile.....	21
Your prayers are asked for... ..	22
Groups and Activities	23
Events coming soon.....	23

Service Times

Sundays:	8.00 am	Said Communion
	11.00 am	Choral Communion
Tuesday:	7.00 pm	Healing Service with Holy Communion (1 st Tuesday of month)
Thursdays:	11.15 am	Informal Said Communion

On the first Sunday of the month the 11.00am Sunday Service is a Family Communion; on the other Sundays the young people go out to Young Church during the first hymn and return in time for Communion.

Rector's Letter



What is there to be afraid of this week? I've lost track of how far down the list we'd gotten before Easter, Pentecost and football got in the way. We'd gone from Ricin plots to the Bird Flu amidst the monthly ebb and flow of Global Warming alerts. Other items appeared to punctuate our fears – feral children drinking Buckfast and scrawling graffiti on walls, the collapse of the pension schemes.. Foreign prisoners – that was fairly recent. I remember somebody saying that they were going to get tough. “One is too many”. “One can't be too careful”. If that's not bad enough, now we are being warned that if we don't pay our television licence or our road tax we are going to be hunted down without mercy by a computer who knows where we are at the push of a button.

It is part of our make-up to fear certain things. I once heard a cougar yowl when I was trudging up a lonely path at dusk. It was probably far away and its yowl quite likely had more to do with its love life and nothing at all to do with me but I remember being quite frightened and picking up my pace nonetheless. We should fear cougars and Grizzly bears. We're to fear the boy who's bigger than we are and the oncoming vehicle in our lane. Were we to suffer from a lack of any real commitment to and affection for our fellow man we might still rightly stand in fear of the court's right to send us to prison for robbery or fraud or grievous bodily harm. These fears all have an object. This fear is given to us – it's a part of our “organism” and is meant to keep us safe and on the straight and narrow.

So what do we make of “dread” and “worry”? Some would say that we are safer now than we were during the Cold War (I am old enough to remember public safety films about protecting one's self from nuclear fallout). We are certainly safer than Britons were in 1941 – safer probably than they were in the 1980s when the IRA bombings were at their height. But as sure as God made little apples we'll switch on the ITV news at 6:30 and there will be that fellow with the thin lips looking smugly at us and as he begins to speak we'll say “What now?” What is today's threat – is it infection this week or criminality? Has the government just released 100,000 paedophiles in Midlothian? Are our

eggs truly toxic? Can we be struck down by just looking at a chicken? Is the world's last spotted three toed grunting frog about to be wiped out by a wind farm? What? Get it over with! News reading nowadays constitutes a form of assault and all this information – some of it no doubt true and some completely bogus or overdone – has not brought out the best in us.

Consider the statement “One cannot be too careful”. I’m struck by the fact that it is the opposite of the statement “One should not be too careful”. There is no situation in which one can place limits on how careful one should be – there is no extent to which one should ever cease thinking about yet more elaborate ways to stay safe, to prevent accidents, to maintain vigilance and to control behaviour. As you’re walking down Broomhill Road after Church this morning think about the fact that you’re walking. Think about your stride – foot up, leg out, foot down, weight shifted to the other ham, foot up, etc. I’d hope to be behind you watching you walk. I think you’d be quite a sight. As anybody who has had to relearn how to walk will tell you – it’s an incredibly clumsy process because you’re trying to do, gracelessly and artlessly, what you once did naturally. You can’t walk properly if you’re too careful. One should not be too careful. You can be so careful with what you say that you become mute, so careful in the choice of a spouse that you never marry and so eager not to make mistakes that you never progress in any of your endeavours. One should not be too careful. The fruit of all this malevolent worry – all this fear which either lacks an object or replaces its object with something new each day is silence, inactivity, worry and isolation. Were we to take it all to heart we would become abstemious hand washers. That’s no way for folks to live.

When I was in my first year at McGill University I suffered from a bout of hypochondria – not something I was normally given to. I had been doing what amounted to orderly work at a hospice at the Royal Victoria Hospital which didn’t help. We tended to have a lot of young-ish people on the ward in the terminal phases, some of them, of quite rare forms of cancer and over the year I think I developed every one of them. I was always finding a new bump or spot. A little wheeze here – a strange pain there – a bout of light-headedness. Straight to the medical textbook to look up what it could be. Yes – it was true I had a bump like that. Yes it was true that bumps like that “could” prove to be

multipharious bilateral neoplastic aphemia of the right knee – a disease with a mortality rate of nearly 100%. There's no reason I couldn't have it. Someone has to get it. When the GP tells me that it's not the case I go home feeling a little stupid. But sure enough, the thought enters my head at some point in time that he could be wrong and, after all, didn't he say 'we'll look at it again in six months'? And didn't he seem somewhat 'meaningful' when he said it. And the cycle starts again.

