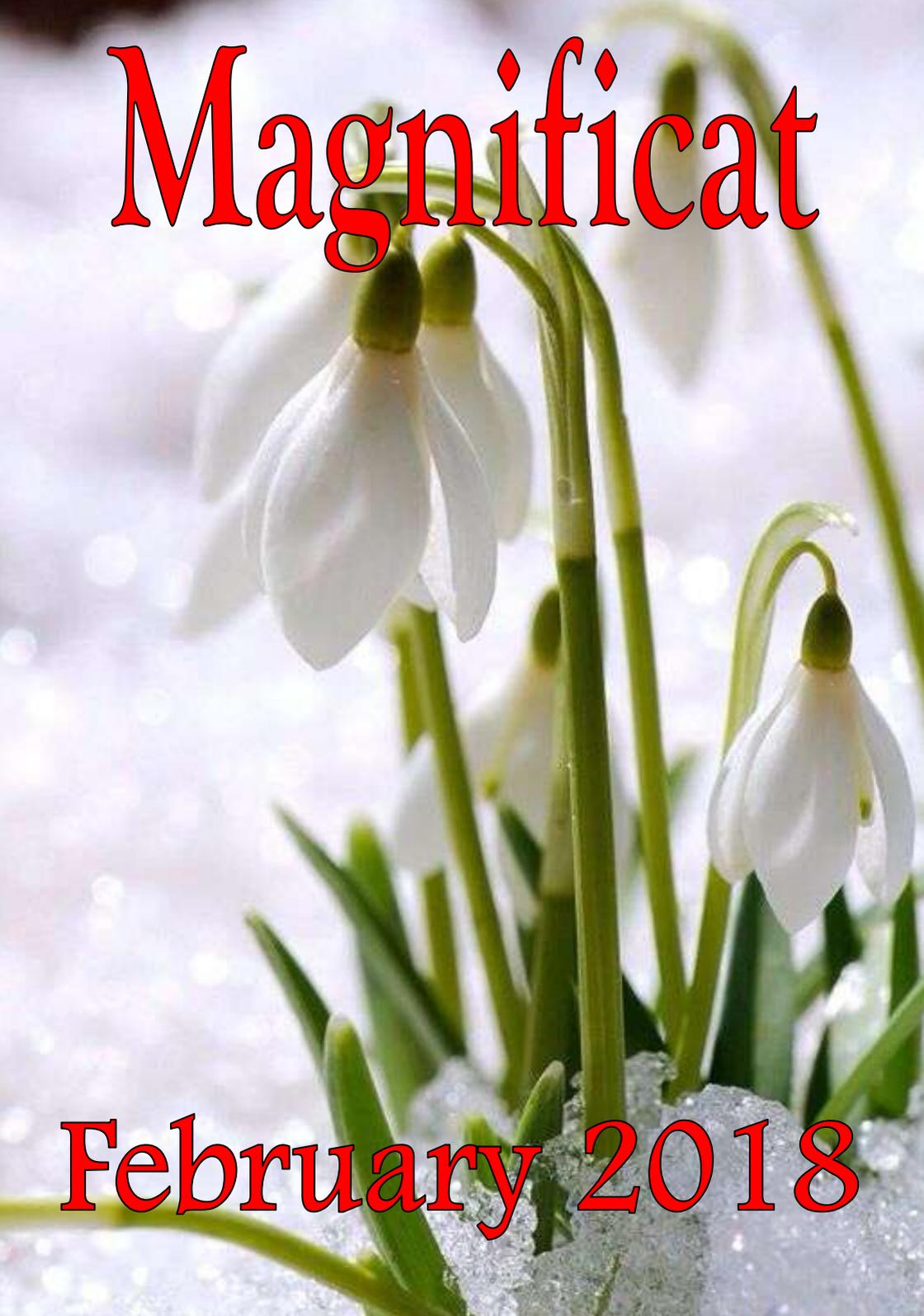


# Magnificat



February 2018

# Magnificat

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my saviour,  
for you, Lord, have looked with favour on your lowly  
servant.

From this day all generations will call me blessed:  
You, the almighty, have done great things for me,  
and holy is your name.

You have mercy on those who fear you,  
from generation to generation.

You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.

You have filled the hungry with good things  
and sent the rich away empty.

You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise he made to our forebears,  
to Abraham and to his children for ever.

(from Luke 1)

Dear friends,

As regular members of the congregation on Sunday mornings at the Cathedral will be aware, there have been a few changes in our liturgy over recent months. I wanted to use this opportunity to talk about a few of those, and also indicate some further changes that are planned in the months ahead in the production of this magazine, and the ways in which the Cathedral communicates with you all.

The most obvious change for the main 10.30am Sunday morning service is that we have moved to producing a booklet each week containing the entire liturgy, with the exception of hymns from *New English Hymnal*. The reason for this change is an appreciation of both the number of visitors and new congregants that are present each week, and the desire to help them participate and understand the service as much as possible. We were aware that having a service booklet, a weekly bulletin with order of service, and a hymn book, meant that people were juggling a number of items, and that to navigate your way through an unfamiliar service was quite a challenge. With increasing numbers of people new to our liturgy, and with a desire to help them engage with the service, it was felt that a single booklet made things much more straightforward to follow. We are aware, of course, that this does demand us to use more paper, but we remain committed to recycling as much as possible, and sourcing recycled paper if available. We would appreciate your feedback on the layout and readability of the liturgy booklet.

