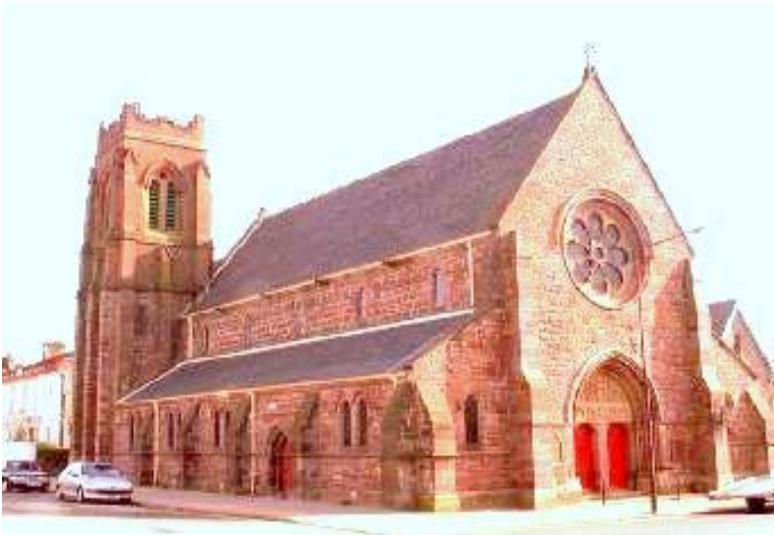


July / August 2014

THE MESSENGER



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The Magazine of St Michael

And All Angels

Episcopal Church

Helensburgh

THE SCOTTISH EPISCOPAL CHURCH
ST MICHAEL AND ALL ANGELS, WILLIAM STREET, HELENSBURGH

Charity Registered in Scotland SC006468

The Bishop of Glasgow & Galloway

The Very Rev Gregor Duncan

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From the Rector

NOTES FOR THE SUMMER.

There will be no Choral Evensong on Sundays during July and August. There will be no 'Open Spirit' contemporary family worship on the Sundays July 6th to August 10th inclusive. 'Open Spirit' re-commences on Sunday August 17th. There will not be an evening Eucharist on Wednesday July 16th to August 6th inclusive. The Wednesday evening Eucharist re-commences on August 13th.

The Tuesday 10.30am Eucharist plus the coffee party afterwards continues through the summer.

ROTAS.

If you are on a rota for any church duty on a Sunday, please, please, make sure that you remember to report for duty! If you cannot attend, or even only remember at the last minute, please do contact the responsible convener or The Rectory. Thank you so much for your co-operation in this matter.

HARVEST THANKS-GIVING.

Please note that the Harvest will be celebrated on Sunday, September 28th as this appears to be the only convenient Sunday for both the Lay Reader and the Rector!

If you are having a summer break away from Helensburgh do remember to bring back any interesting church magazines/news-letters you find. Take care, safe journeys, and God Bless.

MESSENGER

July / August 2014

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Vestry Report

After a prayer for spiritual guidance the previous minutes were approved.

Diocesan Growth Strategy The Dean has allocated Gill Reynolds from St. Mary's, Bridge of Weir to be our DGS facilitator. The Rector will contact Gill to arrange a meeting.

Church Laptop and IT Policy: Richard passed on the comments of the Diocesan Secretary. Richard will prepare copies of the policy for signature and display on church notice boards.

Hymnbook Repairs. Vernon presented a sample of a repaired hymn book. The Vestry agreed that Vernon should continue with repairs and refund costs of materials to Vernon.

Stewardship Report: John Lewis advised that giving from September 2013 to March 2014 was 12.4% down on pledges received, largely due to members leaving the congregation. The amount represents a fall of 3.85% from the same period last year.

Child and Vulnerable Persons Protection Report: John Busby reported: "I have, with the help of the Rector, compiled a list of all members of our congregation who will be required to join the new PVG scheme. I have forwarded the list to the PVG Provincial Office in Edinburgh in line with Daphne Audsley's request earlier in the year. To date, I have had no indication when they will get round to processing St. Michaels." The Vestry thanked John for his work.

