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LINK MAGAZINE

SPRING 2023



Happy Easter



Articles and letters

The Link welcomes articles and letters, which can be sent by e-mail to **cafairholm@outlook.com** or by post. All communications should bear a name and, if possible, a telephone number. Anonymous contributions will not be accepted.

Copyright

May I ask you to ensure that any article submitted is either one you have written yourself or one that you have had permission to reprint.

Editor

I would like to thank all those who have contributed to this edition of the Link Magazine— Local businesses and of course our regular contributors. All the contributions make for an interesting and varied read.

We trust you have a wonderful Easter and great spring. The summer edition of the Link is due out in July. The Editor.

A WELCOMING BLESSING

MAY YOU MEET GOD IN EVERY PLACE, IN EVERY PERSON AND
IN THE DEPTHS OF YOUR HEART.

JAN SUTCH PICKHARD -IONA COMMUNITY



Collection of food items for local families.

May I remind you that this is still continuing and the school is always very grateful for all contributions which they ensure are delivered to those in our communities who need a helping hand.

The collection box is in the foyer of Kirkpatrick Juxta church and is emptied regularly.

Alternatively contact Laurie McVeigh on Tel 478604 to arrange for items to be uplifted.

Thank you.



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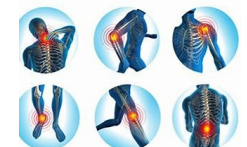


Sylvia Crosby—physio2UMoffat

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Local based Charity Spike Aware UK has had a very busy period recently. Over the Christmas period they were on the streets of Dumfries, with officers of Police Scotland. Members of the charity were engaging with members of the public as well as local licensees raising awareness to the dangers of Spiking and handing out Anti Spike Kits. Locally they've been working with some of the pubs in Moffat & Beattock but one of the big things was a visit to Moffat Academy! The charity along with Community Police Officer PC Irons, conducted a Talk In with the pupils of S4-6. After the Talk In pupils were given Anti Spike Kits and all left with a much better idea of the dangers of this growing crime. The charity would like to thank Head Teacher Mrs Woods for allowing this to go ahead and Moffat & District Community Council for purchasing the Anti Spike Kits for pupils.



ST ANDREW'S PARISH CHURCH

(Charity registration number: SCO12236)

<https://www.standrewsmoffat.org>



MINISTER

Rev. Elsie Macrae



Elsie.Macrae@churchofscotland.org.uk

OFFICE BEARERS

Session Clerk: Donald Walker

Treasurer: Mrs Ann Sanders



Luke 5:16 'But Jesus often withdrew to lonely places and prayed.'(NKJV)

It is with great amazement how 2022 was just round the corner and yet we are now zooming past 2023. As the past year came to an end many of us were looking forward to a new year with new hope but truth to be told many of us are losing hope very quickly as everything around us seems to be fading away fast. Many of us are struggling to afford the little luxuries we got away with four or five years ago. We all seem to have to limit ourselves to the bare minimum of living.

As I meditated Luke 5 came to mind. I was challenged and asked with everything that is going on how healthy is my prayer life. As followers of Christ how many of us are prioritising Prayer like Jesus did?

As we give up on the many things, we can no longer afford has Prayer fallen in that back pile too?. Prayer should be foundational to a Christians life as well as the life and ministry of our Church. Prayer should give us something trustworthy on which we can rest, just like a building rests securely on good foundation.

There are currently too many distractions that are causing us to lose the battle of regular in-depth communication with God. Looking at Jesus he began and ended his ministry in Prayer. Mark describes one of Jesus' busiest times and yet before daybreak, Jesus went and prayed. Luke reminds us of how often Jesus withdrew privately to spend time with His Father.1 Timothy 2:8-10 says 'Since prayer is at the bottom of all this, what I want mostly is for men to pray—not shaking angry fists at enemies but raising holy hands to God. And I want women to get in there with the men in humility before God, not primping before a mirror or chasing the latest fashions but doing something beautiful for God and becoming beautiful doing it' (*The Message*)

As Timothy trained, he was taught the importance of prayer - before you do anything you must pray.

The question is how is our prayer lives especially now when we feel the pinch?,

The truth is it does not matter how beautiful the hymns are sung, how the preacher preaches or what the building looks like. The important thing is, in the words of Jesus. “The Scriptures declare, ‘My Temple will be a house of prayer’” (*Luke 19:46a NLT*).

As we approach Easter and start preparations for Lent why not take time to withdraw and spend some time with God for in Prayer we can accomplish much.

Your Friend,

Elsie

Dates for the Diary



28th February 7-8:30 pm St. Johns Hall Lent Talks 2023
3rd March 2pm St. Lukes WORLD DAY OF PRAYER 2023
7th March 7-8:30 pm St. Johns Hall Lent Talks 2023
14th March 7-8:30 pm St. Johns Hall Lent Talks 2023
21st March 7-8:30 pm St. Johns Hall Lent Talks 2023
2nd April 6:30 Palm Sunday St. Johns Ecumenical service
7th April 8:50am Walk of Witness
9h April (Easter Sunday) 7:am St. Johns Easter Service
25th April (ANZAC Day) 11:00am War Memorial
19th June 11:00am start of Armed Forces week—Moffat Town Hall
24th June 11:00 Armed forces Day Dumfries
3rd September 14:00 Dowding Memorial Day—Station Park
11th November 11:00am Armistice Day—War Memorial
12th November 11:00am Remembrance Sunday—War Memorial then St. Andrews

WALK OF WITNESS 2023

This has now become an established part of our Holy Week. It takes place on Good Friday morning (7th April 2023) at 8.50am and has a route around the town centre beginning from the "boat" flower bed at the Station Park carpark. All welcome to join the walk.

How is the date of Easter determined?

Easter is a **moveable** holiday meaning that its date varies from year to year. In Western churches, like the Roman Catholic Church, which use the *Gregorian calendar*, the earliest possible date is March 22, while the latest is April 25. However, these are very rare — the next time Easter falls on April 25 is in the year 2038, and the next time the date is March 22 will be in the year 2285. The most common date between the year 1900 and 2100 is April 19. Eastern churches, including the Eastern Orthodox Church, use the *Julian calendar*, therefore the date usually differs from the Gregorian calendar, even though the dates are computed in a similar way.

The date of Easter is determined as the first Sunday after the *Paschal full moon* falling on or next after the spring equinox (March 21 — a fixed date not the real, astronomical equinox). The Paschal full moon refers to the 14th day of the ecclesiastical lunar month and not the real, astronomical Full Moon, and its date is determined from tables. However, most often the two dates coincide, and between the year 1900 and 2100 there are only 18 differences between the dates calculated using the two methods. A well-known method of calculating the date of Easter was given by Carl Friedrich Gauss, however a simpler method was described by Jean Meeus in [1].

[1] Meeus, Jean H. *Astronomical algorithms*. Willmann-Bell, Incorporated, 1991



The smartest person in the room?

I have a book of quotes called 'I wish I'd said that!'. The title is based something a friend of Oscar Wilde once said. Wilde's circle of friends, amongst other things, were continually striving to outdo each other as intellectuals each trying to be the smartest person in the room and frequently stealing each other's witticisms in the process. The story goes that Wilde had just said something very witty and his friend said, "I wish I'd said that!", to which Wilde apparently replied, "You will, dear boy, you will".

I must admit, I can see the attraction. Sometimes I've thought to myself that I'd like once, just once, to be the smartest person in the room. The one who asks the really in-citeful questions, the one who always get things right, the one to whom others will look to for the solution. The one who doesn't accidentally say the wrong thing- or the right thing that comes out wrongly.