In terms of the content of that liturgy, there have been a few changes there also. This is something that is easier to do when we are producing a booklet each week. So, for example, we have used the different Eucharistic Prayers authorised for Advent, Christmas and then Epiphany, before returning to the perhaps more familiar words in the last couple of weeks. These different Eucharistic prayers have been used by the rest of the Episcopal Church for a number of years and attempt to give depth to the aspects of faith that the different seasons focus upon. The booklet also allows us to print the words of hymns not found in the *New English Hymnal*, which means we are able to broaden the range of hymnody we use and offer hymns written more recently. By and large we continue to use familiar tunes, but the advantage of having our wonderful choir is that it is possible to use their help in learning a new tune occasionally. We have also said the Creed in more recent weeks rather than sung it to Merbecke as had been the custom. I have no doubt that we shall return to singing it (perhaps to mark the seasons of Lent and Advent), but again

it was felt that for those unfamiliar with the Merbecke setting, it was hard to pick up and sing from scratch.

These changes are undertaken to enhance the depth and appreciation of our liturgy: the way in which that liturgy gives structure and shape to worship, and how the poetry of words and music gradually reveals its depths through use. We are always happy to hear from you about what you feel works, and draws you deeper into prayer and worship, and what is less helpful. Please do let us know.

We have also been thinking about the role of this magazine. There is clearly a need for a publication that communicates something of the work of the Cathedral, provides a point of contact, and offers some reflective pieces on our **life together. As a method of communicating what's on, however, it is more** limited in becoming quickly out-of-date. That task is now better performed by the weekly notices in the service sheet, and by the website and Facebook page which we do try and keep up-to-date. The magazine is also a considerable administrative burden to produce. For these reasons, therefore, we are proposing that Magnificat becomes a quarterly publication. In order to ensure that you receive notices of what is happening in and around the Cathedral, however, we would be grateful if you could ensure that the office has details of your email address (if appropriate) using the form opposite. The intention is that the weekly notices will then be emailed out, usually every Friday. The notices will of course be available as hard copy via the weekly service sheet.

A couple of other items of news: a travelling exhibition, organised by Edinburgh Interfaith Association, entitled *Our Story*, will be on display in the Cathedral from March 18<sup>th</sup> - 26<sup>th</sup>. This exhibition features testimony and objects that illustrate the history of the diverse religious communities of Edinburgh. It is a condensed version of the exhibition currently on display in the Museum of Edinburgh. We are delighted to be hosting it.

**I'm also delighted to announce that from September 2018, another curate will be joining us. Andy Phillip, currently a member of St Peter's, Linlithgow, will be ordained deacon on September 30<sup>th</sup> and then join the Cathedral clergy team.**

Full details of our Lent, Holy Week and Easter services are in this magazine. May your journey of faith through these coming months be blessed.

A handwritten signature in black ink, appearing to read "John", with a long horizontal flourish underneath.

### Contact details

Please sign me up for details of the Cathedral's activities.

Name:

Email address:

Please send me the weekly notices on email

Please return this slip to the Cathedral office. The Cathedral will only use your email address to contact you about Cathedral notices, and will never divulge your email address to third parties.

## Joint Activities with Palmerston Place Church for Lent 2018

### **Bible Study & Discussion Evenings**

Tuesdays 20 & 27 February, 6 & 13 March, 7.30 – 9pm

Annan House, 10 Palmerston Place (step-free access via ramp between number 10 and the Church)

No advance preparation required, and each evening a separate study.  
Come and explore God's word and enjoy each others' company!



### ***Quiet Day: A Lenten Dialogue with Martin Luther***

Led by the Chaplain, Kenneth Fleming

Saturday 24 February 10.00 for 10.30 until 3.30pm

Emmaus House, 14 Gilmore Place

*Places limited – Apply by 5 February*

Leaflets with more information and application form available at the back of the Cathedral.

# It's Fairtrade Fortnight 2018

26 February – 11 March

Come on in!



Come on in: Meet Marcial.

“Before joining Fairtrade we didn’t see any benefits, development or profit. The price we used to receive per box wasn’t enough to cover our costs – and for 17 years the price didn’t change. Since starting with Fairtrade it’s made a mega-revolution in our lives. For hundreds of years we were taught to serve, to be workers. Now with Fairtrade, we are entrepreneurs.”

*Marcial Quintero is a member of Coobana, a Fairtrade banana co-operative in Panama*

Come on in: Meet Justine.

“The Fairtrade Premium is like a miracle to us, it comes directly into our hands. It is an acknowledgement of our work, of what we are capable of and who we are. It is so important to us, thank you.”

*Justine Watalunga, coffee farmer and chair of a women’s group which runs an orphanage, nursery and primary school in Uganda.*



It's a scandalous reality that millions of farmers and workers are being ripped off despite working hard to provide the products we love. Unfairness in global trade is rooted in centuries of exploitation. Yet across the globe, millions of hard-working producers like Marcial and Justine are unravelling this legacy. They're fighting for a fair deal, supported by Fairtrade, earning their way out of poverty and transforming their communities. Together we're stronger, and with more people choosing, sharing and shouting about Fairtrade in the UK there's more power for producers like Marcial and Justine to break the stranglehold of poverty prices.

There's never been a more important time to stand with producers through Fairtrade – to protect the progress you've achieved and to welcome more producers in to Fairtrade.

This Fairtrade Fortnight, stand with producers like Marcial and Justine to close the door on exploitation, and welcome more people in to Fairtrade.