Social / Fund Raising Report John Hanks advised that Nigel Allan will be hosting a barbeque on Saturday 23rd August 2014, similar to previous years.

Lay Representative's Report: Margaret presented her report, which is recorded elsewhere. The Vestry thanked Margaret and Maggie Sheen for their attendance and contributions to the North-West Regional Council.

Property Report: Main Hall Doors - now installed. One last coat of oil is required which Shaun Hoey and Nick will do when weather is OK and hall not being used - probably in summer holiday period. The Hall keys already widely distributed should work but there have been a few problems - any feedback would be appreciated as to how many people/organisations are experiencing difficulties getting in. THE VESTRY ASKED ALL MEMBERS OF THE CONGREGATION TO AVOID SLAMMING THE NEW DOORS – A GENTLE PUSH WILL DO! Rectory Window Painting - no date agreed yet to start this work but hopefully it will be soon. Rectory cooker - replaced.

Building Grants and Fund Raising for Building Projects Questionnaire: The Vestry considered the request from the Provincial Administration Board and instructed Richard to ask Chris Packard if he would complete this form.

Contraflow: Margaret Gilbert advised: "The position is that Andy is part time (2½ days teaching) and we would like to have another part timer, for us to have a full time youth worker if/when Andy opts to go full time teaching. (We hope he'll have

another year with us). The main problem is with funding and single donations – we cannot at present fund a full time worker. We'd like more single donors. Many of our new church members were very interested to hear Andy talk of his work. Our Chair of Trustees would like to meet with some of the vestry to see if we can discuss a way forward. The Trust is very grateful for all St Michael's does towards the project." The Vestry agreed that the Rector and Richard should meet with Andrew Stewart of Park Church to discuss the issues.

Annual Report 2013; General Synod 2014; Eco Congregation Guidance: The Vestry considered the communication from the Secretary General of the SEC. Agreement was reached that communication with the laity needs to be improved.

"Dear Vestry Secretaries, We have recently published both the Annual Report for the General Synod for the year ended 31 December 2013 and also the papers for the forthcoming General Synod in June. They are available at: –

<http://www.scotland.anglican.org/who-we-are/organisation/the-general-synod/>

At General Synod 2013, there was some discussion regarding support for congregations seeking to reduce their carbon footprint. The provincial Buildings Committee wishes to commend to congregations recent guidance produced by Eco-congregation Scotland and which is available from their website at: –

<http://www.ecocongregationscotland.org/materials/ideas-for-action/practical-living/greening-the-cornerstone/> "

Anne Tomlinson A letter from the Bishop: "Dear All, Some of you may have already heard of Anne Tomlinson's appointment as the first Principal of the new Scottish Episcopal Institute I am absolutely sure that this is really good news for the Episcopal Church, even if we will sense in the Diocese a great loss. There will be opportunity in due course to thank Anne for all that she has given us in her time as Ministry Development Officer. Meanwhile, please hold her in your prayers as she prepares to complete her work here and take up her new responsibilities. Yours, +Gregor"

Choir Practice The Vestry noted that choir practice will now take place on Sunday mornings until further notice.

Richard Smith, Secretary

Notices

Monthly Coffee Morning

There will be **no coffee morning in July and August**. The September coffee morning will be Thursday 4th September at Susan Lewis's house, 29 Hillside Rd. Cardross. The June coffee morning made £68 which goes to M.U. Charities.

Saturday 23rd August Church Barbeque at Nigel's House

Hall Lets

There are now several vacancies in church hall bookings. Given that there is currently a shortage of available hall space in the town, and given that the income from hall bookings is very useful, we need to see if we can increase the week-day use of the halls.

At present the hall is available on:

Monday morning, most of Tuesday afternoon / evening, Thursday morning / afternoon, Friday morning / afternoon, and Saturday afternoon.

If you know of a person or organisation looking for halls to use, please put them in contact with Maureen Kyle, - Hall Convener ('phone number at the back of this issue.)
Rector

New appointment will improve diocese's online presence

Andrew Walker has been appointed to the post of IT officer for the diocese. He will be working 15 hours per week and will initially be concentrating on auditing the websites of our charges with a view to improving our online presence. He will also be reviewing our IT infrastructure and practices as his work proceeds.