But recently I was listening to a programme called 'The Life Scientific' on the radio. It is a simple format where people who have distinguished themselves in one or more scientific fields talk about their experiences. This episode featured Rebecca Kilner, a professor in evolutionary biology at Cambridge who, amongst other things, came out with what I think is a fantastic quote: "If you're the smartest person in the room, you're in the wrong room". I think it is a great quote on so many different levels, but her point was that once you feel you are the smartest person in the room, you have outgrown the company and need to find new challenges. Or, alternatively, you perhaps shouldn't be there at all because you aren't able to hear those who perhaps don't have your knowledge and experience and will ask what we might call the 'daft laddie' or daft 'lassie' question; or who might come out with a statement so naïve and basic that it stops you in your tracks and perhaps makes you look at things from a fresh perspective. She makes the point of emphasising the importance in science of listening to everyone's opinion regardless of how junior they may be.

In these challenging times and as we move to new structures and a new church for the whole of upper Annandale, we will face many obstacles. In order to get the detail right there will be a lot of questions to be asked and, doubtless, a raft of opinions to be considered. These will range from how we will use our new worship spaces to how we will serve the tea after services. It is important that all have an opportunity to comment, to ask questions- no matter how daft they might seem- regardless of age, experience or status. We must listen to each other. But above all, we must listen to God, to what he calls us to do for the furtherance of His Kingdom here, now and in the coming years.

We are faced with some daunting decisions and difficult challenges. But I also find it a great comfort to know that, above all, in always listening for God's voice we will be guided in the right direction both in our plans for our new church and throughout our lives; and that in so doing, thankfully, we can be assured that none of us will ever be the smartest person in the room.



Turkey, Syria Earthquake Appeal

Moffat and District Churches are holding a fundraising coffee morning in aid of the DEC Appeal.

This will be at **Moffat Town Hall on March 25th from 10.30 – 12 noon.**

We are having a raffle and stalls selling bric-a-brac, nearly new, jewellery, children's toys and clothes and plants. We would appreciate any donations for the various stalls and offers of help will be gratefully received. We are not having a baking stall but would appreciate donations of cakes, on the day, to be consumed at the coffee morning.

The Moffat Town Hall Redevelopment Trust are kindly waiving any charge for the hall and manning the kitchen. Please come along and support the event and help us raise money for this very worthwhile cause.

Local support services

Minister- Rev Elsie Macrae 01683225146	Samaritans. Tel. 01387 253555
DRI. Hosp. 01387 246246	Dr's Surgery Moffat 01683 220062
Citizens advice 01387 252456	Dumfries Council. 030 3333 3000
Social Work Dept. 01387 273660	Criminal Social justice 0303 333 3001
Dentist's surgery 01683 220753	Chemist Moffat. 01683 220024
Town Hall 01683 221102	Food train. 01556 288427
Alcoholics Anonymous 03301 596 494	Women's Aid. 07710 152772
Childline 0800 1111	Health Visitors 01576 205531
School Nurses 07795 291296	

SCAN TO GIVE

If you wish to give a donation all you have to do is use your phone to scan the QR code on this poster! You will find the poster displayed in the church. The scan to give is not a replacement for regular congregational envelopes or standing orders but for adhoc giving, perhaps in response to a particular event or a retiring collection for instance.



Just hold your phone camera on the pink dot and follow the instructions to donate.

THANK YOU

Not sure how to use the QR code? Just enter the URL standrewsmoffat.bee-online.com into your browser!



Drop in Thursday (used to be Wednesday)

We have changed the day, **Thursday**, and we have changed the venue, **St. John's Scottish Episcopal Church Hall**, but the time, **10- 11a.m.** and the format team coffee scones and lots of chat remains the same. We are very grateful to the Vestry at St. John's for providing allowing us to use their hall

and facilities. It is very well coming and cosy and I am delighted to report that we have several new folks at our sessions.

Please consider joining us for an informal chat and lots of fellowship. All are welcoming. We will continue to offer hospitality on the **23rd February, 9th and 23rd March, 13th & 27th April, 11th & 25th May 2023**. All are welcome!

All alike in their humanity, all alike in their helplessness before what has happened, all alike in their vulnerability to the heedlessness of those with power over their lives.

We thank you for the compassion that inspires those who have heard and responded to the cry for help, leaving behind the comfort and security of home to make themselves available where they are needed, in situations that tear at muscles and emotions. Bless them, and bless those they seek to help.

And we pray too for those who have shown themselves to be indifferent, indeed actively hostile, to the needs of others, that they might be led to a proper understanding of what it truly means to have power over the lives of others. This last is not an easy prayer to make, Father; but we believe that to you nothing is impossible, and so we make this prayer and the other petitions in the name of your Son, our Saviour, Jesus Christ.



Such was the case in Turkey, but many of the collapsed buildings are now showing that such measures were not insisted upon, were circumvented, were subject to unsupervised modification, or were simply ignored altogether. This is an appalling indictment upon the government, officials, builders and indeed all who allowed expediency or even the prospect of material and financial gain to direct their decision making, rather than a proper concern for the humanity, the vulnerable and powerless lives over which they had jurisdiction. Meanwhile in Syria, in an area already ravaged by decades of civil war, government and militia, alike in their disregard for humanity, refused for a week to allow outside help to come in to the country to contribute to the rescue effort. Such a blatant abuse of power, in a country whose people's plight had already been made desperate by the heedless actions and wicked practices of those who wield the gun, is hard for us to comprehend.

People can rage, and demand to know why God does not intervene; but we know that God *did* intervene, when he sent his Son to show us how we should live in a spirit of compassion for our fellow human beings, setting the needs of others above our own. Yes, earthquakes are a violent natural phenomenon, but it is so often human agency that has the power to make them deadly. Human greed; human selfishness; human acquisitiveness; the desire for power and wealth at any cost...

*I am the Light, and you do not see me
I am the Way, and you do not follow me
I am the Truth, and you do not believe me
I am the Life, and you do not seek me
I am your Guide, and you do not obey me
I am your God, and you do not pray to me
Do not blame me, then, if you are unhappy*
(Anon)

Let us pray.

Loving heavenly Father, we have watched appalled as your children in Turkey and Syria have suffered and died in unimaginable numbers this month, as the earthquakes tore their world apart. No matter what their faith or lack of it, we believe that you weep over each life lost, over every bereavement, over every moment of suffering for young and old alike.

The Thursday Message

Each week we send out the Thursday Message to those who request it because they may not be able to come to church or others who wish additional material. It is either delivered by Evelyn and Bryan Atkins who also print it or sent out online by Jeff Brown. So that you know what it looks like we have offered an example below. If you wish to be added to the list dial 01683 220475.

The Thursday Message for the 9th of March 2023

Reflection The Line in the Sand John C8: V1-11

They were ready to stone me. Why would he want to save me— even if he could? They had the law on their side. Why would he break it— even if he dared? They put to him an impossible question— any answer would catch him out. Why would he outwit them, even if he knew how? They used me to bring him down but he brought himself down. Without a word, without an answer, without an escape, down he stooped on his knees in the dirt, stretching out a hand, trailing a finger through the dusty sand. His head bowed, his back bent, his arm moving slowly, making lines... They keep on badgering him, goading him into tripping himself up. But without a stumble, **he stood straight and made clear his line in the sand.** “Stone her then, whoever is without sin.” Bending down once more, trailing fingers, eyes lowered, arm outstretched. **Silence.** Slowly, shuffling footsteps. Accusers departing. No-one left to condemn me. “Go well now,” he said to me, “Be without sin.” What a way to save a life!