**At St Mary's Cathedral we will mark Fairtrade Fortnight**  
**on Sunday 25<sup>th</sup> February.**  
**Further details in the service sheet nearer the time.**



# Holy Week & Easter Services

## PALM SUNDAY - 25 March

8am Holy Communion  
10.30am Procession of Palms & Cathedral Eucharist  
3.30pm Choral Evensong

## MONDAY - 26 March

7.30am Eucharist  
11.30am Chrism Eucharist  
5.30pm Evensong with Holy Week Meditation  
7.30pm Music & Words for Holy Week

## TUESDAY - 27 March

7.30am & 1.05pm Eucharist  
5.30pm Evensong with Holy Week Meditation

## WEDNESDAY - 28 March

7.30am & 1.05pm Eucharist  
5.30pm Evensong with Holy Week Meditation  
**7.30pm St Mary's Music School Easter Concert**

## MAUNDY THURSDAY - 29 March

7.30am & 1.05pm Eucharist  
7.30pm Eucharist of the Last Supper  
& Maundy Watch (ends 11pm)

## GOOD FRIDAY - 30 March

7.30am Morning Prayer and Litany  
1pm The Liturgy of Good Friday

## EASTER DAY - 1 April

6am Vigil Eucharist  
8am Holy Communion  
10.30am Festal Eucharist & Surplicising of Choristers  
Preacher: The Bishop of Edinburgh  
3.30pm Festal Evensong



### **CANDLEMAS BANNER**

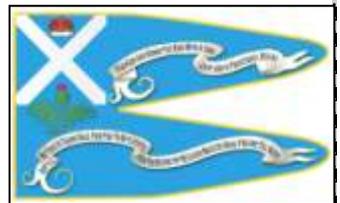
Our new banner will go on display on Sunday 4 February. It celebrates the festival of Candlemas when Mary and Joseph brought Jesus to the temple to present him to the Lord. There they met Simeon and Anna, two devout and faithful people of God who shared their understanding of the future role that the child would have in the world.

Rays of light shine down upon the whole world with Simeon and Anna looking on and praising God.

We hope the banner will bring light to you in this little corner of the world.

### **DIOCESAN BANNER**

As part of the *Growing Together* All Age Celebration on Saturday 28 April the Provost has asked us to create a banner to celebrate the whole diocese. Plans are well under way and we have our design almost complete.



There will be a lot of sewing to be done and we will be looking for volunteers to stitch parts of the design. A pattern, materials and instructions will be provided. If you would like to be involved please chat to us any Sunday at coffee over the next couple of weeks. Please watch the service sheet for further information.

*The Banner Group*



Our Archivist Iain Morrison looks back at events in the history of the Cathedral community:

On a periodic basis from 1879 onwards the *Monthly Paper* included an article written by the editor bemoaning the financial loss made by the Paper and the lack of readers. For example in 1879 the deficit was £11 (about £1,200 in today's terms) and this continued over the ensuing years (£7 in 1889, £3 in 1891 and £4 in 1892). This extract from the January 1888 *Monthly Paper* does not actually mention the amount of the deficit but gives an idea of the tone of these articles.

### **The Circulation of *Monthly Paper*.**

We are glad to report that there has been, during the past year, an increase in the number of copies sold, but still there are not enough sold to defray the publishing expenses. It may surprise some when they hear that not even 500 copies are sold *regularly* in the month. Surely, in so large a congregation, there should be at least 800 or 900 copies bought regularly. We say *regularly*, for it is known that people buy a copy now and again, then forget the existence of the paper for two or three months, and thus there is a lack of support. It would really be a great help if present purchasers and readers would try their best to extend the sale of the Magazine; for by an increased sale two objects would be gained:-

1<sup>st</sup>. There would not be an annual deficiency in the printing expenses.

2<sup>nd</sup>. There would not be, what there is now, ignorance of Cathedral services, meetings, and congregational news. Almost every week one hears the same remark about some special service or meeting – “Why, I never heard a word about it!” or, “I had no idea that it was to be on that day!” – and so forth. Someone said lately, with a certain amount of truth, “If you wish people to know about *so-and-so* – do not trouble to give it out in Church, for they will not hear it; and be sure not to print it in the *Monthly Paper*, for no one ever dreams of reading IT all the way through!”

The circulation did eventually improve as reported in the January 1896 *Monthly Paper*.

Our readers will be pleased to hear that the December number of this paper had (as far as we know) the largest circulation on record – certainly the largest for several 10 years. On the day of publication the demand was so great that 100 extra copies were printed, and an unusually large proportion of the issue has been sold.

# News from the Belfry



At last the work in the belfry has been completed and the bells are ringing out loud and clear again! Thank you to everyone who has expressed their support and encouragement, it means so much to us that people have missed the sound of the bells and are pleased to hear them again.

We rang for the first time on the Thursday evening before Christmas, when a small and slightly nervous group of us went up and tried the bells. All went well and we decided to ring for Christmas Eve and Christmas Day Family Eucharist Services. We have been delighted that nearly all of our ringers, including our new learners, have come back to the belfry with renewed enthusiasm and in some cases ringing better and more confidently than before!

The rope guide has now got a new section in the circle, two new struts to support it from the wall and the 'slap-board' on the seventh rope has been put back in position. In addition a new slap-board has been fitted on the Treble (the smallest bell) to improve its handling. While the bells were out of action we sent six pulley blocks away to be renewed and new ropes are now in the process of being fitted (as part of our long-term planned maintenance).

We have decided to continue our handbell sessions but on a Sunday evening, as they have been so successful and enjoyable.