“Perfect love casts out fear”, John says in his first letter (1 John 4:18). He doesn't say that “more information” casts out fear. If our inclination is to dwell on our fears, to fret, to toss and turn as we think about all the possible combination of events and circumstances which could occur if our coin flips to the wrong side – if we are so inclined, then information is just ammunition. In a world in which one 'cannot be too careful' the possibilities for doom are infinite. “Perfect love” is what casts out fear – willing engagement with the stranger and the alien, voluntary self extension into the world of the poor and the needy, reaching out to difficult family members, building community with people who are not of your caste or clan. Giving and not hoarding. . It's counter-intuitive, really, isn't it? Because the last thing the fretful want to do is to open up more territory in which things could go wrong because we are working hard to preserve our fuel - battening down our hatches and boarding up our windows. One should not be too careful.

We have all the opportunities necessary here in our own environment to change the way we live in the face of fear and uncertainty. It is, however, action which is required of us and not merely a change in the way we think – that action will have a social element to it as we plug ourselves into something larger than ourselves - a place where our dread becomes an unnecessary thing, something we suffered from when we were going through a very lonely and self indulgent spell – before we learned not to be too careful.

Father Rob Warren

Vestry Business Report....

....from the meeting on 1st June 2006.

(Minutes from this meeting will be displayed on the notice board following the next meeting of vestry.)

1. **Matters arising** from the meeting on 27 April 2006 including; activities in the community, joint vestry meeting with St Mungo's West Linton, staffing issue at St James', invitation to leaders of church groups to attend vestry, forthcoming visit by French-Canadian visitors, the church path, "My Offering" cards, white board for the hall, rectory guttering.
2. **Rector's report.**
3. **Treasurer's report** including; analysis of monthly statement of income and expenditure, bank account balances, new O.S.C.R. regulations (Office of the Scottish Charity Regulator.)
4. **Fabric report** including; the church path, the new kitchen, the church carpet, the new lighting.
5. **A.O.C.B.** including; Child Protection, L'Arche Pilgrimage, banner-making workshop, Evensong, Rector's holidays, Sea Sunday, disabled access, internal notice board, rectory side gate, timing of future vestry meetings, South Area Council.
6. **D.O.N.M.** Thursday 10 August at 7.30pm and
Thursday 7 September at 8.15pm.

Alison Cole.

Infinite space...

"I could be bounded in a nutshell and count myself king of infinite space" ... but there is no need to be, now that there is so much more space at the front of the church. What a difference it has made, and doesn't the new carpet look great? Many thanks, particularly to Geoff, Barney and others for the work they put in to get the work done, from all the "users" including the Music Group, the Choir, Young Church and the clergy. Also grateful thanks to the Treasurer and Vestry for making the funds available.

A small prize is on offer for the first young person (make your own decision as to whether you fit!) who can identify where the above

quotation comes from, and tell me why the person who spoke the lines didn't sleep well.

Mike Hay

We are not alone!

Strolling down Vauxhall Bridge Road in London (as one does), on our way to the Tate Britain, Ros and I noticed another “St James the Less” Church.



Good to know that James junior is going strong in other parts of the country!



Mike Hay

Youth Group Chat Room

We have come to the end of another year for the Youth Group and I thought it would be good to look back at the very wide variety of activities and fun events we have had.

Last Sunday we had an evening of tracking, up on the hill above church. While one group were away setting out arrows along their route

and then hiding, I asked the other group, who were waiting to follow the trail, to write down their thoughts and memories of the year.

Fiona McGavin writes:- *Youth Group is a very enjoyable and educational place to come to and we have BBQs, play games and learn about different topics. We had a sleep-over in the hall - our '9 - 9'. I can't wait for our next 9 - 9 sleep-over!*

Katharine Oyler writes:- *Every Sunday, Youth Group provides 1 1/2 hours of enjoyable, yet thought provoking, fun! We have some great games and activities. Some of the best activities have been the '9 - 9' and going bowling and I hope there will be many more fun outing and enjoyable evenings!! My ideas for the future include a BBQ for the congregation, organised by the Youth Group, in Rob's garden and a Movie Marathon.*

David Cole writes:- *Youth Group is a fun club where every Sunday we learn and play. We learn when Rob our Rector comes and tells us different stories and helpful points for life. We play for at least half an hour each week, usually different games each week. I think Youth Group is about learning and having fun. I enjoy Youth Group and look forward to next year where we may have another excellent '9 - 9' sleep-over.*



Charlotte Topham writes:- *Youth Group is immense fun. We talk about moral issues that interest us, play games in groups and all together and we go on outings. The most memorable times spent at Youth Group were probably ten-pin bowling, the '9-9' (12 hours full of laughs and*

yawns), making pancakes and, more importantly, eating them!