Prayer If you wish hold your right hand in a fist on your heart and when the word sorry is said move it left and make a circle, this is BSL for sorry God of grace and mercy, we offer this prayer aware that we need to say sorry. Your grace gives us more than we deserve and your mercy showers us with forgiveness. We are made in your image and given the choice to make our own decisions. We are sorry for the times we have made poor choices, choices that hurt ourselves or others. We have been given this gift of life to enjoy and explore. We are sorry for the times when we have taken life for granted and failed to embrace this wonderful gift. We are individuals created for life in community with all its ups and downs. We are sorry for those times when we have neglected our responsibilities and chosen to be selfish. Jesus came among us and taught us how to live a life of loving service. We are sorry for those times when we have decided to ignore the needs of our fellow humans. Lord, in your grace and mercy hear our prayer and help us receive the forgiveness you freely offer. May we go forward to love and serve you day by day and make better decisions and help build your kingdom, here and now. Amen.

Hymn 187 There's a wideness in God's mercy

Thanks to Spill the Beans for their material and inspiration.

We recently joined the EMMS Team to be able to share their vision of Health for today, Hope for tomorrow, improving health care in many rural areas of Malawi, Nepal and India, as well as providing respite accommodation in Scotland. Their many projects aim to promote education and training, especially of woman, decreasing teenage pregnancies and establishing palliative care in many areas where there is none.

They have a very small admin team to ensure maximum giving and resources go to the projects, and have a few volunteers to spread the word.

Many will remember Euan McIntyre's talk at St Andrew's highlighting the difficulties of lack of healthcare-including a pregnant lady going on the back of a bike to hospital!

There is no doubt the NHS is struggling just now but we still have hospitals and ambulances, where many countries have so little. We hope the situation in Moffat, the UK, and overseas will improve.

Happy Easter to All



Malawi Cholera Crisis Appeal | EMMS International

Malawi is enduring its worst cholera outbreak ever recorded. More than 1,000 lives have been lost, with 24 people in one village dying in one day. You can help stop the spread of this deadly disease and save lives.

Church Diary

2nd April 2023 10am

Palm Sunday

9th April 2023 10am

East Sunday

Other church events to be found on page 4

EARTHQUAKE RESISTANCE TEST CAME BACK : "NEGATIVE"

Some ten days ago now, in the early hours of Monday 6th February 2023, a large area of southern Turkey and northern Syria was hit by one, possibly two, earthquakes and their many accompanying aftershocks. As I write, in excess of 41,000 are known to have lost their lives, with inevitably a great many more still to be discovered; only a very few survivors are now being found, after well over a week trapped in the bitter cold, with no food or water, and most likely suffering from serious injuries. Now the international army of volunteers is stepping back from its role in the rescue effort; this has just about run its course now, and the emphasis has shifted to recovery.

As always happens at such moments, the cry goes up, "How could a loving God allow natural disasters of this kind?" As people of faith ourselves, we can well imagine that the One who wept before the grave of Lazarus would be devastated to see suffering on such a vast scale, so why indeed are such things permitted to happen?

Created by God, our earth, no more than a speck of dust in the infinity of space, is constantly moving and evolving; millennia of tectonic shifting and continental drift have brought the land masses familiar to us to their present positions. Earthquakes are an inevitable part of this continuing process, as oceans, seas and channels come in to being, islands appear and mountains are thrust heavenward.

Our own country is not immune to earth tremors, but the parts of the world where the most violent movements occur are well known to scientists and governments; in some jurisdictions building developments are prohibited in such areas, but more often these are allowed but with specific measures and controls in place.

...cont/



Church Pews

Would you like St Andrews pews for your church or garden?

When redevelopment begins pews will be available as follows:

Side pews £125

Centre pews £250

Remember side pews only have one end/leg (left or right) as the other side is attached to the wall.

Anyone wishing to buy a pew should note their interest to Donald Walker, Session Clerk, (Tel 01683 220707) by **25th December 2022**. When pews are available (date unknown at present) you will be contacted to collect, or arrange delivery at cost.

TWO INTO ONE! It must be said that having St. Andrew's congregation joining us for Sunday Worship has been a wonderful, joyful, and brilliant arrangement.

From KJ's point of view it is just wonderful to have a full church, the singing is great and the fellowship and mingling afterward with tea, coffee and cake is just lovely. I am afraid I have been wishing the building work will go on for a long time. However, I am sure that the St Andrew's members are looking forward to using their newly refurbished and warm Church again soon.

I would like to thank all the members of both churches for slotting in so seamlessly. In this year of great change, we have made a good start and pray that we continue together as we move to being one Church.

Every blessing.

Mary

BAPTISM

We were delighted to welcome Murrion Jean Catherine Borthwick into the Church Family on 29th January 2023. It was a lovely service led by Rev Elsie Macrae and I can say that the Church was literally packed.

Flower rota Spring

March 2nd—	April 2nd Mrs P McWhan
March 9th—	April 9th Easter Flowers
March 16th Mrs T Boncey	April 16th Mrs C Borthwick
March 23rd—	April 23rd Mrs M Porteous
March 30th Elders	April 30th—

May 1st Mrs M Rogerson	June 4th Mrs. Terry Saunders
May 7th—	June 11th Mrs J Carlton
May 14th Mr. P Newsome	June 17th -
May 21st Mr & Mrs Shuttleworth	June 25th Graham Gardiner
May 28th Mr. Taylor	

July 2nd Mrs E McShannon
July 9th Mrs M Thorburn
July 16th Mrs M Brown
July 23rd Mrs S Dalling
July 30th—



COMMUNITY UPDATES.

Lots of support has been given to local Ukrainians who have moved to our area from the Churches. Over 40 meals are distributed each week in our community. Those who benefit are usually referred to by social services but this may put others off who are really in need. If you come across someone in this situation please contact your Rev. Elsie (St. Andrews), Fr. Jim (St. Lukes) or Angus (St. Johns) with their details and we will ensure help is given. The local group has first refusal on any donations made to the donations box at the local Co-op otherwise they go a central point in Dumfries to be served to the wider but still local community.

We also praise the work of the local "Warm Centres" which have been widely advertised.



Redevelopment Fundraising

November and December were very busy months for the redevelopment fundraising team. The Christmas Tree Festival was a huge success with over £1,900 raised. The church looked amazing with all the festive fairy lights and different ideas of decorating trees – a real community effort.

If anyone has an artificial Christmas tree (not fibre optic) they no longer use or if you are thinking of buying a new one for 2023 please let us know. We hope to be able to organise a tree festival again this year but would like to use artificial trees to enable the church to be decorated for longer and to enable the trees to be used year after year for different events.

In all the fundraising efforts have raised over £5800 since we started with our events in the summer.

Thanks go to everyone who has supported the fundraising events by attending, volunteering or contributing baking and sales products. The success of the events is truly a real team effort.

Watch out for information in the spring of our 2023 events.

If you would like to help with any of the fundraising or to donate an artificial tree, please drop an email to annfgordon@yahoo.co.uk or let Donald our session clerk know.

The Redevelopment Fundraising Team

The Men's Breakfast

Jesus said to his disciples "Let's have breakfast!" What a good idea to follow.!

All men, please consider joining us for tea/coffee, bacon rolls, juice, and cereal! We have been very fortunate to have a warm space offered to us by the Vestry of St. John's Episcopal Church. This allows us to meet and chat endlessly about a wide variety of topics.

There is lots of fun and laughter and by the end of the hour the men leave replete, refreshed and ready for the month ahead. Please come and join our growing number at St. John's Church Hall **8.30 -9.30 a.m.** on **Saturday, 25th February, 25th March, 29th April, 27th May 2023.** We look forward to welcoming you!