We would like to thank the clergy and office staff for their support and for enabling the work to be done, particularly as it happened at an awkward time in between provosts! We owe a particular debt of gratitude to David Willis, the Cathedral architect, who has advised on the work to be done and supported us.

Ian and Barbara Bell

## Men's Group and Men's Prayer Group

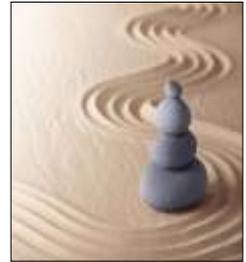
**The Men's Group** now meets at 8pm on the first and third Monday of each month in the Chapter House.

**The Men's Prayer Group** meets on the first Sunday of each month at 9am in the Chapter House. For more information please contact Andrew Reddish via the Cathedral Office.

## Meditation

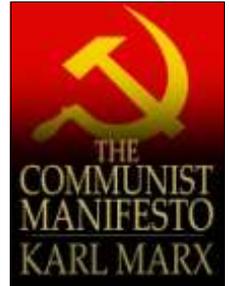
There are meditation sessions in the Cathedral Chapter House 12.20 - 12.50pm on Tuesdays,

The new Edinburgh Zen Group usually meets in the Walpole Hall at 7-8.30pm on the first and third Mondays of the month. All are welcome - please contact [edinburghzengroup@gmail.com](mailto:edinburghzengroup@gmail.com) for more information.



## Cathedral Book Group

The Book Group meets next on Tuesday 6 February, 8pm, to discuss *The Manifesto of the Communist Party* (Karl Marx & Frederick Engels, 1848). Venue details from the Cathedral Office or email [ecumenical@cathedral.net](mailto:ecumenical@cathedral.net) for more information and a pdf version of the text.



Everyone is most welcome at these meetings, as a regular attender or to discuss one particular book. Further information from the Cathedral Office or email [ecumenical@cathedral.net](mailto:ecumenical@cathedral.net) to add your email address to the contact list.

## ASPECTS OF CATHEDRAL LIFE

New people are always welcome to our sessions where we take a closer look at a wide range of different aspects of Cathedral life.



Our January session was an opportunity to find out more about our new Provost, John Conway, and was very well attended despite a snowy, icy day. The Provost told us about the formative experiences in his younger life that led him to become a Priest and his vision for the Cathedral to be a welcoming centre for prayer and community, not just for the Congregation but also for the Diocese and for the whole City.

Our February session will be about the Edinburgh Laughter Club which meets in the Walpole Hall and which has featured in

**the BBC's 'Trust Me I'm a Doctor'.** This

will be at an earlier time than usual – 1.30pm – on 22<sup>nd</sup> February in the Chapter House. Jo Bluett from the Edinburgh Laughter Club says she will cover the background to the global laughter club movement, the scientific benefits of laughter, her involvement with

the Edinburgh Laughter Club, what it has achieved and why support from NHS Mental Health & Wellbeing is so important - and then some laughter **with the group!** This will be a shorter session than usual as Jo's time is limited, but we can continue to try it out after she goes.

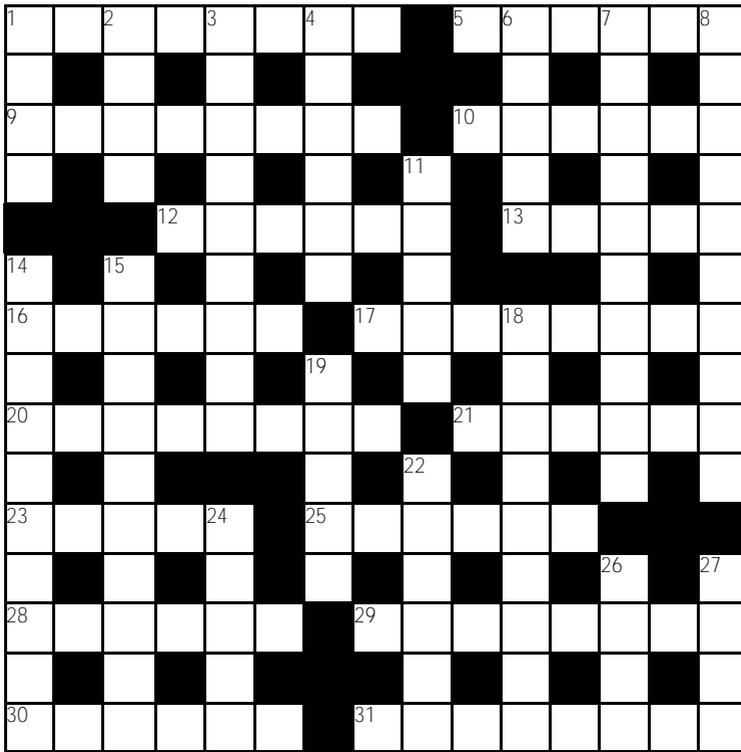


Other sessions coming up are:

On March 22<sup>nd</sup> at 2.30pm we'll look at some of the Cathedral's interesting brasses and memorials with Kenneth Hughes.

On 26<sup>th</sup> April at 2.30pm we'll find out more about Old Coates House, the oldest building in this part of Edinburgh. This will include its history, an account by Alison Howard of her time as a teacher in Old Coates House, the present uses, and a closer look at the building itself.

Everyone is welcome to all our sessions which start with tea and coffee and an opportunity to chat.



