



Holy Trinity Church Newsletter

February 2020

Holy Trinity Scottish Episcopal Church

Winter 2 - 2020



Holy Trinity Church, Dunoon

Recent Incumbents

David Railton
Andrew Swift
Kimberly Bohan
Hugh Lee
Alexander Guinness
Colin Wheatley
Allan McLean
Martin Shaw
Philip Isaac
Iain MacKenzie



The High Altar set for Communion from Reserved Sacrament in Lent or Advent

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View from the hill ...

Lent begins this year on 26th February, Ash Wednesday, and we will hear people talk about 'giving something up for Lent'. Do you give something up? These days we take it for granted that there will be plenty of food for us to purchase; but this wasn't always the case. Not so many years back there would have been relatively little food to be had during the months of February, March and April - three months in which most families would have gone hungry. So, with little food available, the period of Lent, which coincides with these three months was naturally a period of fasting and abstinence.

It was right and proper that the church should encourage members of the church community to undergo a similar period of fasting if only to show some sympathy with the poor of the parish. And in these days of rising prices, this food poverty affects more and more people.

But what is the relevance of giving up things for Lent today? Maybe it would do us no harm for a few weeks to live on a reduced diet, after

all about 85% of the world's population eats less in a week than many of us do in a day and I can certainly see the logic in not eating chocolate for a few weeks, in readiness for the gluttony to come at Eastertide.

But perhaps we could take a different approach to Lent this year. Instead of giving something up for Lent maybe we could take a positive approach and do something, or somethings, that we might not otherwise do. Our world can be a difficult and fearful place. It's all too easy to feel we are powerless to make a difference. But the truth is, with God's help, we can change the world for good a little bit every day. Each of us can be the source of the change we want to see in the world.

How? By the little choices we make, such as: being kind to others, making time for quiet and fun, sharing what we have. "Those who are rich in the things of this life are to do good, be rich in good works, be generous and be ready to share." (1 Timothy 6.18.)

So here are a selection of the little things we could try to do this Lent; none of them are too demanding. Why not join in and help do your part

to transform your world this Lent.

- Think of 3 different blessings every day and be thankful
- Say something kind about someone behind their back
- Give up your place in a queue to someone else
- Leave a pound coin in a shopping trolley or somewhere else so it may be found
- Do a chore or errand for a member of your household
- Buy a coffee and give it to someone else
- Have a TV free evening and do something with your household instead
- Use a 'buy one get one free' and give one away
- Half the world lives on less than £1.40 a day. Can you?
- Have coffee or lunch with someone you don't know very well
- Contact a family member or friend you haven't seen for a while
- Pick up some litter

And when Lent is over:

Let's celebrate Easter together - Alleluia.

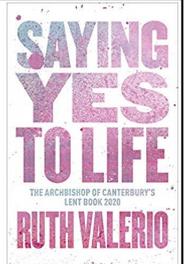
Revd. David Railton, Rector

The Archbishop of Canterbury's Lent Book for 2020

'Saying yes to Life' by Ruth Valerio.

The Amazon blurb says "Saying Yes to Life lifts our focus from natural, everyday concerns to issues that are having an impact on millions of lives around the world. As people made in the image of God, we are entrusted to look after what he has created: to share in God's joy and ingenuity in making a difference for good. Ruth Valerio imaginatively draws on the Days of Creation (Genesis 1) as she relates themes of light, water, land, the seasons, other creatures,

humankind, Sabbath rest and resurrection hope to matters of environmental, ethical and social concern. Foundational to Saying Yes to Life is what it means to be human and, in particular, to be a follower of Jesus. Voices from around the world are heard throughout, and each chapter ends with discussion questions and a prayer to aid action and contemplation.





Sedilia

From the Latin *sedile*, or seat. A *sedilia* is a canopied seat, or set of multiple seats, set into a recess in the south wall of the chancel, near the altar. The *sedilia* were used by clergy as seating during services. One and two seat *sedilia* are common, and in some cases there are three or more seats under the same extended canopy. The canopies in particular can be highly decorated, with elaborate carving, often of foliage, but just as frequently with heads of kings, queens, or religious figures.



**The Rector baptizes
Cody James Cooper**

Vestry News

The last meeting of the Vestry was 23rd January 2020.