Murray and Christine Cameron's daughters, Morag and Morven, would like to thank the Moffat community and St Andrew's church members for their friendship over the past 30 years.

"Our parents loved being actively involved in all aspects of community life and we were fortunate to get to know so many of you during our frequent visits to Moffat."

Whilst we are sad that we will not be here as often, we plan to return regularly and hope to bump into you on the High Street or in one of the lovely cafes.

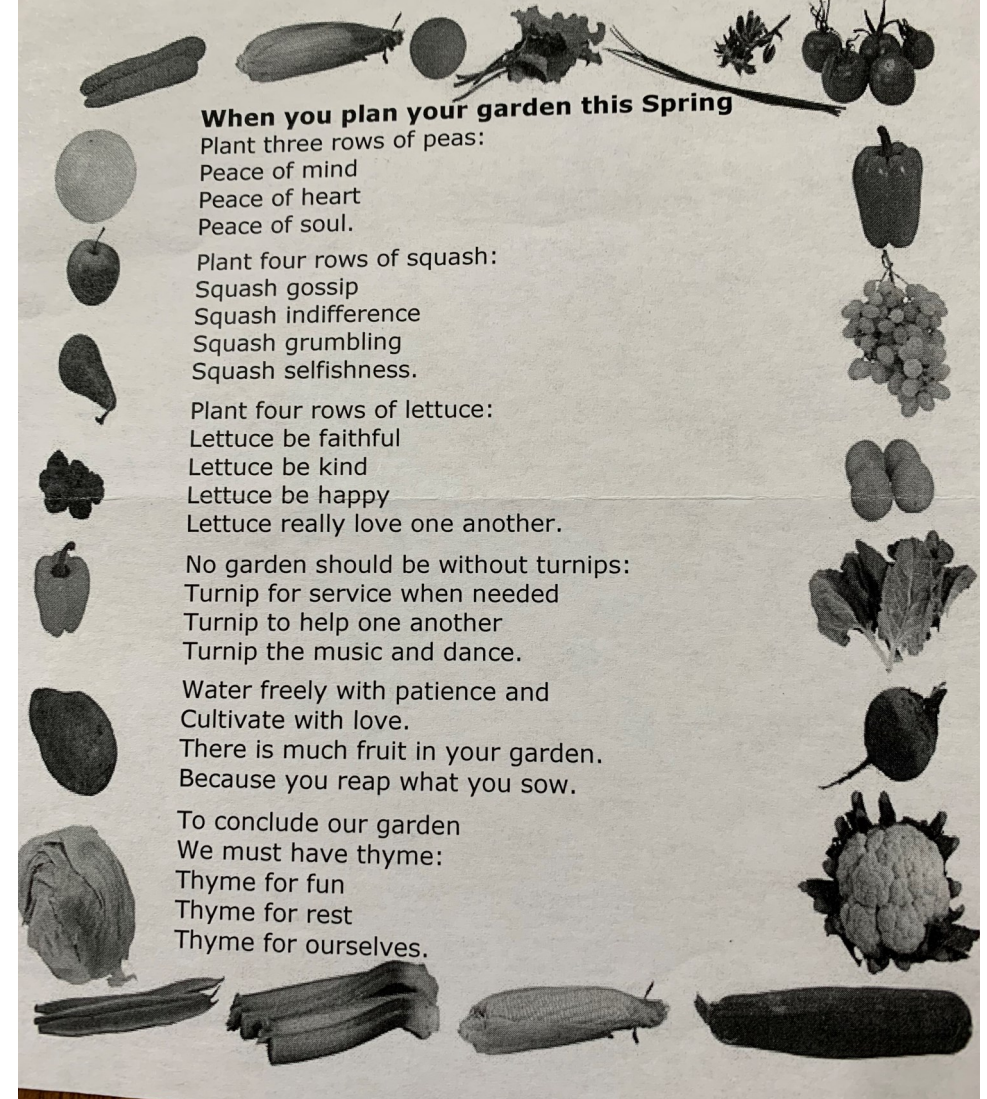
St Andrew's in particular, holds fond memories having celebrated Morag and Daniel's wedding, Jack's Christening and of course, each of the farewell services for our parents in the church.

Thank you to each one of you for making us feel very much part of your extended family and for the friendship and kindness you offered to our parents. Moffat will forever be a special place for us."

Best Wishes

Morag and Morven

Community



KIRKPATRICK JUXTA PARISH CHURCH

(Charity registration number: SCO05701)

Minister: Rev. Elsie Macrae	Session Clerk: Mrs Mary Brown
	Treasurer: Mrs Jackie Shuttleworth

OFFICE BEARERS

Kirk session: Mrs Mary Brown, Mr Graham Gardiner, Mr Peter Newsome and Mr Andy Shuttleworth

Church officer: Mr. Andy Shuttleworth	Fabric convener: Mr Andy Shuttleworth
Christian aid: Mrs Thelma Boncey	Flower convener: Mrs Mary Brown
Life and Work Magazine: Mrs Fay Paterson	Gift aid: Vacant
Sunday Service 10am	Social/fund-raising committee: Andrew and Jackie Shuttleworth and Mrs Mary Brown.

Session Clerk Report

Over the dark evenings of the winter, I have been doing jigsaw puzzles, something I have always liked doing since I was a five-year-old. I think it was the wet cold holidays spent in Cleethorpes with my family that got me hooked on them.

As I was starting a new one this week, I remembered a sermon given by a young Methodist local preacher who gave all the congregation one piece of a jigsaw puzzle each. She likened us to one piece of the picture God has for his people. You can guess some of the similarities she spoke about.

She likened some of us as an edge piece, looking outwards and supporting the inside pieces, the corner pieces are strong and hold the picture together. Each piece has its special place and may be a unique shape which will not fit anywhere but its right place. She concluded her sermon by talking about missing pieces. I'm sure you don't need me to point out what she spoke about regarding these. However, her challenge was to ask if there was an empty space in the puzzle which is 'our shape', are we in the right place, doing the right work to enable God to finish His 'picture'.

I still have my piece of puzzle that was given to me that day. When I come across it, I still stop and think and remember her question.

I wish you all a very happy and blessed Easter.

Mary Brown

Session Clerk.

mary's meals

a simple solution to world hunger

Mary's Meals has worked in Syria since 2017, providing school meals to thousands of vulnerable children in the city of Aleppo through our local partner Dorcas. We have taken the decision to launch an emergency appeal focused on Syria. Through Dorcas we are well-placed to respond to this emergency, with donations to our appeal helping to provide emergency food aid.

Mary's Meals – Syria Earthquake Appeal

Following reports of two devastating earthquakes affecting Turkey and Syria, the prayers of the Mary's Meals family are with the many families caught up in this disaster and those mourning loved ones. We invite you to join us in prayer for those affected, and for the success of emergency response efforts. Mary's Meals has provided school meals in Syria since 2017 with our local partner Dorcas, and we have now launched an emergency appeal to provide urgent support for children and families in and around Aleppo who are in desperate need. To find out more or donate, please visit [marysmeals.org.uk/campaigns/syria-earthquake-appeal](https://www.marysmeals.org.uk/campaigns/syria-earthquake-appeal) or call 0800 6981212 or go to our website.

<https://www.marysmeals.org.uk/campaigns/syria-earthquake-appeal>

Presbytery Report

At the moment most areas of contact from the Presbytery of the South West are in connection with publicising courses, publications and Christian charity events and "happenings."

Our session clerk ensures he passes on all information and requests etc that are meant specifically for elders.

I shall try to ensure other general items which may be of interest to all congregational members and adherents are made available to you on the church's web site.