Crossword set by Elaine McCulloch Smith  
Solution in the March Magazine

Clues (**Scripture clues are always to be found in King James's Authorised Version**)

Across

- 1 A continual complainer or foreteller of disaster (8)
- 5 Sacred songs (6)
- 9 Investigated (8)
- 10 Decides results of competitions (6)
- 11 Business relations or transactions (8)
- 12 \_\_\_\_\_ Seabury (1729-1796), First American Episcopal bishop (6)
- 13 Monarchs (5)
- 16 Paid attention to (6)
- 17 Albert \_\_\_\_\_, (1879-1955) founder of theory of relativity (8)
- 20 Abroad (8)
- 21 Failure of the kidneys to produce urine (6)
- 23 Representation in sculpture or painting (6)
- 25 Sufficient (6)
- 28 Owners of large estates (6)
- 29 Relating to legend, parable or anecdote used to illustrate a point of law in Talmud (8)
- 30 Guard (6)
- 31 In addition, too (2, 4, 2)

Down

- 1 Thomas Hardy wrote a novel about this obscure person (4)
- 2 \_\_\_\_ Langford, TV presenter, partnered Anton Du Beke in Strictly Come Dancing (4)
- 3 Followers of Judas Maccabaeus (9)
- 4 A broad street lined with trees (6)
- 6 Courage and determination (5)
- 7 Hybrid of raspberry and American dewberry (10)
- 8 Belonging to female Christian martyr of Rome, feast day 11th August (2,8)
- 11 Assertion that something is true (5)
- 14 Records in a factual and detailed way (10)
- 15 The making known of something that was previously secret or unknown (10)
- 18 **where he had been brought up; and, as his custom was, he went into the.....**  
Luke 4 (9)
- 19 The king who authorised the translation of the Bible 1611 (5)
- 22 **They built Hadrian's Wall (6)**
- 24 An official in the early Christian Church (5)
- 26 Short description in verse or prose of picturesque scene, esp. in rustic life (alt. spell.) (4)
- 27 Deeds (4)

Solution to the December/January Crossword

	S		W		A	A	R	O	N		C		S	
U	T	A	H	A	N		E		A	C	A	C	I	A
	U		I		T		D		T		T		L	
A	D	O	N	A	I		W	H	I	S	T	L	E	R
	I		N		P	D	O		V		L		N	
D	O	V	I	S	H		O	P	E	R	E	T	T	A
A			E		O		D			O				S
V	E	R	D	A	N	T		A	D	D	R	E	S	S
I				S			C		R		E			E
D	E	C	L	A	R	E	R		O	C	T	E	T	S
	A		A		E		Y	F	W		I		I	
E	G	G	Y	O	L	K	S		S	P	R	U	C	E
	L		M		I		T		I		A		K	
C	E	D	A	R	S		A		L	I	L	I	E	S
	S		N		H	O	L	L	Y		S		Y	

# Same Sex Marriage

## Update on the process of consultation for St Mary's Cathedral



Following my previous two articles on the discussions around same-sex marriage in the Episcopal Church, I would like to give you an update on our current position and let you know about a future opportunity to discuss this matter further.

As I reported previously, the long and careful process whereby the SEC has decided to allow its clergy to opt in to the legal provisions for the marriage of people of the same sex is now complete. The position we are now in as a church is that individual clergy may ask their bishop to nominate them to conduct same-sex marriages. As part of their consideration of these applications, each bishop will seek reassurance that there has been an opportunity for congregations to discuss this matter and that the Vestry (Cathedral Board in our case) has also given consent for the use of the church building for same-sex marriages.

In the Cathedral, we began this process by offering a chance for members of the congregation to share their views. This was followed up with a discussion by the Cathedral Board, who recommended a further opportunity for discussion for those who would like to explore this matter in more depth. To this end, we would like to hold a meeting on **7 March at 7.30 in the Chapterhouse** for which some preliminary reading material will be made available.

The Provost and I both intend to seek the bishop's nomination to the Registrar General to allow us to conduct same-sex marriages and would welcome the opportunity to discuss the issues raised by this change in our church's practice with anyone who would like to join in the conversation. As a contribution to that conversation, I would like to share some of my own thoughts on how my

understanding of marriage has developed in the course of this process.

I was very pleased when the legislation to recognise same-sex partnerships was introduced as I felt that this gave same-sex couples the same legal protections and, just as importantly, recognition as a valued part of our society in the way that couples of different sex are. I was also keen that the church should recognise this change in a formal way, perhaps by offering blessings of civil partnerships, to make it clear that homosexual Christians are fully part of a church which has, at times, been shamefully discriminatory and even condemnatory of its homosexual members. There are, of course, many arguments around the few places in scripture which appear to condemn homosexual behaviour, but these few texts are complex and certainly cannot be taken to refer to the kind of stable, monogamous same-sex relationships that exist in our own society. It also seems to me that the overwhelming message of the Gospels (which do not refer at all to homosexuality) is one of God's unconditional love for all people who are all alike called into a new household of faith, irrespective of their social standing or identity.