He can be contacted through the Diocesan Centre or by email:

itofficer@glasgow.anglican.org.

Vale of Leven Hospital Tea Bar

!The Keys to the Vale of Leven Hospital Tea Bar!

A message to all of you who so kindly give of their time to help with the Tea Bar. Could those 'opening up' be sure to put the two sets of keys into the red cash box once the float has been put into the Till - and then put the cash box in the little cupboard under the Hand Basin. Could all volunteers who follow on make sure that they know where the box is before the others leave - so there can't be a panic at the end of the day!

Our next Week of Duty is from:-

Monday 18th August-Friday 22nd August and I will be trying to organise that. I would love to hear from anyone who already knows they will be available for it. Judith Adams will be organising our last week for the year - 17th-21st November. My telephone number is 01436-671074 and my email address is *sophiehamilton50@hotmail.com*.

Many thanks in anticipation!

Sophie.

Mothers' Union

On the afternoon of Thursday 22nd of May, eleven members of our Mothers' Union went to Ardarden and were treated to an excellent illustrated talk by Sarah (nee Montgomery) about the origins of this extended family run business. Originally May and Grant Montgomery ran an egg producing farm near Glasgow airport. When the airport wanted to expand and create another runway, their farm was requisitioned and they had to look for new premises. Fortunately for this area they chose Ardarden. It was not easy clearing the land and refurbishing the buildings. The family which had been used to having Dad at home all day had to get used to him going away to work and coming back very tired at night. Eventually they could all move to Ardarden and increase their stock and build the now amazingly successful business which we all know and love. We then were treated to a wonderful Afternoon Tea thanks to the generosity of one of our members who was celebrating her birthday the next day. Many thanks from us all.

On Sunday 29th June, starting at 6pm, we had a wonderful evening of music from Martyn Marshall -Organ, and our choir. Favourite hymns, songs and readings were chosen by some of our members. Many thanks to all who participated, donated baking and attended to swell the audience and enjoy the fellowship. The donations received on the evening will go towards the Mothers' Union Wheels Appeal. This project helps to fund transport for our Community Development Coordinators enabling them to access isolated families and communities. Taking education and information to many rural situations in over 80 countries. Our worker in Kenya covers an area greater than Scotland travelling 15,000 Km every year, giving literacy training and tackling traditional practices such as Female Genital Mutilation and early girl-child marriage. So thank you very much for your support.

To celebrate the work of the Mothers' Union across the Commonwealth an evening of light music and traditional Scottish tunes will be held in St. Mary's Scottish Episcopal Cathedral at the start of the Commonwealth Games on Thursday 24th July starting at 7pm. Participants are the Glasgow Senior Citizen Orchestra, Clyde Coast Strathspey and Reel Society and Scottish Country Dancers. Tickets are £7, available from Margaret Horrell.

Eco Congregation

On **Friday 6th June** a few of us gathered near the Pier on a very sunny and warm morning. We were there to walk with Trevor Jamieson, the Eco Congregation Chaplain, for the first part of his walk along the newly opened John Muir Trail.

Only one of the party, Richard Horrell, actually went all the way to Balloch, and Margaret Nutter and I went as far as Hill House. Trevor was going to stay with Mary Sweetland for a night in Gartocharn at her self-built eco-house, where I hope he learned all about the amazing economies Mary has made in her heating and lighting bills, by being brave enough to tackle such a project.

On 8th June the Annual Beach Clean got under way with a cheerful group photo. It was a slightly cloudy afternoon, but it kept fine, and much work was done to make the beach safer for people and animals, by removing all manner of unpleasant items which still get thrown overboard by thoughtless souls. Happily, there seemed agreement that the amount of litter to be removed seemed to be rather less than last year. But the wind and weather have to be taken into account when making judgements of that sort.