So with help from Nicola Bogle, for which I am very grateful, I have added a presbytery page of information under the heading "About our church." If you then scroll down to "Presbytery News" you can keep abreast of new thinking and initiatives that may interest you.

I shall try to make sure the page is refreshed regularly and does not become stale!

The first general meeting of Presbytery for 2023 will take place early in March- by zoom.

Laurie McVeigh

Session Clerk Report

Since Christmas has seen more activity and change than I have ever experienced in my many years of association with St Andrews Church. The last service before the Renovation Project started was held on 1st January 2023, after which the church was completely closed.

It had been agreed by the three Sessions that weekly worship would continue on a joint basis, with transport sharing arrangements taking people to Kirkpatrick Juxta in time for their 10am service each Sunday. Several individuals are also supporting Wamphray church on a regular basis. On behalf of St Andrews Kirk Session, I extend our grateful thanks to our sister congregations for accommodating us at this time when we are unable to use our own church.

During the week between Christmas and New Year, a very willing team of about 8-10 people helped to remove all the loose furniture and fittings from the main church and vestibule area, where the work was due to start in early January. Quite amazingly, sufficient space was found in the vestibule alcove, crèche room and kitchen to accommodate all of the essentials which needed to be stored and kept for future use. Our kitchen is now graced with the Communion table although there is little room for seating around it!!! The crèche room is piled to the ceiling. Several loads were taken to the Beattock Recycling Centre, including all of the pew cushions from downstairs, as a buyer could not be found for these, in spite of horse hair being extremely valuable.

The Contractor started on 12th January by loosening and moving pews away from the entrance doors of the church, while a new double door was cut in the rear wall. The pews were so long that they could not be removed until this new opening had been formed. Three shipping containers had been supplied and enabled storage of pews and spare timber until such time that sales could be arranged.

There are now three new openings formed in the rear wall with the two door entrances, formerly at the ends of the aisles, being blocked up. The most Northerly situated new opening was demanded by Building Control for fire escape purposes.

As I write this on 15th February, the current situation is that all the pews, wooden floor and heating pipes have been removed. The subfloor is being levelled with surplus material being removed and a layer of hardcore put in place in preparation for 150 mm base concrete under which ducts will be put in place for a water pipe, power and AV cables. The bare wall on the north side of the church is being insulated in readiness for plasterboard.

There has been a very pleasing demand for recycling and purchase of pews, floorboards, floor joists and scrap metal. To date in excess of £7500 has been raised from the sales with the expectation of a bit more still to come.

The Session, and in particular the fundraising group, are very aware of the need to raise more funds (approximately £100,000) to enable phase 2 to go ahead.

Life and Work

***Life and Work* is the magazine of the Church of Scotland. In a history spanning over 140 years, it has established itself as the voice of the Church of Scotland.**

Though firmly rooted in the affairs of the Kirk, it also aims to cover a broad range of subjects of interest to church-goers across the spectrum, from international affairs and British political and social issues to science, ethics, and the arts.


Each monthly issue includes a forum for views on current social and moral issues; a monthly meditation and regular articles on the spiritual side of life; reviews of the latest books, videos, and Christian resources; and regular features on the Church worldwide.

The subscription service offers you the convenience of having *Life and Work* magazine delivered direct to your door or any digital device; you can also arrange a gift subscription. Free Gaelic supplements are also available.

Visit the [Life and Work website](#) for regular news and exclusive features, including weekly Coronavirus Diaries from Church of Scotland partners around the world. Find us on Facebook, Twitter and Instagram.

During this challenging period, *Life and Work* is committed to helping keep the Christian community connected. The magazine continues to be published and distributed to loyal readers. If you need to contact our team, please email editorial enquiries to magazine@lifeandwork.org or all other enquiries to admin@lifeandwork.org.

CHURCH FLOWERS Spring

March 5th	Sandra Laidlaw	April 2nd	Elizabeth Harper
March 12th	Moirra Hogarth	April 9th	EASTER
March 19th	Lynne Thomson	April 16th	Margaret Shearer
March 26th	Mary Scott	April 23rd	Gayle Lamont
		April 30th	Lorna Sloan
May 7th	Fiona Richardson	June 4th	Laura Thomson
May 14th	E.J Wilson	June 11th	Linda McMinn
May 21st	Flora Stewart	June 18th	Lynn Scott
May 28th	Mary Starkey	June 25th	Helen Braid (communion)
July 2nd	Karren Currie		
July 9th	Denise Dempster		
July 16th	Helen Harrison		
July 23rd	Rosemary Cowan		
July 30th	Shelia Thomson		

I want to be so full of Christ that if a mosquito bites me, he flies away singing, "There's power in the blood."

Phase 2 consists of floor coverings, new chairs and AV equipment, all of which is not yet funded and will be necessary for a fully functioning church and building. Public awareness of this will be emphasised in the hope that the local Community will be encouraged to donate funds to enable this, since up to this point only members have been asked to do so.

Easter which is the main focal point of the Christian calendar is fast approaching, and I am surprised to learn that the four weeks of Lent are starting in February this year. We are nearly there already, and it seems like no time at all since we were celebrating Christmas.

Happy Easter to all our readers,
Donald Walker.



CHURCH FINANCE

The year to 31 December 2022 will be remembered both as the year in which the recovery from the Covid -19 pandemic really got under way and the year in which fund-raising events and success in the challenging task of obtaining grant funding has allowed the Church Redevelopment Project to commence,

However, alongside this major project, the work of funding the ongoing work of St Andrew's continues. The Financial Statement for the year have to be read with some care as the figures are somewhat distorted by the sale of investments designed to help fund the redevelopment project.

However although the Financial Statements have yet to be examined by the Independent Examiner the draft accounts for the year show a small deficit of £5500. Our income from donations has again decrease this year from £57,639 in the year to 31 December 2021 to £53,903 in 2022. Included in this figure of donations are the Offerings made under the Gift Aid Scheme which enable to Church to reclaim income tax paid on these donations which increase their value to the Church by 25% at no extra cost to the Donor(provided they are taxpayers).

On the expenditure side the largest single item - apart from the cost of Ministry- continues to be Fabric repairs and maintenance where this year's expenditure amounted to £19,877. Our contribution to Presbytery costs this year were nil- in fact we received a one- off grant of £2000 - following the reorganisation of Presbyteries and the new system of Giving to Grow to fund the overall work of the Church.

So we start 2023 with thanks for the continued support and generosity of our Members and Friends with hope for a new chapter in the like to Moffat St Andrews

Anne Sanders Treasurer



Dance Matters..... Dance for pre-school children has come a long way in recent years and studies are now regularly being published about the health, developmental and social benefits of dance for toddlers and pre-schoolers. But why should parents choose Dance over other activities?

Having taught dance for 38 years I can honestly say that the classes I concentrate in the most are the toddlers and pre-schoolers! Young pupils are challenging one minute then brilliant fun the next, they are totally sweet then really difficult within the same 60 seconds, their minds work at 100 miles an hour and teachers have to work really hard to keep a class on track.

Some children come into classes very shy and retiring, clinging to parents' legs and cry when their parent leaves them in this strange place with a strange lady.....however nice she might be. To these parents I always say 'disappear out the room quickly, listen at the door if you are concerned, but 9 times out of 10 your child will settle down and get on with the joy of learning dance in their new surroundings. The longer you remain, the longer they will take to settle. It may take a few weeks of trying, but they will settle and start to enjoy classes'.