Ross Cole will be joining us after the summer, but came for a taster session and writes:- *I am joining Youth Group soon and I think I will enjoy it. I like the games we play. When I join I will expect to have fun and most definitely I am going to enjoy Youth Group.*

I remember two memorable sessions - thanks to Adam for bringing in beautiful baby Anna. We all had a cuddle and she just smiled at everyone and didn't cry all evening and eventually fell sound asleep just as Adam had warmed her bottle. Thanks to Paul for a brilliant hands-on Chemistry session. White coats and goggles were provided and we managed not to blow up the church!

Many thanks to all the Youth Group for their enthusiasm and their willingness to join in all the discussions and games that we think up for them, and thanks for the fun they give to the leaders. Thank you to Rob for the inspiring 'Reflections' that begin each evening and to leaders Paul, Rachel, Kathryn, Andy and Adam for all the fun games and intelli-games they think up. We'll be back after the summer.

Watch this space for the next exciting installment of Youth Group 'happenings'.

Ros.

'Penicuik for Africa'

I did not expect our group to progress so rapidly as to sustain a regular slot in "Outreach" but here is our latest update.

PfA in the park

As our volunteers began setting up stall for Penicuik on Parade, Tilly & I took off for Spain and saw the edge of the rain belt that spelt good news for them. Improvising in the face of a gazebo that lacked canvas and a wind that threatened to flatten 'Splat The Cat', Joyce, Gill (Connell), Kathryn, Georgina, Richard, Frances & Jo (Vallis) worked tirelessly, yet with great enjoyment, to sell donated & Traidcraft goods, gain sponsors for mozzly nets and to induce passers-by to roll 10p to near-certain failure. By the end of the afternoon, they had found 27 sponsors (@£1 each), sold £57-worth of African foods, added a further £100 to funds and impressed our MSP, Jeremy Purves.

PfA in the Precinct

We hope to maintain our high profile in the town with an appearance at the Street Fayre on August 26th - you have been warned!

Africa Convention

The bold idea to bring together all those in and around Penicuik for a festival that celebrated and furthered our common ideal to alleviate poverty in Africa looks like bearing fruit. Both High Schools have expressed a willingness to participate on Saturday, September 30th in the Town Hall so please make space for this unique event in your diaries. Vet Aid, Penicuik Oxfam Group, African Medical Research Foundation, Scottish-Zambia Association and our very own MU are among those who will also be demonstrating their work for Africa. Action Aid will be putting on a 'Lick Child Poverty' display a day after the rest of the country! There's room for more so if you have a pet cause that you would like to promote, please let me know. Any chance of a participant in our recent 'Banner- Making workshop, aided & abetted by our Youth Group, doing one or two to add colour to the Town Hall? After all, we have invited Bob Geldof along!

Cook Africa

To add flavour to the occasion, it would be nice to offer some African food or nibbles at the half-way stage (say 12.30-1.30 in the 10-2pm day). If you have an easy or tasty recipe that you can either pass on or - better still-deliver on the day, please let me know. Our daughter Theresa does a nice chicken & peanut stew, something she picked up on her trip to Ghana. A 'mealie' stall in the precinct or Town Hall would be appropriate- could anyone provide the equipment (BBQ?) and/or culinary skill required?

Book Africa

Here's a nice 'from little acorns....' story. Sheila, a former teacher living in Penicuik, had noticed a dire lack of books in township schools while on a visit to South Africa. She decided to collect unwanted school books and persuaded an International Shipping Company, Cummings, to transport them to South Africa for nothing. The project was so successful that Cummings now want to set up an International charity

with the same objective and with collecting branches in France & Germany! Don't bucket any schoolbooks meantime and watch this space!!

Malawi

The Scottish Executive's decision to foster links with Malawi is making its mark in Penicuik. Following a get together in Holyrood, the guidance teacher at Penicuik High School (PHS), Mary Stewart, met Hazel Manda, Regional Education Manager for South Malawi. Hazel stayed with the Stewarts in April, and they are now firm friends. PHS has just formed a partnership with Thyolo SS (pronounced Cholo) and we will no doubt hear more about this at the convention. Jeremy Purves visited Malawi on behalf of the Executive and is taking a keen interest in the partnership.