This last point is important in considering the one stumbling block that I could potentially see in recognising same-sex partnerships as marriages, and that is the general capacity (not realised in every instance) of male-female marriages to procreate. In discussing the extension of our understanding of marriage to same-sex couples, there needs to be a clear theological case to make which sees the bearing of children as an integral part of the Christian understanding of marriage, though not one that must be present in every case. For me, the key to this theological shift is the emphasis of marriage as a sacrament of the New Covenant which surpasses, though does not abandon the provisions of the old. Under the first covenant, the reproduction of the human race is seen as a key element of humanity's place in God's creation. In the new covenant, the emphasis is on the Kingdom of God, the new creation, in which primacy is given to following the way of the gospel. Under the gospel, humankind now takes on a further calling to establish Christ-like relationships of reconciliation and self-giving love and these features should mark Christian marriage as much as any other relationship in which we participate. Thus, marriage becomes one way of picturing the Kingdom of God, a 'little church' to use a traditional phrase. It strikes me that a same-sex marriage is no less able to aspire to this calling than one between a woman and a man. Indeed, to include same-sex marriages in the Christian understanding of marriage can be seen as a sign of the Kingdom – a sign that all of our human relationships are reconfigured in the light of Christ's self-giving love and that they are always focussed beyond themselves.

I look forward to the opportunity to discuss these and other aspects of Christian Marriage when we meet on the 7<sup>th</sup> of March. If you would like to receive reading material in advance, please email me at [john.mcluckie@hotmail.co.uk](mailto:john.mcluckie@hotmail.co.uk).

# **WORLD DAY OF PRAYER**

Friday 2<sup>nd</sup> March 2018

**‘All God’s creation is very good!’**

Written by Christian women of Suriname

**Palmerston Place Church**

**2.30pm**

**All Welcome!**

Every year on (or near) the first FRIDAY in MARCH, Christians around the world (Protestants, Roman Catholics, Orthodox, Evangelicals) of all ages (women, men, young people and children) gather in small groups and large congregations using the same basic form of worship, written by women of a different country each year on a theme chosen by the World Day of Prayer International Committee.

In this service we think about creation, ‘All God’s creation is very good!’

*What can we do to care more effectively for our amazing and beautiful planet?*

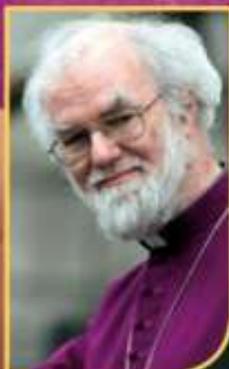


Wednesday 21 March 2018

*Visit to Edinburgh by*

# Dr Rowan Williams

104th Archbishop of Canterbury



## An Evening with Dr Rowan Williams

Dr Rowan Williams is acknowledged internationally as an outstanding theological writer, scholar and teacher. He has been involved in many theological, ecumenical and educational commissions. He has written extensively across a very wide range of related fields of professional study - philosophy, theology (especially early and patristic Christianity), spirituality and religious aesthetics. He has also written throughout his career on moral, ethical and social topics and, since becoming archbishop, he turned his attention increasingly on contemporary cultural and interfaith issues.

In conversation with Professor Mona Siddiqui, Professor of Islamic and Interreligious Studies, Assistant Principal Religion and Society, Dean International, Middle East, the University of Edinburgh.

Chair: Ewan Alken, Chief Executive Officer of the Edinburgh Cyrenians  
St Mary's Cathedral, Palmerston Place, Edinburgh, EH12 5AW

Wednesday 21 March 2018

Registration: 6.30pm-7.15pm. Event: 7.15pm-9pm

Cost: £10/£8 (Concessions) £3 (Students)

*For a Registration Form:*

Contact: Neil Walker, mesp2018@hotmail.com, 0131 331 4469

## CHRISTMAS SHOEBOX APPEAL – THANKS

Our first collection of Christmas shoeboxes for local young homeless people was in 2005 and so 2017 was our thirteenth year.



The interest in participation in this annual event has grown steadily to the extent now where a number of people who have no Cathedral connection bring a box (in some cases more than one!) to contribute to our collection. The project seems to appeal to many people because it is a very practical way of sharing their good fortune and giving a Christmas gift to

someone who otherwise would receive nothing.

Currently there are around 900 young homeless people (under 25 years of age) in Edinburgh. It is difficult to be precise about the numbers as many are hidden and ‘sofa surf’ with friends. The primary reasons for being homeless are relationship breakdowns and/or request to vacate current accommodation. This younger group often are very vulnerable and lacking the skills to cope with their multiple problems. Many have no family contact and feel isolated and struggle to manage independently. They rely on the services of agencies like the Rock Trust to cope with daily life. For such young people receiving a goody-filled shoebox at Christmas is a great morale booster.

The shoebox project has been supported for many years by other Episcopal churches – Church of the Good Shepherd and St Margaret’s Easter Road, and latterly Old St Paul’s.



Ecumenical contacts by Cathedral members with St Andrew’s RC Church Ravelston led to their participation at Christmas 2013 and they have been involved every year since.

The appeal at Christmas 2017 resulted in over 250 shoeboxes being donated.

Most of these went to the Rock Trust but we were able to give 42 to Stopover for their residential hostels in Grove Street plus 6 to Women’s Aid for teenagers



living with their mothers in the refuge. Within the Cathedral there were 129 boxes which included contributions from Old St Paul's and St Georges School for girls and added to this were a further 41 shoeboxes from St Margaret's, Easter Road, 30 from the Church of the Good Shepherd and 50 from St Andrew's RC Church Ravelston.

Cash donations amounting to £65 were passed to agencies to use for Christmas emergencies.

This has been a tremendous result and we thank everyone who supported our appeal and ensured that many young homeless people in Edinburgh received a Christmas gift.



