



THE SHUTTLE

**Marchmont St Giles'
Parish Church
At the Heart of the Community
September 2021**



1a Kilgraston Road, Edinburgh, EH9 2DW

Meeting Matters

Log on to zoom and enter

11.00 Tuesday Coffee and Chat
19.00 Wednesday Knit and Natter
12.30 Thursday Bible Study

Meeting ID & Passcode

871 4334 6070 769804
841 7353 9259 124667
789 934 6394

In person

12.30 Tuesday Butterflies Plus Inchkeith/Inchgarvie

September

12 10.30 Morning Worship
14 14.00 Guild Meeting - The way forward with Karen Gillon
19 10.30 Morning Worship
26 09.45 Early Service
10.30 Morning Worship

October

3 09.45 Early Service
10.30 Morning Worship- Harvest Service
**Closing date for material for the next issue of
The Shuttle**
10 09.45 Early Service
10.30 Morning Worship

Front Page

'Summer' - an art installation spotted at RHS Harlow Carr, one of four representing the seasons. and created by contemporary American artist and filmmaker Philip Haas.

Monumental sculptures made for garden lovers

The four and a half metres tall fibreglass heads are three-dimensional interpretations of Renaissance paintings created by Italian artist Giuseppe Arcimboldo in the late 16th-century.

The exquisitely detailed pieces imagine spring, summer, autumn and winter in human form, rendered in exuberant and thought-provoking arrangements of seasonal fruit, vegetables, flowers and crops.

Reflection

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7

Friends,

Soon a new Presbytery Plan will be produced and once it is agreed with the General Assembly Committees, we will get to talk about where the future is taking us. One thing is for sure, we will be working closer with the other Congregations in the area.

The first positive step towards that is in the Guild which will begin a new chapter in its story. Next Tuesday (14th) women and perhaps a few men, from the other five Congregations in the area will gather in Marchmont St Giles' at 2pm to hear from the Associate Secretary of the Guild, Karen Gillon. There will also be an opportunity to talk together about how we might wish to move forward. We might consider meeting in different places. We will talk about whether an afternoon is best, perhaps an evening, or even which day will be best.

While change may bring its challenges, it also brings opportunities. Those of us who have been through change in our places of work, know that change can bring concerns, but it sometimes can be for the better in the long term.

Whatever the future brings for Marchmont St Giles', we are called to walk forward in faith and to see the new people we will encounter as friends, who like us, may feel uncertain.

As the schools go back and still are challenged by how to keep children, teachers, teaching assistants and administrators safe and healthy, let us pray for them. My own son has been through 2 sets of exams during Covid and for the best part of 2 years, his schooling has been significantly disrupted. Everyone has done their best, but his main memory of school is S3, as he begins S6. It may not seem that long a time to us, but to children it is a huge part of their memories and experience. Let

Us hope that this year, neither brings too much disruption nor ill health and they can all have a nurturing and anxiety free year.

If that is our hope for them, it is also our hope for each and every one of us. While we need and want to open up and do more things, we still must take care, being respectful for our health and the health of each other.

It is in testing times that the letter to the Philippians was written. Even in the darkest of times, St Paul asked the people to "*rejoice in the Lord always*". That can be quite an ask, but we are assured that in prayer, God hears us. I know I have had a few words in the last year with God, that I haven't had before. There have been dark days, but there has also been the assurance that God is with us and hears our cries, as well as our laughter.

Let us pray for the people who have been tasked with discerning the way forward for Edinburgh Presbytery and as we also join with West Lothian on 1st January 2022, let us pray for everyone who we are called to share Christ's Good News with here and now.

Take care, Karen

Daily Lectionary

September

Sunday 12th : Mark 8: 27-38
Monday 13th : Romans 3:9-20
Tuesday 14th : Colossians 3:1-11
Wednesday 15th: Psalm 73:21-28
Thursday 16th : Judges 6:1-10
Friday 17th : Proverbs 30:18-33
Saturday 18th: Matthew 23:29-39
Sunday 19th : Proverbs 31:10-31
Monday 20th : James 4:8-17
Tuesday 21st : Psalm 128
Wednesday 22nd: Ecclesiastes 5:1-20
Thursday 23rd : Esther 1:1-21
Friday 24th : Acts 12:20-25
Saturday 25th : Matthew 5:13-20:
Sunday 26th : Psalm 124

Monday 27th : 1 Peter 1:3-9
Tuesday 28th : 1 John 2:18-25
Wednesday 29th: Esther 8:1-17
Thursday 30th : Job 2:11-3:26