We began the meeting using Dwelling in the Word – a short time of Bible Study led by the Rector. This helps us focus on God's purpose for us in this place.

The first meeting of the new Vestry year begins with a welcome to new members. We also had some training on the duties of Vestry who are responsible, with the Rector, for the buildings, finance and spiritual wellbeing of our community. Everyone signed a new adherence to the Constitution and that they were fit and proper people to serve as Charity Trustees.

The Treasurer reported the financial position of Holy Trinity for the first three months. While our income and expenditure were on budget for the quarter, the Vestry were reminded that we

had budgeted for a deficit and so really needed to increase our income.

We discussed mission and worship and reviewed Christmas and began planning Easter.

Under fabric we discussed the Canon 35 Application to install a sink and cupboards in the gathering area. The Congregation will see these plans shortly for consultation. The Vestry agreed to the installation of a gas fire in the Rectory lounge. The 5-yearly inspection of the Church building is due and will be done this year. We discussed the next steps of the Land Project and agreed to ask Architeco to produce a detailed, phased and costed plan.

The events suggested by the Events Team were agreed and will be published shortly.

The meeting closed with the Grace.

MM

What's on at Holy Trinity? An update from the Events Team

The Events Team has recently been getting some dates into our diaries for regular features like our coffee mornings and has been talking about other social occasions we might enjoy such as our regular favourite, a Quiz Night.

The table (next page) offers a quick guide to this year's events. Please watch out for posters in church and details in the pew leaflets nearer the time of each event.

In February, Maureen McKellar will give an illustrated talk of her travels in South Africa; this will be an afternoon event and will include afternoon tea.

We have taken the opportunity of running a stall at the Younger Hall in Kilmun to sell home baking. From the proceeds we will make a donation to Christian Aid, which will be Holy Trinity's contribution for this year.

In April we are offering something different and exciting when the Rector and Sarah are hosting Poems and Puddings at the Rectory; details and timings will be available nearer the day.

We are planning to be at the Haven

during the Cowal Games Gathering in August, and the following weekend will be holding a Supper Ceilidh on the Friday evening with a meal and dancing with local band, Inverhooley.

The Russians return for a concert in November; many locals will tell you, this has become a firm favourite in the local calendar of events; and on Saturday 28th November we will be holding our Christmas Coffee Morning in the High Kirk Hall, Hanover Street.

We are also supporting and encouraging small, less formal events to take place. Similar to our previous "£50 Challenge" but in addition offering an opportunity to share skills for example: painting with water colours; drawing; tablet making; silk painting; making pasta; anything at all which any one of us can do well and is prepared to share with a few others in a domestic or non formal setting.

If you have any questions, requests or ideas please speak to one of the Events Team, they are: Dinkie, Val, Sharon, Dorothy, Jennifer, Pat, Duncan and Pauline.

PR

Quick guide to this year's events

Month	Date	Day of Week	Event
February	21 st	Friday	South Africa Photos & Talk
March	21 st	Saturday	Home Baking Stall at Kilmun Younger Hall
April	17 th	Friday	Poems and Puddings
May	2 nd	Saturday	Spring Coffee Morning
June	12 th	Friday	Quiz Night
July	t.b.a.		B.B.Q.
August	28 th and/or 29 th	Friday/Saturday	The Haven at the Gathering
September	4 th	Friday	Supper Ceilidh
October	t.b.a.		Work Party – getting ready for winter
November	12 th	Thursday	Russian Choir
	28 th	Saturday	Christmas Coffee Morning
December	t.b.a.	Sunday	Carol Service



Maureen and Jean-Claude are married

The **Drop in Coffee Group** meets on the first Thursday of each month in Walkers Café 10:30-11:30. An informal gathering for chat, sharing and laughter.

The next **Book Group** meeting is on Tuesday 18 March at 45 Hill Street. The book they will be discussing is **“The Inaugural Meeting of the Fairvale Ladies Book Club”** by Sophie Green

Where do the ashes for Ash Wednesday come from?

26th February is Ash Wednesday, which marks the beginning of the season of Lent, a 40-day period dedicated to reflection, prayer and fasting ahead of Easter. On Ash Wednesday many Christians will have ashes applied to their foreheads in the shape of a cross. People generally wear the ashes – which symbolize penance, mourning and mortality – to publicly express their faith and penance.