**Sunday Introductions at St Mary's Cathedral**  
**Palmerston Place, Edinburgh**

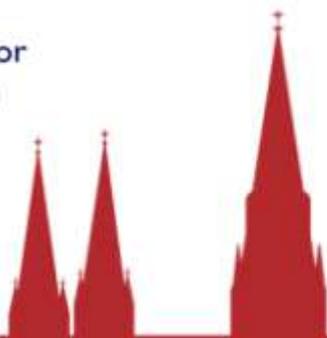
**All most welcome at any of these introductory talks,  
held on Sundays in front of the High Altar,  
12 noon to 12.45pm**

**28 January 2018**  
**Revd Canon John McLuckie**  
***An Introduction to Meditation***

**18 February 2018**  
**Nancy Adams, Chair of the Board of Trustees**  
***An Introduction to PLACE FOR HOPE***

**18 March 2018**  
**Carrie Alderton, Edinburgh Interfaith Association**  
***An Introduction to the OUR STORY project***

For further information,  
please see weekly service sheets or  
email [faithandgrowth@gmail.com](mailto:faithandgrowth@gmail.com)





### **King Charles Service 2018**

The annual Royal Martyr Church Union Service will be held in the Cathedral at 11.30 am on **Thursday 1st February 2018**.

As usual the Service will be the 1637 Scottish Liturgy, at which the choir will sing an anthem.

**The preacher this year will be the Primus**, the Bishop of Moray, Ross and Caithness, the Most Rev Mark Strange. Bishop Mark was brought up in Aberdeen, attending Hazlehead Academy before moving on to study Theology at Aberdeen University, and then Lincoln Theological College; and he has served the vast majority of his ministry in the diocese of Moray, first as Rector of Holy Trinity, Elgin, where he was also Priest in charge of the churches of St Margaret's, Lossiemouth, St Michael's, Dufftown and St Margaret's, Aberlour. He now lives near Inverness. He has an interest in Scottish History, and often attends and gives the blessing, in Gaelic, at the Annual Commemoration of the Battle of Culloden. He was elected Primus of the Scottish Episcopal Church in June 2017, and attended John's installation as our new Provost.

After the Service there will, as usual, be refreshments, to which all are welcome, when we will 'toast' the Diocese of Edinburgh, founded by King Charles I in 1633.





## The Cathedral Walkers

DO YOU LIKE TO WALK?            DO YOU LIKE TO TALK?  
Why not join the Cathedral Walkers where we do both!

The “Walk and Talk” group meets once a month usually on the first Thursday of the month and the purpose of the group is to provide Cathedral people with the opportunity to get to know each other while enjoying a walk together.



In the sunshine at the start of the walk (Balerno)

Since the publication of the last Magnificat we have had two walks. On Thursday 7<sup>th</sup> December 2017 nine of us walked from Balerno along by the Water of Leith to Slateford and then we followed the footpath by the Union Canal to Meggetland. In spite of a gloomy weather forecast we enjoyed a dry, cool day ideal for walking. Liz and Alistair Armitage kindly invited the group to their home for lunch and this was a most sociable and enjoyable occasion and much appreciated. The total distance was 7.5 miles.

Our first walk of the New Year was on Thursday 4<sup>th</sup> January 2018 when we walked from Barnton via Laurieston Castle and Silverknowes to Cramond harbour. There were six participants and all completed the 5 miles, ending at the Cramond Bistro for a snack lunch. Again the weather forecast had been very poor but we completed the walk before the rain arrived.



In the Japanese garden at Laurieston Castle

Our next walk is on Thursday 1<sup>st</sup> February 2018 and in response to a special request will be a repeat of a walk we undertook in Spring 2014. We will meet at the Shore in Leith and proceed to Ocean Terminal. From there we will walk towards Granton and at Trampinch we will join the old railway line. That will take us to Victoria Park and from there we will re-connect with the path by the Water of Leith which we will follow back to the Shore. The total distance is about 5.5 miles and there are either pavements or firm pathways throughout.

As usual I will be sending out details closer to the date to those on my email list.

Newcomers always are welcome so please let me know if you would like to join us.

John Spencer

## Retreat in Daily Life: Fruits for all

Browsing through the Cathedral library recently a little book entitled *The Plain Man Looks at Himself* caught my eye. The title of this 1960s classic by William Purcell (which although dated in some respects still contains much of relevance) seemed to sum up perfectly the idea behind the Retreat in Daily Life which took place during Advent. This ‘looking’ is something that many of us, for whatever reason, neglect or shy away from, but once we try it we may be surprised at the rewards it can bring. Paradoxically, it is by taking the time to look in that we can then look out in new and different ways, and through this not only understand ourselves better but perhaps more importantly become ever more effective agents of God’s love and power in the world. And it seems that there is no end to this process (somewhat unfortunately!) – whatever stage of life we are at there is always something more to learn, about ourselves, about what God is asking of us, and about how we can best respond.



The retreat offered a rare opportunity to embark on some ‘looking’ within a gently structured and supportive arrangement in the context of everyday life. Each of us taking part was paired with a specially matched ‘companion’ who we met once a week throughout Advent, to explore various aspects of our faith and inner life. Framing this we gathered as a group at the Cathedral at the beginning and end of the retreat, which fostered a reassuring sense of connection. We were invited to share as much or as little of our hopes and discoveries as we wished. At the final meeting all were unanimously agreed on the profound value and benefit of the experience, and were keen to continue and build on what we had learned, as well as commend it to others.

A key element of this type of retreat is the juxtaposition of normal day-to-day life, with its inevitable challenges (as well as joys, we hope), and periods of quiet reflection, whether in the form of conversation with one’s companion or other helpful methods such as a review of the day, imaginative contemplation of Bible passages, and keeping a journal of thoughts and observations. This creates a sense of space around events in which valuable insights, especially regarding our reactions and choices, are allowed to arise, rather than being drowned out

by the constant busyness and distraction. The fact that time could be found for such reflection, even during the hectic Advent season, was a salutary lesson. And once the time was found and the benefits realised, any notion of chore evaporated.