October

Friday 1st : Romans 8:1-11
Saturday 2nd : Luke 16:14-18
Sunday 3rd: Psalm 8
Monday 4th : 1 Corinthians 7 1-9
Tuesday 5th : Psalm 55:1-15
Wednesday 6th : Job 15:1-35
Thursday 7th : Hebrews 3:7-19
Friday 8th : Deuteronomy 5 22-33
Saturday 9th : Matthew 15:1-9



Church of Scotland Guild
a new beginning

Come along to a taster session
of the new joint Guild
for
Grange, Marchmont, Mayfield,
Newington and Priestfield

Tuesday
14th September
2pm
Marchmont St Giles'

Come and hear Karen Gillon, The Guild
Associate Secretary talk about the Guild and
moving forward into the future

Make a date
Saturday 25th September
Marchmont St Giles'



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CANCER SUPPORT

AROUND THE AISLES

Here we are at the beginning of September already when our thoughts turn to the 'normal activities' that resume after the summer break. As last year we have a new normal to get to grips with but with many of us having had one or both jabs we can look forward with more hope in our hearts while observing the remaining restrictions.

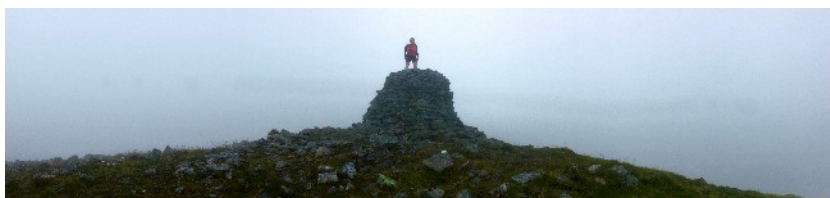
Over the summer we have seen members of the congregation get up to all sorts of activities and the following pages record some of those.

As you'll see there's a bit more substance to the calendar, Butterflies Cafe's operating hours have been extended to open until 3pm daily serving a variety of drinks and snacks and Butterflies Plus has been relaunched, they will now offer a Community Lunch in Inchkeith/Inchgarvie on Tuesdays (see page 17).

Later in the month we will take part in Doors Open day, a video has been prepared to highlight some of the notable graves in the Grange Cemetery and folks will be encouraged to visit the church too. That weekend also coincides with the largest Coffee Morning in the World in aid of Macmillan. Come up to the cafe on Saturday morning and support this marvellous charity.

Volunteers are needed to help with coffees/ steward on that day, please contact Kate via the church office for more details.

If you are looking to join in the Bible Study each Thursday the subject will be 1 Peter.





Claire Pollock of Ardross Farm in Fife undertook the ambitious task to create a maze in a stunning sea of yellow flowers on the banks of the Firth of Forth at the behest of Church of Scotland minister. Douglas Creighton.

He said his congregation wanted to recognise the promise of better days ahead.

The "Field of Hope" is a "spectacular" celebration of the amazing community spirit that people across the East Neuk of Fife showed one another during the COVID-19 lockdown.

Mr Creighton, minister of East Neuk Trinity Church linked with St Monans, said local charities have struggled to fundraise over the last 18 months and the congregation and the Pollock family wanted to support them so they can continue helping people most in need.

Explaining the idea behind the project, he said: "Hope is at the heart of the Christian message and the Church is built on hope, even in the darkest of times.

"As we enjoy the bees, ladybirds and wild flowers, we all need to think about ways of better looking after God's creation.

Harvest 2021

Gifts for our service will be gratefully received before the service, afterwards they will be donated to FoodShare at Richmond Craigmillar Parish Church. Speaking recently Rev Liz Henderson gave thanks for our help saying "it does make a difference."



Holidaying in
North Berwick

The best bit of the
summer for the
Welburn children.



Our Church Family News



We give thanks for the life of:

Mrs Dorothy White, a resident of the parish, who
died on 5th July.

An interview with Holly Anderson for completing the West Highland Way with her dad, Nigel Anderson in July 2021, raising money for Parkinson's UK.

Why did you take on the West Highland Way?

"Because it seemed fun, and I like walking."

When did you choose to raise money for a good cause and why Parkinson's UK?

I decided to raise money just after I signed up for West Highland Way and I chose Parkinson's UK because my Grandpa has Parkinson's.

You must have realised you were taking on 96 miles of hills and the Scottish weather?! How did you train and prepare yourself for the challenge?

"I went on practice walks with my dad around Edinburgh and Plockton."

Was there any specific equipment you needed to buy?

"I'd never had proper walking boots before, so my dad took me to Tiso for a full measurement. The boots were very comfortable."

How did you choose where to stay?

"We didn't have much of a choice, because the walks were in the middle of no-where most of the time."