Neville

******Please watch your speed – prayer is not enough! ******

Concern has again been expressed about the speed of vehicles coming up (and down) Broomhill Road, and it appears that members of the congregation are not faultless in this regard. Many of the driveways are not gated, and a child could easily run out onto the road without being aware of potential danger. In the past we have suggested a 20mph limit, but this is probably too fast and a **maximum of 10-15mph is advisable**. Please give this your attention if it applies to you. We're sure the Lord will be prepared to wait!

July 2006 Rota

	2-Jul-2006	9-Jul-2006	16-Jul-2006	23-Jul-2006	30-Jul-2006
	Trinity 3	Trinity 4	Trinity 5	Trinity 6	Trinity 7 (Matins)
8.00am Sidesman			Graham Smith		
11.00am Organist	Jean	Mike	David	Jennifer	David
St Mungo's Organist 10am	David	Jean	Mike	David	Jean
Sidesmen	MacLennans	McGarvas	Nigel Johnston Andy Longmore	Isobel Stenhouse Alan Sibley	McGarvas
Bread and Wine	Hindles	Johnstons	Sibleys	Dicksons	-----
1st Reading	Andy Longmore	John Mortimer	Gillian Little	Joyce Black	Faye Clerk
	<i>II Samuel 1:1, 17-27 or Wis. of Sol. 1:13-15, 2:23-24</i>	<i>II Samuel 5:1-5, 9- 10 or Ezekiel 2:1-5</i>	<i>2 Samuel 6:1-5, 12b-19 or Amos 7:7-15</i>	<i>2 Samuel 7:1-14a or Jeremiah 23:1- 6</i>	<i>II Samuel 11:1-15 or II Kings 4:42- 44</i>
2nd Reading	Gill Amos	Sue Crosfield	Alan Murray	Margaret Coull	Georgina Phillips
	<i>II Corinthians 8:7-15</i>	<i>II Corinthians 12:2-10</i>	<i>Ephesians 1:3-14</i>	<i>Ephesians 2:11- 22</i>	<i>Ephesians 3:14-21</i>
Gospel	<i>Mark 5:21-43</i>	<i>Mark 6:1-13</i>	<i>Mark 6:14-29</i>	<i>Mark 6:30-34, 53- 56</i>	<i>John 6:1-21</i>
Prayers	Georgina Phillips	Ralph Hindle	Elizabeth Clark	Val. McGavin	-----
Server	Val/Fiona	A.S/Charlotte	Val/Steven	A.S/Emma	-----
Coffee	Kathleen Cox/ Sue Crosfield	Hays/Smiths	Isobel Stenhouse/Jean Wright	McGarvas	Margaret Vesco/J Black
Flowers		Angela Sibley	Ruth Frantom*	Ruth Frantom*	Ruth Frantom*
Cleaning	Mona Bennett/Angela Sibley	Clerks	Gillian Amos/Isobel Stenhouse	Gillian Amos/Isobel Stenhouse	Ros Hay/Sue Crosfield
Welcomers	Moira Rendall/Jim McGarva	Mae Mann/ Elizabeth Clark	Carol Dickson/ Andy Longmore	Nigel Johnston/ Robert Clerk	Mae Mann/ Elizabeth Clark
Care Van			√		
Pentland House		<i>St James not involved this month</i>			