On 14th June the Coffee Morning at the U.R.C. was a success (in my opinion) in that the stalls all had well presented material, covering a variety of local projects, which all help to bring Nature to the front of people's minds in a variety of ways. The event seemed to attract a good number, which made everyone's hard work worthwhile. The bakers excelled themselves and I hope the memory of such delicious refreshments will encourage more passers by to come back next year.

The primary school poster competition on the theme of 'Reduce - Re-use - Recycle, was won by Rhu Primary this year, and they will be awarded the very handsome wooden Trophy when the silver shield has been engraved with the new name. Hermitage Primary had their own display of work and some representatives from the school to talk about it. They seemed interested in the live bees on display and it is to be hoped that such events will spark an interest, for some young people, in the natural world which is so much under threat. A particular word of thanks to Liz Lambert for all her organization of this event.

Everyone can now relax from their labours for a few weeks, before we enter the Autumn season when our thoughts will turn to 'Creation' as a rich biblical and liturgical theme, and the celebration of Earth Day with our fellow Christians world wide. If anyone wants something to occupy their leisure hours, I am told the Open University, along with other major universities, has produced courses on Food Security (how to feed the growing billions of us), Climate and Food, Bio-diversity and Food (competition between needs of animals and needs of humans) and The Iniquity of Food Waste in a world where three million under 5's are blind, simply through lack of vitamin A. These courses vary in complexity but all are free.

Selina McGeoch

North West Regional Council for March 12th and May 8th

12th March – held at St Silas

1. The consecration of Drumchapel was well attended and enjoyed. A lot of 'direct mission' is happening with children and asylum seekers.
2. The enclosed space at St Mungo's is finished (grant of £20,000 for rectory)
3. No feedback on Godly Play materials
4. Report on Diocesan Synod – report on same sex relationships/partnerships/marriage will go to General Synod and every Diocesan meeting – need two thirds majority. Need to compromise. Bishop Gregor is on executive council
5. Diocesan Day – St Margaret's Newlands, organised by Missional leadership team – looking at the Church in a different way. 'Taking a risk' (on Diocesan website) – Convenors meeting – next big thing – another Gathering – 26th May 2015. Share stories, how people are called and ordained. Committee on Imaginative Outreach planning a day on food banks and the need to provide more than food. A Good News magazine is being prepared to share stories from parishes. Diocesan Council – discussed an audit of property in the Diocese, an offer of a grant to St Mary's Hamilton and concern over lack of candidates for some vacancies.
6. Mission Action Plans : St Mungo's are reviewing their first year. All Saints' Jordanhill, have formed a group to progress to MAP. All Saints Bearsden have delayed due to possible split with St Andrews.
7. AOCB – An application from St Silas for a grant from the Regional Growth Fund for leaders ID clothing for youth activities for £441.36 was circulated. It was unanimously supported.

8th May – St Mungo's Alexandria

1. Diocesan Committees – reviewing the future of Regional Councils at St Mary's. Missional leadership – organisation of Gathering on Pentecost Saturday 2015 – venue to be decided. Mission shaped course, it is hoped three or four churches will be involved. Clergy – how they cope with anxiety, depression etc., and how to build confidence.
2. MAP Progress – All Saint's Jordanhill (facilitator and vestry met), sub committee came up with printed document to be discussed by congregation. St Silas ended year two. St Mungos in year two. All Saints & St Andrews still to start, also St Brides. Annual meeting for facilitators next month with Dunblane. St Augustines – part through year two.
3. June 5 meeting with Bishop in Diocesan office for lay reps/alternate lay reps – consultation

Margaret Gilbert

Calendar for July / August 2014

No Open Spirit or Evensong during July

Tuesday 1st July

9.15am Prayer Meeting
10.30am Said Eucharist
12 noon-12.45pm Rector available
in the Choir Vestry

Wednesday 2nd July

7.30pm Said Eucharist

Saturday 5th July Rambling Club

Sunday 6th July 3rd after Trinity

8.00am Said Eucharist (1970 Rite)
10.30-11.30am Sunday Clubs for
children
10.30-11.30am Sung Eucharist
(Crèche)

Tuesday 8th July

9.15am Prayer Meeting
10.30am Said Eucharist
12 noon-12.45pm Rector available
in the Choir Vestry