I use an example very often to parents of a 16 (almost 17) year old I currently teach. She came to me aged 4, was very quiet and retiring, wouldn't take part in her first show despite the lure of a pale blue sequined tutu.....now, 12 years later she is one of my most confident performing dancers – she acts, sings, dances and needs absolutely no encouragement to take to the stage. Dance gives children that confidence. Every time they master a new skill they achieve a sense of accomplishment, the longer it takes to master then the greater the sense of achievement, this impacts on their levels of self-belief and these stepping stones are the building block of their confidence. This confidence building starts in pre-school dance classes.

Then there's the opposite. A child that runs into the room, already confident, wants to tell you their life story without taking a breath, whilst running around in circles, raring to go. Needing to burn off energy, often followed by a parent desperately trying to keep up with them. These children give teachers a different challenge – they aren't crying that Mum or Dad's gone – they haven't even noticed! A good dance teacher will employ this child's mind and energy with learning to jump like Tigger, walk like a Disney princess, dance like a fairy, or gallop like a unicorn. This child has no fear, but they need occupation, their limbs need to operate with control. Through exercises in dance classes created with storytelling and imagination, these children learn co-ordination, muscle development, balance and concentration. One such girl, walked through my door when she was 4 years old. She was a "mighty girl", full of determination and attitude. She is now 13 and a co-ordinated, articulate, clever and witty young lady. She works hard in her dancing classes and is a pleasure to teach.

Warm Hub

A warm hub has commenced in the Village Hall each Monday from 10am-12noon.

This is open to everyone and is a very social and enjoyable morning. Folk can just blether while enjoying tea and coffee with homemade scones etc. We try to have a wee domino competition or stand-up bingo each week with small prizes to add to the excitement. One week we had a lesson on whist playing. There is usually a jigsaw on the go and books available to borrow. It's good to talk though and there is always plenty of chatter going on. On the first Monday of each month, we plan to have soup and a filled roll.

We are open to suggestions and want to know what folks would like. Why not come along and give it a ttry- a warm welcome awaits you .

What's on

Carpet Bowling meets every Thursday from October to March. We have a very good club with over 20 members. Competitions are well supported, long may this continue.

SWI.meets once a month 2nd Tuesday of the month. We have lots of Competitions at Federation Level. Last Saturday saw the Rurlympics Wamphray A came 3rd Bronze medal □ Wamphray B came 4th well done everyone who took part.



Going to church no more makes you a Christian than standing in a garage makes you a car.

WAMPHRAY PARISH CHURCH

(Charity registration number: SCO07536)

MINISTER	OFFICE BEARERS
Rev. Elsie Macrae	Session Clerk: Mrs Helen Braid Clerk to Congregational Board: Mrs Linda McMinn Treasurer : Mrs Sheila Thomson

Session Clerk Report

The days are beginning to lengthen both in the mornings and nights which is nice. Spring is definitely on its way. Snowdrops are in abundance and crocuses and daffodils are peeping through. It has been a dull, dark and very wet period with some flooding around Christmas and the New Year. Never mind there is always somewhere worse than us, that will be Turkey and Syria. You can't imagine what it must be like. Our thoughts and prayers go out to all of them and their families at this very difficult time.



We held our usual Remembrance Service in November 2022 led by Arthur Milton, it was lovely.

We then had our usual Christmas Eve service led by Rev Elsie Macrae. A lovely family service. Fewer people attended as it was a very wet night.



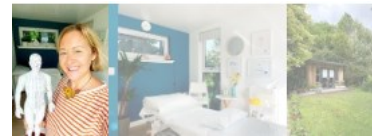
Sadly on Tuesday 3rd January Mary Scott passed away, Mary would have been 91 years old on the 15th February. Mary was a very active member of the Church until COVID 19 arrived. Mary was also an Honorary Member of the SWI and a very active member. She was always keen to help at whatever and take part if needed. Mary will be sadly missed especially by her son Donald, daughter Denise, and late daughter Donna. Our thoughts and prayers are with the family at this difficult time.

Christening took place on Sunday 5th February 2023 at Wamphray Parish Church Rose Elizabeth Dora Mundell sister of Isla and daughter of Oliver and Katherine Mundell. A lovely service conducted by Rev Elsie Macrae. A lovely lunch was held at Wamphray Village Hall afterwards.



It is, of course, not totally correct to generalise as all children are unique and should be treated as such. There are lots of things to learn in dance which help children as they grow up and develop and I have touched on just a few Dance gives - confidence, self-belief, self-worth, co-ordination, concentration, muscle tone, self-control, self-discipline, expectation setting, team work, lefts and rights and counting.....but I haven't touched on balance, special awareness, posture, musicality or memory, all of which are started in the pre-school years but are further developed in primary school aged children.....but that's for another time...

Best Wishes, Fiona Henderson



Restore Me Acupuncture is located at Redacres on Well Road, tucked away in a private space surrounded by nature with the Birnock Water running past the window. I am Nicola Wardhaugh and I am the owner and acupuncture practitioner. I have a Masters degree in

Acupuncture, full membership of the British Acupuncture Council and a license to practise from Dumfries and Galloway Council.

Thanks to the growing body of scientific evidence, acupuncture is now recommended for chronic pain in the NICE guidelines which inform NHS care and is used in most pain clinics and hospices in the UK (NICE, 2019). Acupuncture is best known for treating musculo-skeletal issues and although many patients come with stiff neck and shoulders, osteoarthritis of the knee and plantar fasciitis, many others come with a wide range of other symptoms and conditions.

In my clinic I see patients with anything from hot flushes as a result of the menopause or cancer treatment, to digestive issues like IBS or reflux, post-stroke symptoms, pre-pregnancy and labour preparation. However, my area of expertise lies in treating mental health, in particular stress-related problems, anxiety and trauma. In 2019 I conducted award-winning research investigating acupuncture for trauma with the community affected by the Grenfell Fire and last year was invited to present at several conferences in the UK.

The type of acupuncture I am trained in is called Traditional Chinese Medical Acupuncture. This means that I treat you holistically, as a whole, so for example if you come with shoulder pain and stiff neck I will also be looking at what else you are experiencing in life that might be impacting you emotionally. You are a whole person after all, not just a neck and shoulder. In Chinese Medicine Theory, it is believed that mind and body cannot be separated. When one is out of kilter it's likely to affect the other - just think about how your mood changes when you are unwell or how your appetite changes when you are sad or stressed.

When I'm not in clinic I have a young family and a Welsh Terrier to keep me busy but also love to escape into nature and breathe in the beauty of our local landscape.

I look forward to continuing to support the health and wellbeing needs of my local community.

Church Re-development Project

The Kirk Session is extremely grateful for funding from many different sources that enabled the first phase of the project to commence in January at a cost of £603,600 including VAT. To arrive at this stage, we had to engage the services of an architect, quantity surveyor and other specialist engineers. To date we have incurred costs of £57,517 including VAT this being the majority of the professional fees.

The greatest amount of the funding, £400,000, has come from the legacy from the late David Campbell, one of our former members. Having these funds allowed us to seek funding from a number of charitable bodies and we were successful in being awarded £215,000.

We are most grateful for the support from the following funders: -

Annandale Community Benefit Company (Windfarm),

All Churches Trust (now Benefact Trust)

Ferguson Bequest

Garfield Weston

J. Murray Napier Fund

Church of Scotland General Trustees

The Baird Trust,

Fife Environmental Trust

Laing Trust,

Swinton Paterson,

a Trust which wishes not to be named

We also welcome the support from our members and members of the community, donations from this source totalling £22,500 with funds from pledges over the next 2/3 years totalling around a further £10,000. Our fundraising group worked very hard and over a very short period last year raised the wonderful sum of £6,000. Around £7,500 is expected from the sale of pews and wood from the church.

As a Grade A listed building, we are able to reclaim most of the VAT incurred on the project and also on a proportion of the professional fees, in total around £100,000.