August 2006 Rota

	6-Aug-2006	13-Aug-2006	20-Aug-2006	27-Aug-2006
	Trinity 8	Trinity 9	Trinity 10	Trinity 11
11.00am Organist	Jean	David	Mike	David
St Mungo's Organist	David	Jean	David	Jean
Sidesmen	Des Frantom Elizabeth Clark	Fords	MacLennans	Nigel Johnstone Elizabeth Clark
Bread and Wine	Clerks	Leavys	Fords	Barretts
1st Reading	Ruth Green	Elizabeth Clark	Brigitte Fuge	Mike Hay
	<i>II Samuel 11:26-12:13 or Exodus 16:2-4, 9-15</i>	<i>II Samuel 18:5-9, 15, 31-33 or I Kings 19:4-8</i>	<i>I Kings 2:10-12; 3:3-14 or Proverbs 9:1-6</i>	<i>I Kings 8:(1, 6, 10-11), 22-30, 41-43 or Joshua 24:1-2a, 14-18</i>
2nd Reading	Jo Bullough	John Ford	Ian Fuge	Jean Hindle
	<i>Ephesians 4:1-16</i>	<i>Ephesians 4:25-5:2</i>	<i>Ephesians 5:15-20</i>	<i>Ephesians 6:10-20</i>
Gospel	<i>John 6:24-35</i>	<i>John 6:35, 41-</i>	<i>John 6:51-58</i>	<i>John 6:56-69</i>
Prayers	Ruth Hindle	Ang. Sibley	Geoff Mather	Sue Crosfield
Server	AS/Alice	Val/Charlotte	A.S/Steven	Val/Emma
Coffee	Gillian Little Marion McCluskey	Elizabeth Clark Robert Clerk	Mrs Neish & Family	Frantoms
Flowers	<<<<<<<<<<<<<<<	Gill Amos	>>>>>>>>>>>>	>>>>>>>>>>>>>>
Cleaning	Ros Hay Sue Crosfield	Marian Hunter Margaret Vesco	Marian Hunter Margaret Vesco	Helen Topple Ruth Frantom
Welcomers	Moira Rendall/Jim McGarva	Mae Mann/ Elizabeth Clark	Carol Dickson/ Andy Longmore	Nigel Johnston/ Robert Clerk
Care Van			√	
Pentland House		√		

September 2006 Rota

-	3-Sep-2006	10-Sep-2006	17-Sep-2006	24-Sep-2006
-	Trinity 12	Trinity 13	Trinity 14	Trinity 15
11.00am Organist	Jean	Jennifer	Mike	David
St Mungo's Organist	Mike	Jean	David	Mike
Sidesmen	Young Church	Andy Longmore Isobel Stenhouse	McGarvas	Alan Sibley Des Frantom
Bread and Wine	Young Church	Sibleys	Hindles	Johnstons
1st Reading	Young Church	Val McGavin	Geoff Mather	Marion McCluskey
	<i>Song of Solomon 2:8-13 or Deuteronomy 4:12, 6-9</i>	<i>Proverbs 22:1-2, 8-9, 22-23 or Isaiah 35:4-7a</i>	<i>Proverbs 1:20-33 or Isaiah 50:4-9a</i>	<i>Proverbs 31:10-31 or Wis. of Solomon 1:16-2:1, 12-22</i>
2nd Reading	Young Church	Ian MacLennan	Gill Amos	John Mortimer
-	<i>James 1:17-27</i>	<i>James 2:1-10, (11-13), 14-17</i>	<i>James 3:1-12</i>	<i>James 3:13-4:3, 7-8a</i>
Gospel	<i>Mark 7:1-8, 14-15, 21-23</i>	<i>Mark 7:24-37</i>	<i>Mark 8:27-38</i>	<i>Mark 9:30-37</i>
Prayers	Young Church	Mike Hay	Andy Longmore	Alan Murray
Server	Val/Alice	Val/Charlotte	AS/Steven	Val/Emma
Coffee	Kathleen Cox Sue Crosfield	Mona Bennett Mgt McLennan	Hays Smith	McGarvas
Flowers	<<<<<<<<<<<	Ros Hay	>>>>>>>>>	>>>>>>>>>>
Cleaning	Helen Topple Ruth Frantom	C&MLEavy	Jennifer Edge Moyra Rendall	Jennifer Edge Moirra Rendall
Welcomers	Moirra Rendall/Jim McGarva	Mae Mann/ Elizabeth Clark	Carol Dickson/ Andy Longmore	Nigel Johnston/ Robert Clerk
Care Van			√	
Pentland House			√	

Church Women's Fellowship (CWF)

Meets at 64 Deanburn, unless otherwise stated. Details for next session will be in the next edition of "Outreach"

Mothers Union News

The MU Scottish web address is : www.muscotland.org.uk. Activities for 2006-7 will be included in the next edition of "Outreach"

Coming Events:

- 5 July Rearranged summer outing to Hopetoun House – see Joyce Black
- 27 Sep Council, Christ Church Morningside 10am

A Celtic Traditional Prayer

Calm me O Lord as you stilled the storm,
Still me O Lord, keep me from harm,
Let all the tumult within me cease,
Enfold me Lord in your peace.

Contributed by Catherine Pow

Mull Weather

(by a Summer Visitor)

It rained and rained and rained and rained –
The average was well maintained
And when our fields were simply bogs
It started raining cats and dogs

After a drought of half an hour
There came a most refreshing shower
And then the queerest thing of all
A gentle rain began to fall.