Wednesday 9th July

7.30pm Said Eucharist

Sunday 13th July 4th after Trinity

Sea Sunday
8.00am Said Eucharist (1970 Rite)
10.30-11.30am Sunday Clubs for
children
10.30-11.30am Sung Eucharist
(Crèche)

Tuesday 15th July

9.15am Prayer meeting
10.30am Said Eucharist,

Wednesday 16th July

No Said Eucharist,

Saturday 19th July Rambling Club

Sunday 20th July 5th after Trinity

8.00am Said Eucharist (1970 Rite)
10.30-11.30am Sunday Clubs for
children
10.30-11.30am Sung Eucharist
(Crèche)

Tuesday 22nd July

Feast day of St. Mary Magdalene
9.15am Prayer meeting
10.30am Said Eucharist

Wednesday 23rd July

No Said Eucharist

Sunday 27th July 6th after Trinity

8.00am Said Eucharist (1970 Rite)
10.30am-11.30am Sunday Clubs for
children
10.30am-11.30am Sung Eucharist
(Crèche)

Tuesday 29th July

9.15am Prayer meeting
10.30am Said Eucharist

Wednesday 30th July

No Said Eucharist

No Open Spirit till 17th August

No Evensong during August

Sunday 3rd August 7th after Trinity

8.00 am Said Eucharist (1970 Rite)

Calendar for July / August 2014

10.30-11.30am Sunday Clubs for children

10.30-11.30am Sung Eucharist (Crèche)

Tuesday 5th August

Feast Day of the Transfiguration of the Lord (anticipated)

9.15am Prayer Meeting

10.30am Eucharist

Wednesday 6th August

No Said Eucharist

Sunday 10th August 8th after Trinity

8.00am Said Eucharist (1970 Rite)

10.30-11.30am Sunday Clubs for children

10.30-11.30am Sung Eucharist (Crèche)

Tuesday 12th August

9.15am Prayer Meeting

10.30am Said Eucharist

12 noon-12.45 Rector available in the Choir Vestry

Wednesday 13th August

7.30pm Said Eucharist re-starts

Saturday 16th August Rambling Club

Sunday 17th August 9th after Trinity

8.00am Said Eucharist (1970 Rite)

9.30-10.00am 'Open Spirit' contemporary worship (Crèche)

10.30-11.30am Sunday Clubs for children

10.30-11.30am Sung Eucharist (Crèche)

Tuesday 19th August

9.15am Prayer Meeting

10.30am Said Eucharist

12 noon-12.45 Rector available in the Choir Vestry

Saturday 23rd August

Church Barbeque – Nigel's house

Sunday 24 August 10th after Trinity

8.00am Said Eucharist (1970 Rite)

9.30-10.00am 'Open Spirit' contemporary worship (Crèche)

10.30-11.30am Sunday Clubs for children

10.30-11.30am Sung Eucharist (Crèche)

Tuesday 26th August

9.15am Prayer Meeting

10.30am Said Eucharist

12 noon-12.45 Rector available in the Choir Vestry

Wednesday 27th August

7.30pm Said Eucharist

Saturday 30th August Rambling Club

Sunday 31st August 11th after Trinity

8.00am Said Eucharist (1970 Rite)

9.30-10.00am 'Open Spirit' contemporary worship (Crèche)

10.30-11.30am Sunday Clubs for children

10.30-11.30am Sung Eucharist (Crèche)

St. Michael's Rambling Club's May Weekend



The Crusoe Hotel was just like the picture on the internet. Perched on the edge of the tiny harbour at Lower Largo it looked very inviting in the afternoon sun and the welcome from the staff was equally as warm. Our party had booked all the hotel rooms and there were three parties of

campers too – it all promised to be an excellent weekend!

We settled into our room as quickly as possible so as to get out and enjoy the lovely weather. There wasn't an organised activity for the Friday afternoon to allow everyone to travel across and up country in their own time. However, James and Sue Ashby had suggested a couple of places of interest in the local area which were worth a visit.