On a personal level the retreat gave me a keener awareness of the inexhaustible supply of love, strength and wisdom that is available unconditionally for us to tap into when we need it. It reaffirmed that the deepest, truest satisfaction is not to be found where our mainstream



culture and society would have us think. It strengthened a growing conviction that although God's ways are certainly often not our ways, we can trust Him – but that this is no passive relationship. We must constantly have our aerials up, listening, observing, discerning, and broadening our horizons, and taking ever greater responsibility for our actions and choices in the world. We are each engaged in a unique and delicate double act and it is up to us to play our part wholeheartedly. It may not be easy, but it is right.

So, whether you are feeling lost and alone, a bit stale and jaded, or quite happy and comfortable but curious to explore the greater depths of life and faith, do not be scared of trying some 'looking'. Within the context of something bigger than ourselves, it is not at all a self-indulgent pastime but rather a joyous, liberating one which can help us to understand why we are here.

*Erica Schwarz*

## **Travelling in trust**

For the past three years, I've measured my life in Virgin train tickets, shuttling regularly between Edinburgh - our new home - and London, where our elderly parents still live. It strikes me that a 'Retreat in Daily Life' is rather like opting to spend time in the Quiet Coach of the train, trading the chatter of distracting devices for a space that welcomes silence. You're not being cordoned off completely, you're still on the move but there's an offer of another way to travel.

What's more, imagine that you have the opportunity to meet up with a companion traveller who has the gift of listening with a lively empathy, who

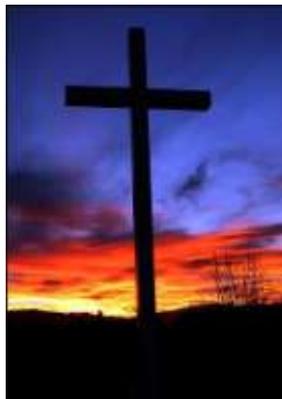
feels no need to interrupt any pauses that spring up between you, who isn't tempted to dispense advice or pass judgement. In short, someone who allows you to feel at home with yourself in a way you had almost forgotten.

The poet John O'Donohue writes:

*When you travel  
A new silence  
Goes with you  
And if you listen  
You will hear what your heart would  
Love to say.*

For me, a Retreat in Daily Life has been an invitation to do just that – along a route and at a pace I have been able to explore for myself – and alongside a companion who has been sensitive to the questions, puzzles, anguish and wonder that have arisen within me as I travel.

When I first took part in such a retreat, my prayer guide offered me the gift of an acute and generous listening. Her receptiveness and lack of judgement encouraged an honesty that allowed me to articulate my true feelings, desires and fears. She didn't prescribe solutions but often asked perceptive questions that prompted me to look again and listen again. Sensing my love of the visual, she opened up my imagination to new ways of exploring my relationship with a God who is within me and all around me. She helped me to tune into the calls for growth both in what irks and what inspires.



Now, as I begin my own journey as a prayer guide, I am discovering again, through another's eyes and ears, the myriad, often subtle, ways in which God reaches out to us as we move through the day – over breakfast, during a walk, catching a bus. Kerry Hardie notes how the Trinity beckons in:

*God the curlew, God the eider,  
God the cheese-on-toast.*

We don't know what our journey holds. There may be signalling failures, unforeseen delays and the odd detour. There may also be surprising and breathtaking vistas. If we can tune in to the inner frequency of our hearts where God rests, we can travel in trust, bracing ourselves for an exhilarating ride.

*Rissa de la Paz*

Our Advent Retreat in Daily Life had a positive impact for everyone who participated. If you would like to give an RDL a try, we are able to offer an opportunity after Easter - this will only happen if people express an interest by the end of February. If you would like to know more, email me on:

[marion.chatterley@gmail.com](mailto:marion.chatterley@gmail.com). *Marion Chatterley*.

## **From the Registers**

### **Baptisms**

Hermione Charlotte Ruth Jones  
Jasper Charles Delamere Wilson  
Jackson Jerzy Sergeant

### **Marriages**

Lucy Linforth and Michael Wood  
Laura Warwick and Alastair Harris  
Jennifer Devine and Duncan Weir

### **Funerals**

Mary Macintosh  
David McMullen

# LIGHT A CANDLE



Creator God,  
You created a beautiful world for all your children.  
As we taste and smell the fruits of this creation help us to remember those who farm the land to grow them. Help us live in a partnership of love and support with those who produce our food and drink so that we might enable others to feed their families and create a sustainable future.

(Source: [fairtrade.org.uk](http://fairtrade.org.uk))



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If you or one of your family are sick or have gone into hospital, please let the Clergy know as soon as possible; and if you want them for any reason, please never hesitate to telephone.

Please consult the Clergy before any arrangements are made for Baptisms, Weddings or Funerals.

We are always delighted to hear of boys and girls, men and women who:

- Would like to be trained as Servers
- Would like to help with the Sunday Groups for children
- Would like to help with coffee
- Would like to help as Stewards or at the Welcome Desk
- Would like to train as bell-ringers
- Are interested in helping with flowers
- Are thinking about doing some visiting
- Have some gifts they would like to offer to the Cathedral.

Copy date for the May edition is 22 April 2018

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