Next day 'twas pretty fairly dry
Save for a deluge from the sky
This wetted people to the skin
But after that the rain set in
We wondered what's the next we'd get
As sure as fate we got more wet
But soon we'll have a change again
And we shall have -
A drop of rain

(By courtesy of the Oban Times. Author unknown – contributed by Catherine Pow)

Congratulations...

To Ruth Green, who completed the Edinburgh Marathon on 11 June, despite the exceptional heat on that day, in a time of 5 hours 20 minutes and 2 seconds. All those who sponsored her please put your hands in your pockets and be ready to pay up!

Ruth writes: "Many thanks to everyone who generously sponsored me for the Edinburgh Marathon. I'm hoping the total raised for the African Medical and Research Foundation will be around £750. Some of us hardy British types managed to finish, unlike the favourite female runner, who had to drop out with heat exhaustion at 22 miles. But then maybe Kenyans aren't used to the heat!"

And to

Matthew Bramley, who has passed his Final Exams and will graduate in Medicine in July. Thanks for all your prayers! *Tony and Lorna*

And also to.....

Rebecca Smith who graduated M.A. with 1st class Honours in English Language and Linguistics in June!

"Lindisfarne Trip"

For a number of reasons, the trip planned to Lindisfarne on 19 August has had to be postponed. For those of you who may have never been, it is well worth a visit, and for those of you who have I'm sure you'll agree that it's well worth a return visit! We hope that another date can be fixed in the not too distant future (tides permitting!) Watch this space!

Ruth and Georgina

Saint Kentigern revisited



We continue our "stained glass" series with a further look at St Kentigern:

You will notice at the bottom of the stained glass window depicting Saint Kentigern behind the sopranos' choir stall there is a small individual bearing a shield containing a bell, a tree, a fish and bird. You might recognize this as being Glasgow's coat of arms. The four emblems represent stories from the life of Saint Kentigern (or St Mungo as he is also known).

Kentigern's mother Thenaw had taken a vow of chastity and refused to marry. Her father Lothus, angered by this act of defiance, gave her as wife to a swineherd. The swineherd, being himself a Christian, respected her vow of chastity but she was later raped by Owain, king of Rheged and became pregnant. Her family's rejection of her became murderous – she was thrown

from a high cliff and survived. She was then placed in a boat without sails or oars and sent into the Forth in a storm but she made land and survived. She (and subsequently the child Kentigern) were adopted by St Serf who brought the child up in his monastery.

Mungo is credited with the extension of the Gospel to Strathclyde and Galloway in the days before St Columba.

Kentigern was not immune from the political intrigues of Scotland – enduring exile in Wales when he fell afoul of King Morken – returning years later with a flock of Welsh monks to assist him in his work.

The four emblems on the shield:

The tree makes reference to a story where, taking refuge in a storm with his brother monks, the fire went out. Kentigern was said to have taken some branches from a hawthorn tree and prayed over them, causing them to burst into flame

The bird refers to a pet robin owned by St Serf which was accidentally killed. Mungo was blamed for the bird's death but miraculously brought it back to life.



The fish tells the story of the King of Strathclyde who conspired against his own wife by accusing her of infidelity. He threw her wedding ring into the Clyde and then publicly announced that its absence from her finger could only mean that she had given it to a lover. He threatened her with death for this act of adultery. Mungo fished a salmon out of the Clyde and brought it to the King and when it was cut open it was found to contain the missing ring and so the dreadful intentions of the King of Strathclyde were frustrated.

The bell is that which Kentigern brought to Glasgow – which tolled for the dead and summoned the faithful to church.

Choir News

I suspect that if one were to browse through past editions of “Outreach”, and look at the “Choir News” contributions, it would become clear that there is a certain inevitability of certain topics at certain times of the year. For example, for the fourteenth time I am delighted to pay tribute to the choir, instrumentalists and soloists for yet another most successful “Music for a Summer Evening”, and express my continuing amazement at the wealth of talent in our midst. This is noticeable in many obvious ways, but perhaps it was less obvious for, example, that one of the solos in the Pergolesi “Magnificat” was taken on at very short notice by one of the sopranos because of unavailability due to sudden illness. Many choirs do not have enough resources to achieve this flexibility, nor do many churches have the richness of younger talent that was on display that evening. We are indeed fortunate.