Our initial exploratory walk took us from the beach as far as the local shops, having hooked up with fellow walkers Ian and Sue Hume along the way. By the time we got back to the hotel the car park was full, as most people had arrived and it was starting to feel very convivial.

We all (33 of us) met in the bar at 1830 for a pre-dinner drink and it was lovely to see Hugh and Jean Carter, and Alistair and Alice Auckland. The hotel was obviously well used by the local community and was extremely busy downstairs! Dinner for us was served in the private upper dining room, where we were seated at three long tables – this made chatting easy and there was a real buzz in the air. To ease the chef's task we had pre ordered from a menu of three choices per course. My meal was lovely and I ate far too much, when you are in good company you don't notice the quantity you consume. It was a good job we were walking the next day.

Day 1 - I hadn't imagined that I would be able to face breakfast on Saturday morning but it all looked so inviting that before I knew it I was tucking into a full Scottish, including haggis! James gave me the perfect excuse when he said that a good breakfast would last until dinner.

As we congregated in the car park ready for the off it started to rain. How could it do this when it was so lovely when we arrived? Oh well, as Frances once told Trevor – "God made our skin waterproof" - so it didn't really matter. There was one slight panic when Chris Packard realised that the two

waterproofs he had packed belonged to Ann. However, Trevor came to the rescue having taken a spare (just in case).

Thankfully, by the time we set off down the beach the rain had stopped and as always, we were chatting so probably wouldn't have noticed anyway. Our walk was from Lower Largo to Elie with the option of continuing to St Monans - time and aching legs permitting. James had also researched the Elie Chain Walk which could be attempted at low tide – it proved to be quite exciting, with chains of different sizes placed strategically along the cliff face to assist your passage down, up and across. It wasn't compulsory and there was the safer option of the upper path.

It was lovely to have a sea breeze in our faces and a good path to walk on, it made a pleasant change from hill walking to experience a coastal path. Although, watching where you were walking when on the high tide path was essential – it would be very easy to take a tumble onto rocks on the beach below. When we got to Elie it was possible to catch the bus back to the hotel, or for those who wanted to continue it was another couple of miles further up the coast to St Monans. Every village we passed through was so pretty, crammed with picture postcard cottages festooned with colourful flowers. When we regrouped in the bar at 1830 everyone seemed to have thoroughly enjoyed their day – walking, sightseeing, eating and indulging in retail therapy. The hum of voices and laughter in the dining room reminded me of being at school. After another excellent dinner some of us retired to the lounge for a nightcap and technology allowed us to see our photos downloaded on iPads. Gone are the days when you didn't see your holiday photos until the following year when you finished off the last of the 36 exposures!

Day 2 - Following another big breakfast, those who were walking headed further up the coast to Kingsbarns. As there were several of us who either hadn't qualified for bus passes, held English bus passes or had just forgotten them we organised ourselves in cars to get to the start. Alice recommended a slight detour to visit Pittenweem, an extremely picturesque fishing harbour – I understand that this is where the Helensburgh Fishman comes from. It was lovely strolling around in the early morning sun but we couldn't stay too long because we had to meet up with the rest of the party. Our walk would take us along the beach to Crail. Once again, we were blessed with good weather and although it was hazy, it was hot! I really enjoyed walking along the shore on the firm sand and would have loved to have stayed where we stopped for lunch to search the numerous rock pools for little creatures. There are amazing rock

formations along the entire coast, created during the Carboniferous period. Some of our party visited one of the local churches for Sunday Service and then walked from Crail towards Kingsbarns. We met up just outside Crail and it was lovely to hear that the congregation had given the visitors a warm welcome. It was a relief to find an open Tea Shop at the end of the walk. We were their last customers and they had obviously had a successful day as there were only a limited number of scones available. I have to admit that I was just happy to have a refreshing cup of tea.

After our invigorating day we were all looking forward to dinner and once again we filled the dining room with happy chatter. Hearty thanks were extended to the hotel staff who had looked after us so well, the Walking Committee for their hard work throughout the year and finally to the 'Fife Weekend' organisers, James and Sue - they had found an excellent venue and planned interesting walks to cater for all abilities.