The second phase of the work will include the purchase of the audio-visual equipment, purchase of new chairs, floor coverings and an alarm system. The total cost of these items is anticipated to be around £100,000. We have been offered an interest free loan of up to £100,000, an offer which the Kirk Session greatly welcomes, and would allow us to proceed with the second phase. The Kirk Session very much appreciates the generosity of members and the community in the current financial climate and, where possible, would also value your continued support. Further grant funding will be sought and fund-raising activities will continue during 2023 with the hope that the amount of the loan required will be considerably lower than £100,000 and a repayment schedule will be put in place for the outstanding amount.

We are considering inviting members, and others interested, to sponsor one of the new chairs when the cost known.

Adam Anderson

The Ultimate Kitchen Garden

For the garden of your daily living plant three rows of peas

Peace of mind,

Peace of heart

Peace of soup

Plant four rows of squash

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant four rows of lettuce

Lettuce be faithful

Lettuce be kind

Lettuce be patient

Lettuce really love one another

Plant three rows of turnips

Turnip for meetings.

Turnip for service

Turnip to help one another

Plant three types of thyme

Thyme for each other

Thyme for family

Thyme for friends

Water freely with patience and cultivate with love,
and there will be much fruit on your garden because
you reap what you sow.

Church Flowers

5th March	Hilda Saville	2nd April	J. Crawford
12th March	Ann Walker	9th April	Anne Johnstone
19th March	Liz Brown	16th April	Wendy Simpson
26th March	Marion Little	23rd April	Anne Colledge
		30th April	Margaret Richmond
7th May	Anne Gibbard	4th June	June Allen
14th May	Paula Booth	11th June	Anne Colledge
21st May	Margaret Bell	18th June	Jessie Newlands
28th May	Jessie Riston	25th June	Hilda Saville
2nd July			
9th July	Ann Walker		
16th July	Sandra Taylor		
23rd July	Anne Colledge		



" If all flowers wanted to be roses,nature would loose her Springtime beauty,and fields would no longer be decked with wildflowers. "

St Therese of Lisieux.



The faithful cycle of hope that emerges at this time, with delicate snowdrops and colourful tulips, is with us once again. These, with increased daylight, and slightly warmer temperatures remind us that our faithful, loving God

will bring us through dark times in our lives too.

Because faithful friends provide fresh flowers each week, the church is able to distribute them to those who can benefit from the joy they bring at difficult times. Thank you to all those who provide flowers throughout each year. (We are always grateful to additional volunteers who feel that they would like to provide flowers.) Thank you also to those who promptly take the flowers out after church services. And, thank you to everyone who alerts us when they know of someone who would appreciate a bunch of flowers or for whom an appropriate greetings card would brighten their day.

Since the last Link report, 19 bunches of flowers have been distributed and about 4 cards sent out. At Christmas, 30 cards were manually distributed, on behalf of the church, by our small Pastoral Care Group. All are kept in our prayers.

In the church, (Kirkpatrick Juxta currently) there is a large box available for donations of foodstuffs such as breakfast cereals, packets of pasta etc and tinned foods and also household items such as cleaning materials, toothpaste, soap etc. These are taken promptly to the school for distribution as appropriate. Donations are gratefully received.

With your support, we can all be Christ's eyes, ears and feet here on earth.

Please contact Jeff Brown, Ally Kirkwood, Laurie McVeigh or myself (my email is gjh-nic@gmail.com).

May God bless us all.
Hilda Saville



Christian Aid - urgent appeal

We have all experienced a rise in the cost of living and our household budgets have tightened. Christian Aid is in exactly the same position. This year Christian Aid is facing a financial shortfall which will put the most vulnerable people in the world at risk.

If you are a regular supporter of Christian Aid, please consider increasing your regular amount by a percentage, if at all possible. If not, you can give a one-off amount to Christian Aid Shortfall Appeal, PO Box 100, London SE1 7RT.

Your support is greatly appreciated.

Christian Aid Committee



CLINICAL MEDICINE AND PATIENT CARE

Throughout the ages, their commitment to love and serve those weaker than themselves, as Christ did, placed Christians at the forefront of advancing standards of clinical medicine and patient care.

Christian doctor Thomas Sydenham is sometimes hailed as the 'English Hippocrates'. He stressed the importance of personal scientific observation and holistic care for patients. He was also one of the brave 'plague doctors' who did not desert the sick and dying during the Great Plague. Others followed in Sydenham's footsteps. Dr Herman Boerhaave was influential in pioneering modern clinical medicine, while Dr William Osler taught all medical students to base their attitudes and care for their patients on biblical standards.

PUBLIC HEALTH, PREVENTATIVE MEDICINE AND EPIDEMIOLOGY

Early on, Christians realised the connection between health and hygiene. Girolamo Fracastoro, a very versatile student in the 16th century, began to investigate the spread of contagious diseases. In the next century his work was continued by Dr Thomas Sydenham. Ministers also advocated personal hygiene. It was John Wesley who said 'Cleanliness is, indeed, next to godliness.' John Howard had a great concern for prisons, where overcrowding and typhus were rife, and successfully promoted two prison reform acts of Parliament. Edward Jenner, a devout man, was responsible for the beginnings of immunology and ridding the world of smallpox.

SOCIAL NEED

In the 19th century, the Industrial Revolution led to a drift towards the inner cities, with intense social needs among the poor. A nationwide movement of Christian missions to help the poor was founded. Huge sums of money were raised and volunteers went to slum areas to offer practical help. The Salvation Army, founded by William Booth in 1865, provided much-needed medical care in impoverished inner city areas and homes for women forced into prostitution. Dr Thomas Barnardo set up a children's home after seeing the terrible plight of thousands of hungry and homeless children in the East End of London.

In 1967, Dame Cicely Saunders founded St Christopher's Hospice, with the aim of providing, as far as possible, a peaceful atmosphere for those with terminal illnesses, while offering an environment of Christian love and support.

DEVELOPING WORLD MISSIONS

Jesus commanded his followers to go and make disciples of all nations, (and exhorted them to love their neighbours as themselves). There have been several waves of missionary work across two millennia with medical work playing a key part.

Dr John Scudder was one of the first Western missionaries of the modern era. In 1819, he went to Ceylon (modern day Sri Lanka). Among the best-known pioneer medical missionaries were Dr David Livingstone (Central Africa), Dr Albert Schweitzer (who devoted his life to people living in the remote forests of Gabon) and Dr Albert Cook (who founded Mengo Hospital in Uganda). Dr Ida Scudder founded the world-famous Vellore Medical College in India. Dr Henry Holland and his team, working along the north-western frontier of the Indian sub-continent, operated on hundreds of cataracts every day.