Rehearsing for any event of that size, whether in a concert or a church service, involves a lot of very hard work, not all of it exciting(!), and I am really grateful to all members of the choir, young and not so young, for “sticking with it” and producing such an excellent result. Thanks, folks! ...and thanks too to everyone who came to support us on that evening.

MFSE (acronymns rule OK!) has been running, as I noted above, for fourteen years, and I have a slight concern that we might have got ourselves into a bit of a “rut”. I’m also aware that because of the pressure on rehearsal time, our contribution to Sunday services during this period is considerably diluted, and I think we always have to be careful that we have the balance right. I will soon be discussing our programme for next session with the choir (contrary to popular belief, it’s not entirely a dictatorship – although perhaps there’s an element of benevolent(?) despotism), and I would welcome views of anyone in the congregation about where the balance of our priorities should lie. So if you have an opinion on any of this which you would like to express, please contact me directly, or perhaps write a letter to “Outreach” – Alan Murray’s article in the previous edition, and Philip Crosfield’s recent sermon would be good starting points. Umbrage will not be taken – at least not by me!

The choir now rests from its labours until late August – we hope you have a really good summer with plenty of sunshine! *Mike Hay*

Race for Life

On 14th May, 14 members of Cornbank St James Primary School staff and friends took part in the Hopetoun House event for Cancer Research UK. Between us we raised £1734. Thank you to all who sponsored me to raise £105 and I have now sent off my cheque for the final total. Why not join us next year?

Georgina Phillips

Sea Sunday

The Family Service on 2 July will celebrate Sea Sunday, and following the service there will be a fellowship lunch in aid of the Mission to Seafarers. Please come if you possibly can!

Eh...?

Taken from the Radio Times; BBC Radio 4 programmes for 13th June, 2006.

'9.45 am: Daily Service led by the Rev Stephen Shipley. 'According to Thy Gracious Word' (Bangor). 'From Glory to Glory' (Sheen). 'The Cup of Blessing' (Beer).'

Contributed by Tony Bramley

“Outreach” on the W...W....Web!

The current edition of the magazine, and previous editions, can now be viewed on the Web. Go to <http://www.stjamespenicuik.co.uk/> and click on the appropriate link at the top of the page.

“Outreach” needs you!

The content of this magazine is now almost totally dependent on contributions from the congregation. If you have an article, a prayer, or almost anything that you'd like to contribute, please don't be shy! Letters to the Editor (which can be controversial – but of course charitable) are also welcome. If you're reading this as an “ex-pat” member of St James' congregation, we'd be particularly interested to hear from you!

A Smile

A SMILE COSTS NOTHING,
but gives much. It enriches those
who receive, without making poorer those
who give. It takes but a moment, but
the memory of it sometimes lasts forever.
None is so rich or mighty that he can
get along without it, and none is so poor
but that he can be made rich by it.
A smile creates happiness in the home,
fosters goodwill in business, and is the
countersign of friendship. It brings
rest to the weary, cheer to the discouraged,
sunshine to the sad, and it is nature's
best antidote for trouble. Yet it cannot
be bought, begged, borrowed or stolen,
for it is something that is of no value
to anyone until it is given away.
Some people are too tired to give you a
smile. Give them one of yours,
as none needs a smile so much as he who has
no more to give.

Anon- contributed by Catherine Pow

Your prayers are asked for...

Please pray for all those known and unknown to you who through sickness, need, bereavement or any other trouble are in need of God's comfort, remembering in particular:

Arthur White, Joy Ford, Rose and Don Mackenzie, Frances McLean, Val McGavin, Haley, Mae Mann and Sarah (aged 7 with Crohn's disease). Margaret Paton, a former member of St James, now in Australia, who is recovering from a stroke, but is still incapacitated.

.For those still suffering as a result of the earthquake in Indonesia, and as a result of previous, almost forgotten, disasters such as the tsunami.

Pray for the release of all being held captive, and for the work of Amnesty International.

For Making Poverty History and Fair Trade Debt Relief and the organisations working towards these ends.

For the people of Mozambique, one of the world's poorest countries, short of resources, where an estimated 3,000 die every day due to malaria. A country ravaged by floods and then drought and left with a legacy of land mines and amputees. Please pray for the active work of the churches involved in evangelism as well as the clinics and hospitals.

For those who staff the Bethany Trust Care Van as they minister to the homeless on the streets of Edinburgh, and for the homeless themselves.

For the church in Ghana, and in particular the educational programmes in the Diocese of Cape Coast. For the work of the churches and the people in Ethiopia - there are many areas of severe poverty, due to drought, and the country is supporting hundreds of thousands of Sudanese and other refugees.