Which was your favourite overnight stay and why?

"My favourite hotel room was Kings House, because it had just been refurbished, the bed was really comfy and the TV was really big! The best meal was when we were in Kinlochleven, when I had chicken, stuffed with haggis, wrapped in bacon, with mash potato and cheese sauce, with of broccoli and carrots. We'd walked 13 miles, mostly uphill, so I was really hungry!"

Did you ever realise you were going to raise as much as you did for Parkinson's UK?

"No. I thought I was only going to raise £250. Getting over £1,200 is pretty cool."

So, what's the most memorable part of your trip, and would you do it again?

"The finish! Only joking. It was really exciting. It was just cool that we finished it, when many people don't. There was only one bad midge day and two rainy days, the rest were pretty good, so people shouldn't be put off by that. I would do it again. We are looking at the East Highland Way next if anyone wants to join us (Fort William to Aviemore - 83 miles)!"

Holly on the West Highland Way



Nadine and Ketchup at the summit of Sail Chaorainn

Climb every mountain - on the way up. Nadine and Haydn rising to the challenge



Munros in a day challenge

When Nadine told me that her hill running club, Carnethy, were planning to climb all 282 Munros in a single day, many people would have thought they were crazy. But after a few years of this I already knew they were crazy, so my question was, simply, 'when?'.

For the uninitiated, Munros are mountains in Scotland over 3000 feet (914 meters) in height. They were first listed by Sir Hugh Munro in 1891, though he never climbed them all. The first recorded person to climb, or 'bag' as it is now known, all the Munros was Revd A E Robertson in 1901. Fast forward to 2020, and Scottish running coach Donnie Campbell broke records by running all of them (and even cycling between them!) in just 31 days, climbing 126,143m and running 833 miles.

And we were hoping to do it in a single day.

As with all organisational feats, there was a spreadsheet involved. I can't quite remember when, but I do remember pouring over a combination of maps, diaries, and a handy sign-up sheet provided by Carnethy hill running club. Nadine and I had climbed a number of Munros before (Nadine is winning...), so we were keen to tackle something new. We were also a little late to the party, so all the easy ones were taken. Finally, down near the bottom of the list, we spotted an opening. Loch Clunaie, Invergarry. A mere four hour drive from Edinburgh. Five giant peaks with no one else keen...or willing.

We would be joining an enthusiastic and very experienced mob of around 120 hikers, climbers, and hill runners, including world champions and record breakers. Weather-beaten trail runners, for whom whole 50 miles a day was simply a standard Saturday. Nadine is the real hill runner in the family, so it's fair to say I feel a wee bit of pressure. Thankfully, I was relying on our secret weapon – Ketchup, our Irish Red Setter, who has done about as many hills as me, and can pull me up at around 20 miles per hour on a good day.

The alarm buzzed at 5am. Normally one for a bit of a Saturday lie in, we bounced out of bed with plenty of beans...though the coffee we'd readied the night before was still more than welcome. Bundled into the car under a Portobello dawn, we'd made

it to the Cairngorms by seven, with enough time to catch a final good luck message to the group from BBC Out of Doors before we ran out of radio signal. Mountains loomed out a cloudy mist all around us. Winding grey roads, green hillsides, and the sparkling blue waters of Laggan and Lochaber. And, finally, we emerged onto the stunning view of Cluanie.

As records go, Carnethy's goal was not necessarily a new one. Edinburgh University Mountaineering Club completed a full Munro round in just 24 hours in the 1970s – without the internet, mobile phones, or GPS. Records are a little dated, and with various mountain re-classifications there were only 280 recognised Munros at the time, but this is still a remarkable achievement. Since the upgrade to 282 Munros around the turn of the century, at least a couple of clubs have given it a go. In 1988 over 2,000 people tried it in the Boots Across Scotland challenge. They failed to summit two Munros. Water Aid has tried several times and in 2007 came close...but still missed a couple. Carnethy's goal was not just 24 hours, but a single day.

As confirmation filtered through that the first summit had been reached, by 79-year-old Keith Burns, we all knew that gave us just seventeen more hours to complete the remaining 281 if we were to meet our self-inflicted midnight deadline.

10am, and we were still at the car park. Rucksacks loaded, last minute chocolate bars munched, and finally starting up the clear path ahead. Our first challenge was a cluster of three Munros on the east slopes of Cluanie. As we ascended, we were treated to ghostly views as the sweeping valley drifted in and out of the clouds. Before long – in fact surprisingly quickly – we reached the first summit, Carn Ghluasaid (cairn of movement), and the grand peaks of Glen Shiel and Kintail opened up before us. One down, four to go.