Areas of responsibility and those in charge St. Andrews

Church cleaning	Mr Donald Walker	220707
Church flowers	Mrs Anne Colledge	220446
Finance convener	Mr Adam Anderson	221164
Free-will offering	Mrs Marion Little	220922
Gift aid	Mrs Anne Sanders	222850
Guild president		
Hall lets	Mrs Alison Kirkwood	478149
Keeper of the congregational roll	Mrs Hilda Saville	221827
Life and Work & "The Link"	Cheryl Fairholm	478367 (cafairholm@outlook.com)
Moffat Toddler	Mrs Alison Kirkwood	478149
Organist/Musical director	Ms Kate Durran	220742
Pastoral care	Mrs Hilda Saville	221827
Property committee	Vacant	
Safe Guarding Office	Liz Tait	
Seekers 316	Mrs Fiona Paton	220164
Session clerk	Mr Donald Walker	220707
Treasurer	Mrs Anne Sanders	222850

Winter edition crossword solution

MATH IS NOT HARD

By Timothy E. Parker



NURSING

Similarly, modern nursing owes much to Christian influences. For centuries the majority of nursing, like most medicine, was carried out by monastic orders in their own hospitals. In AD 650, a group of devout nuns volunteered to take care of the sick in Paris, and most other nursing followed this pattern. In the 19th century, 'modern nursing' was born, in no small measure due to the work of Elizabeth Fry and Florence Nightingale. Fry was deeply influenced by a small Christian hospital at Kaiserswerth in Germany, run by 'deaconesses', a group of Protestant women. Their response to biblical commands to care for the sick and educate neglected children provided the template for modern daily hospital nursing. Nightingale encouraged better hygiene, improved standards and night-nursing, and also founded the first nursing school. Many missionary nurses such as Mother Teresa and Emma Cushman worked tirelessly, bringing hygiene and Western medicine to the four corners of the globe.

A NEW ALLEGIANCE

Christianity gives men and women a new perspective and allegiance; their lives are spent in joyful, grateful service of the God who has redeemed them. In many ways, Christianity and medicine are natural allies; medicine offers people unique opportunities to express their faith in practical caring for others, embodying the command of Christ: 'whatever you did for one of the least of these brothers of mine, you did for me'.

Article by **Rosie Knowles** who is a GP in Sheffield spotted and provided by an elder .



WORLD DAY OF PRAYER

Friday 3rd March 2023



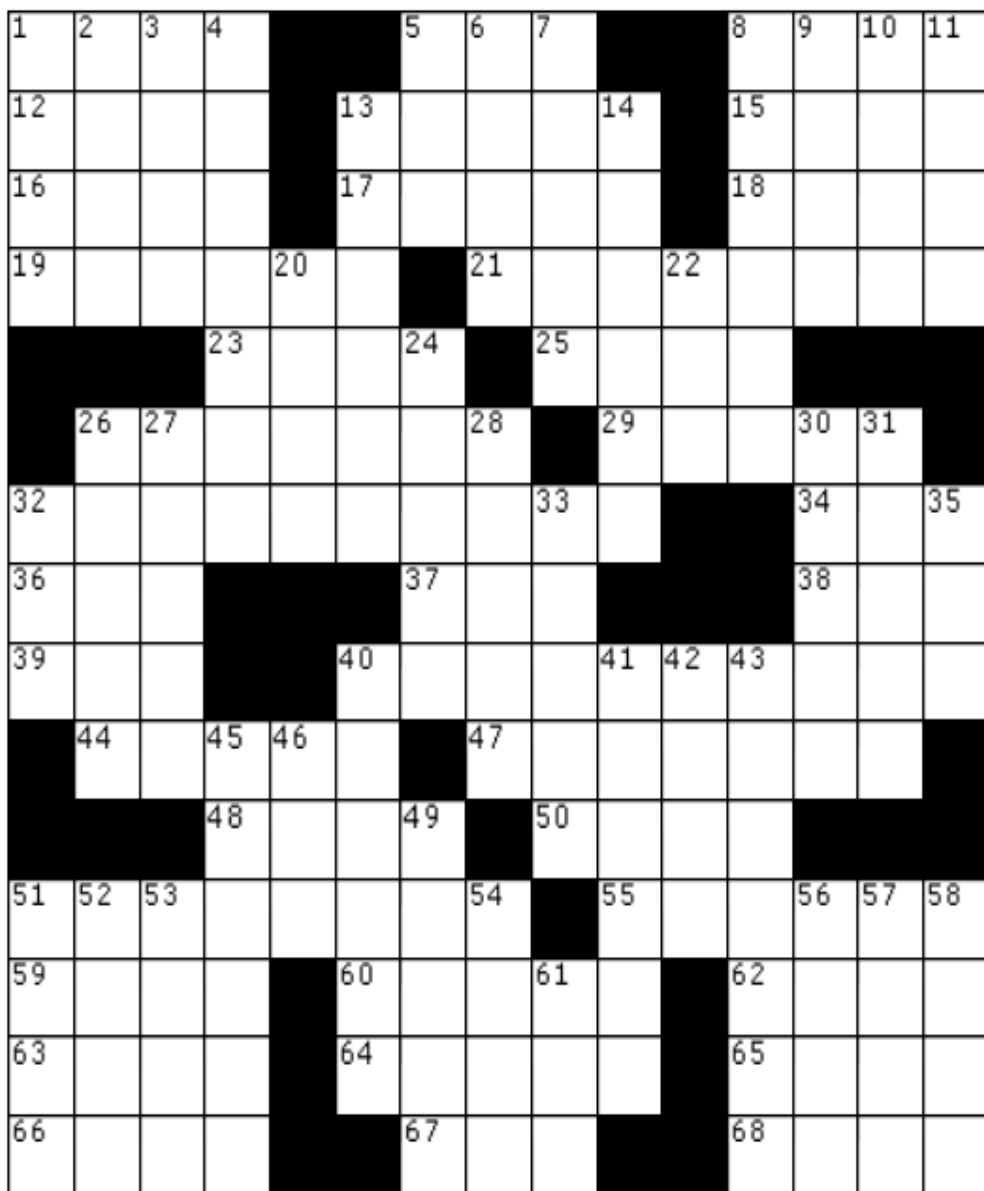
Come and join us
in St Luke's Church
(Mansfield Place)
at 2pm.
ALL WELCOME

"I have heard about your faith"
(Ephesians 1:15)

Written by Christian Women
of
Taiwan

World Day of Prayer Scottish Committee - SC020446

Spring crossword



ACROSS

- 1 Modish
- 5 Government agency
- 8 Shorten (abbr.)
- 12 Air (prefix)
- 13 Symbol of suffering
- 15 Biblical weed
- 16 Cereal ingredient
- 17 With 32A & 67A, timely exclamation
- 18 Catch
- 19 Holy places
- 21 Vipers
- 23 Snaky fish
- 25 Cashews, for example
- 26 Saves
- 29 Pa
- 32 See 17A
- 34 Cain fled to this land
- 36 Strange
- 37 2,000 pounds
- 38 Thai
- 39 Fib

- 40 Atmosphere around the earth
 - 44 Irritated
 - 47 Custard filled pastries
 - 48 Declare
 - 50 Entertainer
 - 51 Brave
 - 55 Salvo
 - 59 Marrow
 - 60 Outline
 - 62 European monetary unit
 - 63 Dueling sword
 - 64 Type of car
 - 65 Mix
 - 66 Believe
 - 67 See 17A
 - 68 Search
- ## DOWN
- 1 Taxis
 - 2 Zeus' wife
 - 3 Iraq's neighbor
 - 4 Yield
 - 5 Time period
 - 6 What toast does, with "up"
 - 7 Quaking tree

- 8 Affirm
- 9 Farm building
- 10 Imp
- 11 Representatives
- 13 Mountain cottage
- 14 Pancake needs
- 20 Adolescent
- 22 School group
- 24 Strike (KJV)
- 26 Radiuses
- 27 NT church leader
- 28 Saw logs
- 30 Come on stage
- 31 Thunderous sounds
- 32 Volume (abbr.)
- 33 First son of Cain
- 35 Casino roller
- 40 Takes in
- 41 Slob
- 42 El __ (Texas city)
- 43 Batter's bane
- 45 BB player __ Abdul Jabbar
- 46 First woman
- 49 Hooked up
- 51 Chilled
- 52 Uh-uh
- 53 Beech, e.g.
- 54 Daddy
- 56 Pear shaped instrument
- 57 A canal
- 58 New __ (city)
- 61 Key