Groups and Activities

(please contact the appropriate person listed on the back cover)

Sundays:	7.30pm	Youth Group for 10-16s
Tuesdays:	9.30am	“J-Tots” Playgroup
	10.00am	Bible Study at 24 Mauricewood Park
	7.30pm	Mauricewood Housegroup at 6 Arras Grove
Wednesdays	7.00am	“Earlybirds” Prayergroup
Thursdays:	7.00pm	Choir Practice (Junior Choir at 6.45pm)

Events coming soon...

Sun 2 July	11.00am	Sea Sunday Family Service followed by Fellowship Lunch
Wed 5 July		Rearranged summer outing to Hopetoun House – see Joyce Black
Sun 20 Aug		“Startup Sunday” and Church Picnic at Penicuik House <i>(a busy weekend!)</i>
Thu 24 Aug	7.00pm	Choir practice resumes
Wed 27 Sep		Council, Christ Church Morningside 10am

The next publication of “Outreach” will be on Sunday 3 September. Information about events, and contributions should be with the Editor, Graham Smith 673012 (graham@caplaw.demon.co.uk) by Wednesday 23 August at the latest. If sending by Email, please copy to Mike Hay at mike@hayfamily.co.uk.

Contacts at St James

		Phone	Email
<u>Rector</u>	Revd Robert Warren <i>23 Broommill Road, Penicuik EH26 9EE</i>	672862	rector_penicuik@yahoo.co.uk
<u>Clergy Team</u>	Revd Dr Tony Bramley	675240	tbramley@staffmail.ed.ac.uk
	Canon Philip Crosfield	676607	sue.crosfield@tiscali.co.uk
	Revd Frances McLean	675029	frances.mclean@surefish.co.uk
	Revd Dr Neville Suttle	673819	suttle_hints@hotmail.com
<u>Vestry: Secretary</u>	Nigel Johnston <i>17 Broomhill Road EH26 9EE</i>	674321	drnjohn17@aol.com
Treasurer	Graham Smith	673012	graham@caplaw.demon.co.uk
Minutes Secretary	Alison Cole	672400	alisonmariecole@btinternet.com
Rector's Warden	David McGavin	675614	david.mcgavin@virgin.net
People's Warden	Robert Clerk	679777	rclerk@penhouse.demon.co.uk
Lay Representative	Brigitte Fuge	673889	
Alt Lay Representative	Alison Cole	672400	alisonmariecole@btinternet.com
Elected Members:	Des Frantom	678084	lynerlady@aol.com
	Barney Hunter	673387	Bernardmarian.Hunter@tesco.net
	Ruth Green	672146	liverdiet@hotmail.com
	Andy Longmore	677823	andy.longmore@btinternet.com
Co-opted Members:			
Fabric Team Leader	Geoff Mather	674425	geoff.mather@midlothian.gov.uk
Social Coordinator	Alan Murray	678610	alan.murray@ee.ed.ac.uk
<u>Ministry Team Leaders & Other Officers</u>			
Child Protection	Nigel Johnston	674321	drnjohn17@aol.com
Choirmaster	Mike Hay	675761	mike@hayfamily.co.uk
CWF	Joyce Jones	674187	
Flowers	Marion McCluskey	678081	marion.mccluskey@tiscali.co.uk
Hall bookings	Val McGavin	675614	val.mcgavin@virgin.net
J-Tots	Alison Cole	672400	alisonmariecole@btinternet.com
Mothers' Union	Joyce Black	674983	joyce.black1@tesco.net
Organists	David McGavin	675614	david.mcgavin@virgin.net
	Jennifer Edge	673234	jmedge@sagainternet.co.uk
	Jean Hindle	674591	jean@jrhindle.co.uk
Pastoral Visits	Angela Sibley	674211	angelasibley@tiscali.co.uk
Books/magazines	Moirra Johnston	674321	moirajjohnston@aol.com
Prayer & Alpha Courses	Faye Clerk	679777	rclerk@penhouse.demon.co.uk
Rotas	Angela Sibley	674211	angelasibley@tiscali.co.uk
Sacristan	Ros Hay	675761	ros@hayfamily.co.uk
Stewardship Envelopes	Jean Hindle	674591	jean@jrhindle.co.uk
Young Church	Alison Cole	672400	alisonmariecole@btinternet.com
	Gill Amos	675857	
Youth Group	Paul Murray 0131 477 2188		p.r.murray@ed.ac.uk
Church Website:	http://www.stjamespenicuik.co.uk		