The last day - James had a couple of options for shorter walks before everyone returned home, however, those who had a fair distance to travel set off after breakfast. Richard and Margaret Horrell took a boat trip to the Isle of May to see the wildlife. Trevor and I had decided that we would take the opportunity to visit St Andrews for the first time and also return to Pittenweem.

This had been our fourth year away with the St Michael's Walking Group and we had thoroughly enjoyed it, just as we have done on the previous occasions. A wonderful therapy for body and soul!

Gerry Quickfall



GLASGOW & GALLOWAY

Diocesan News

Family survives on £1 a day

The running joke in the Fleming household was that they'd be dining on roadkill in their bid to survive on just £1 each a day. But somehow they managed...

Taking the Live Below the Line challenge was mum Becky's idea, with strong support from daughter Kate (17). Members of St Oswald's in Maybole, they are both on Maybole's Save the Children committee, where Kate is about to take over as secretary.

In fact, all the family support Save the Children. It is one of a number of anti-poverty charities in the Live Below the Line campaign, encouraging people to try feeding themselves for five days on just £1 a day – the globally recognised

poverty line.

A campaign spokesperson said: “It shows people just how tough it is to live on £1 a day – you have little choice in what you eat and you sometimes feel hungry.

“Things like food preparation take much longer when you have to make everything from scratch, and in the UK you can consider yourself lucky – we are not asking you to take fuel and heating bills out of your allowance.”

Foraged and home-grown food were not counted either. But the Flemings never did have to peel their supper off the highway. In fact, they never went really hungry either.

That underlines the family’s relatively privileged situation, as Becky will readily point out. A freezer well stocked with garden produce and wild raspberries would be beyond the dreams of 1.4 people for whom surviving on less than £1 a day is an all-year reality. So, too, would commuting by car to a town like Ayr, which afforded the chance to shop around for supermarket bargains.

“What we bought would have cost 25% more from our local Co-op,” Becky reflected.

Involved with Save the Children at national level, she is the west of Scotland representative to the national Save the Children volunteers fundraising group, and visited Ethiopia in 2011 to learn about the charity’s health programme work. It let her see some of Save the Children’s strategies to prevent ‘stressed hunger levels’ at times of food shortage turning into utter famine. And how fasting serves as a survival technique.

“Everyone fasts at least one day a week,” she said. “It’s not a total fast, but a reduced, very simple diet, typically on Fridays.”

Becky’s cheapest meal was fish stew with mackerel fillets for four reduced to 29p. Another coup was a dish created around a cut-price pack of sliced haggis. A price list on the fridge door let everyone know the price of, say, a slice of bread or a single custard cream (the luxury of the week). With clever planning, the five days’ dinners were varied, with three rice-based dishes, a pasta bake and a potato meal.

The total bill for Kate, Becky, husband Gordon and middle son Alex (22) came to £19.83. Publicising their venture on Facebook helped to raise £125, which the family will supplement with cash saved by not buying their usual choice of food.

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Please Note : The Diocesan Newsletter is available to read on The Diocese of Glasgow and Galloway Website. Editor

ST MICHAEL'S RAMBLING CLUB

WALKS FOR JULY/AUGUST

Walks are on Saturdays and start outside St Michael's Church at 9 am unless otherwise indicated by the leaders of the individual walks.

Date	Grade	Description	Leader
5 July	Medium	Overton Muir from Balloch (take the high road)	Sue Hume 675358
19 th July	Medium	Glen Douglas 3 Peaks	Geoff Mason 671251
16 th August	All Options	Arran	Frankie Hanmer 678490
30 th August	Medium /Easy	Leacainn Trail	James Ashby 675541

Definitions of grades (these are estimations and may alter after a recce):-

Easy – Fairly flat with mostly good walking surface.

Medium – Some ups and downs with tracks/paths; if no close 'easy' option the slower people might go part way.

Hard – Hillwalking with significant ups and downs and/or distance.

(An easier walk will, hopefully, be available)



For whatever your challenge

The Committee is Frankie Hanmer, Geoff Mason, Sue Hume and James Ashby who will be pleased to receive suggestions for walks.