The ashes used on Ash Wednesday are made from the burning of palms blessed in the previous year's Palm Sunday celebration, when Christians carry palms to recognize the Gospels' reference to Jesus's path being covered in palm fronds on the day he entered Jerusalem. On Palm Sunday, churches bless and hand out palm crosses which are then blessed during the service which marks the start of Holy Week. The following year, the palm crosses are burned to create the ashes for Ash Wednesday. The ashes are usually mixed with Holy Water or oil.



Ash Wednesday

'Living in the Light - a Lent Bible study based on the Lectionary readings'

This Bible study follows the Lectionary readings for Year A of the three year cycle. The readings from the Old Testament take us through the long story of God's relationship with humankind, and a people's struggles with faith and temptation. In the New Testament we touch on Jesus' own struggles with temptation, and key moments in his life and teaching which help us in the lead up to Easter. The sessions are 'The old Adam and the new', 'The long journey', 'Love poured out', 'Walking in the light' and 'From death to life'. A sign up sheet will be in church to give an idea of numbers. It is a good Lenten discipline to come to the session each week, but the course is designed so that each session has meaning on its own. So if you can only manage to get to one or two, please do!

Thursdays 5th, 12th, 19th, 28th March and 2nd April, 3.30pm to 5.00pm, in the Rectory

LENT COURSE 2020

LIVING IN THE LIGHT

A Lent Bible study based on the Sunday Lectionary readings

5.30 to 5.00pm on Thursday
5th, 12th, 19th, 28th March and 2nd April
AT THE RECTORY

Our Regular Services

Our main service of the week is on Sunday morning at 10:30. It will take the form of a Sung Eucharist or Communion from Reserved Sacrament. Both services have sung parts of the liturgy as well as hymns. Children are most welcome and there is an activity space at the back of church.

We routinely have a said service of Holy Communion on Thursdays at 17:30. This is a short (30-40 minute) quiet and more reflective service.

Compline is usually said on the 4th Wednesday of the month at 19:30. A quiet service of prayer at the end of the day.

On the 24th day of each month we gather to pray for Israelis and Palestinians caught up in the conflict in the Holy Land. This is a short (10-15 minute) time at 10:00 (15:00 if a Sunday). This is an Ecumenical prayer vigil using texts supplied by Christian Aid.

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**Scottish Charities No. -
SC008066**



Holy Trinity is part of the Anglican Communion, in the same family of churches as the Church of England, the Church in Wales, the Church of Ireland, and The Episcopal Church in the United States. We are also in communion with the Scandinavian Lutheran churches and the Old Catholic churches.

You can contact the Vestry Secretary by phone on 01369 703058 or secretary@holytrinitydunoon.co.uk
Protection of vulnerable groups (adults or children) – local coordinator is Dinkie McEwen 01369 705257.

www.holytrinitydunoon.co.uk

Report by Chris & Ros on Anna Brett's work in Gulu, Uganda



Anna carrying out an assessment at the Clinic.

Thank you all for your welcome home on our first Sunday back at Holy Trinity after our trip to Uganda, and for your interest in how Anna (our daughter) is getting on. Here is a brief summary of her work. Please continue to pray for her during her final 3 months in Uganda.

Anna is supporting a Ugandan Speech Therapist, Isaac, in setting up the first Speech and Language Therapy (SLT) practice in Gulu, so that he can continue it after she leaves.

Training: Most people in Northern Uganda, including medical professionals, have never heard of Speech Therapy. Anna and Isaac have trained Village Health Team (VHT) staff, who work on initiatives like vaccinations, about the signs of children and adults who may need Speech Therapy. This has produced about 90 referrals.

Isaac and Anna spent some time being "VHTs" in a nearby village. They visited 45 households – of which 17 included someone who could benefit from SLT. Clearly this project is needed.

Clinic: Those coming to their clinic have difficulties ranging from delayed early language development to stroke (including a 9-year-old who had a stroke secondary to sickle cell anaemia) to cerebral palsy to hearing impairment to Down Syndrome. They include teenagers and young adults with learning difficulties who, in the UK, would have had support from a young age. Starting later is more complex, and resources are limited...

Anna's blog is at <http://www.annainuganda.home.blog/>