LECTIONARY – July / August 2014

Sunday	Eucharist	Evensong
July 6th	Zechariah 9: 9-12 Romans 7:15-25a Matthew 11:16-19 +25-30	No Evensong
July 13th	Isaiah 55:10-13 Romans 8:1-11 Matthew 15:1-9+18-23	No Evensong
July 20th	Isaiah 44:6-8 Romans 8:12-25 Matthew 13:24-30 +36-43	No Evensong
July 27th	1 Kings 3:5-12 Romans 8:26-39 Matthew 13: 31-33 +44-52	No Evensong
August 3rd	Isaiah 55:1-5 Romans 9:1-5 Matthew 14:13-21	No Evensong
August 10th	1 Kings 19:9-18 Romans 10:5-15 Matthew 14:22-33	No Evensong
August 17th	Isaiah 56:1+ 6-8 Romans 11:1-2a+29-32 Matthew 15:21-28	No Evensong
August 24th	Exodus 17:1-7 Romans 11:33-36 Matthew 16:13-20	No Evensong
August 31st	Jeremiah 15: 15-21 Romans 12:9-21 Matthew 16:21-28	No Evensong

READERS' LIST – July / August 2014

DATE	8:00am	10:30am	6:30pm
July 6th	John MacCallum	Chris Packard	No Evensong
July 13th	Chris Sanders	Tom Allison	No Evensong
July 20th	Katherine Black	Julie Semens	No Evensong
July 27th	Selina McGeoch	Helen Gibson	No Evensong
August 3rd	Penny Johnston	Susan Lewis	No Evensong
August 10 th	Anthony Laceby	Richard Smith	No Evensong
August 17th	Patricia Eglington	Angus Hamilton	No Evensong
August 24th	Nigel Allan	James Ashby	No Evensong
August 31st	John MacCallum	Jill Braid	No Evensong

<u>Church Group Leaders</u>	<u>Contact People/Organisers</u>	
People's Warden	Jo Scott	01389 849145
Rector's Warden	Susan Lewis	01389 841592
Sunday School		
- Crèche	Pauline and Ray Williams	673944
- Infants, Juniors and Bible Class	Anne Cook	672500
Sidespersons	Brian Kyle	672951
Bellringers	Kitty Fleming	676963
Reading (Lessons) Rota	Nigel Allan	671875
Cleaning Co-ordinator	Morag Carlaw	672090
Visiting Co-ordinator	Vacant	
Flowers	Sue Ashby	675541
Intercessions Rota, Laundry, Soft Fabrics and Chief Sacristan	Joan Sadden	672422
Sunday Coffee Rota	Margaret Horrell	676936
BRF (Bible Reading Fellowship Notes)	Susan Lewis	01389 841592
Mothers' Union Branch Leader	Margaret Horrell	676936
USPG	Marion Blake	673960
Keep Fit/ Hall Convener/ Monthly Coffee Morning Rota	Maureen Kyle	672951
Eco Church	Selina McGeoch	676074
Hill walking and Rambling Club	James Ashby	675541
Badminton Club	Shaun Hoey	671718
Traidcraft	Jo Scott	01389 849145
Vale of Leven Hospital Tea Bar	Sophie Hamilton & Judith Adams	671074 672477
St Michael's Art Group	John MacCallum	673521
Magazine Editor	Marjory Barrington	820484
Assistant Editor	Richard Smith	831087
Collation / Distribution	Barbara Hoey & Morag Carlaw	671718 672090

Ask how to join or help. Perhaps bring new ideas for new activities. You will be welcome. Please let the editor know if any changes are needed.



Sunday Services

Eucharist.....(1970 Rite).....	8:00am
Open Spirit Contemporary Worship. (From 17 th Aug.)	9:30am
Sung Eucharist.....(1982 Rite).....	10:30am

Weekdays

Eucharist Tuesday.....(1970 Rite).....	10:30am
Eucharist Wednesday.....(1982 Rite).....	7:30pm
(Not July 16 th – August 6 th inclusive)	

Tuesday at 9:15am to 10:00am. Prayer Group in Choir Vestry