Now we had gained height, our path was fairly straightforward as we traversed a broad ridge to the next summit, gloriously framed by hill and sky on both sides. Within half an hour we were able to send through two further confirmations to the Carnethy team. Sail Chaorainn (rounded hill of the rowan tree), and the highest of the three, Sgurr nan Conbhairean (peak of the keeper), where we were treated to the finest views of the day.

Meanwhile, notifications were beginning to light up my phone as the rest of Carnethy began to reach their own summits. First a trickle, but soon a flood of pictures and pings, jubilant hill-runners clad in red regalia and celebrating in sun and rain alike. Slowly, but surely, our online Munro map was turning blue.

Our next challenge was to navigate our way through bog and heather, abandoning the path to cut our way west to the final two peaks. As the clouds began to fall, we were relying almost solely on GPS, the small blue dot leading us on. Eventually, a cairn loomed out of the mist - A'Chralaig (the basket).

With just one hill to go, the ground seemed to fall away. Our final destination, Mullach Fraoch-choire, translates as 'summit of the heathery coire'. The name does nothing to describe the gut-wrenching scramble to the summit. Dog lead in one hand, slippery cliff face under the other, we inched around rocky walls and over sharp boulder until, eventually, we made it. No great view awaited us, but a great sense of accomplishment.

While we had finished, the challenge had not. A growing sense of anxiety was creeping into team messages. Thirty hills to go – and no word from the Glen Shiel team. Twenty hills to go – Cairngorms completed, but a couple still to do on the treacherous Cuillin Ridge on Skye. As it passed 9pm, two things were clear. First, there were just two hills to go, two isolated peaks in Lochaber. Second, we were out of time. The lone runner still completed his round had been on the go since 5.30 am, and with less than three hours left, would not be able to reach the final peak before midnight.

Devastated, we were facing the prospect of completing 281 Munros, falling just one short...until two runners still in the region, just tucking into their pasta bake after a long day in the hills, were bundled into a van and told they still had a mountain to climb. As 9.30 struck, the cover team disappeared into the darkness and lost all phone signal. 90 minutes to drive, 60 minutes to climb. We waited, too nervous to sleep.

At 14 minutes to midnight, our phones lit up. Declan, the lone runner, had reached his final peak for the day. One hill to go. And then, with just 12 minutes to go, our phones lit up again! The cover team had reached the final summit. The 282nd Munro. We had done it.

Sunflowers

For many years, we have grown a variety of sunflowers in our garden. We are fortunate in that our front garden is on a corner, is relatively sheltered and gets a lot of sun, so with minimal effort most flowers we plant seem to grow well. We've always been fond of sunflowers – the dwarf varieties are always good as they seem to flower for weeks on end and add a cheery splash of colour.

We also grow some taller ones, and this year they have grown particularly well and are at least 10 feet tall. They seem to have caused a bit of a stir, with many people pausing to have a look or take a photo. There does seem to be something unique about sunflowers that they make people smile. Andrew Noble



A surprise virtual Edinburgh Marathon taking place on 26th September 2021, raising money for CrossReach, by Tanya Anderson

Regular marathon runners get into a routine, some running the same races every year. It's great to plan ahead, right? One marathon runner I've known since 2002, is the most planned, dedicated runner I've ever met.

Meet Tom. Tom has been running marathons for over 2 decades. His regular annual marathons being London and the Great North Run, quickly joined by Edinburgh in 2007 when I moved here. Tom and I don't run together, but we've always ensured we see each other after the event to say well done, and usually a well-deserved 'cheers!' His dedication and passion for running is unique.



Tom is on the Autistic Spectrum. His two biggest passions are railways and marathon running, and above all, raising money for good causes. When Tom has an event in the diary, it must happen. Why wouldn't it! Why would a capital city cancel a marathon?

In 2020 the London Marathon was postponed, then Edinburgh, then the Great North Run, we all kept encouraging Tom, saying that this would allow him extra time to train and prepare. September arrived and as you've already guessed, all the races were postponed again, 'until further notice.' When Tom finished the Edinburgh Marathon 2019, his first promise over dinner was that he'd raise money for CrossReach in 2020. He's never forgotten that.

Bring on the Edinburgh Marathon, 2021! I didn't get much notice to prepare, but luckily it just happens that I finished a half marathon as part of the Aberfeldy Triathlon a few weeks ago, so I should manage the 42 kilometres in a few weeks! Tom and I are also going to do the exact routine we do for every marathon, which is as follows:

Saturday, AM - Tom arrives by Train from London; PM Tom and John (Tom's dad) join us at home for a pre-marathon pasta supper
Sunday, AM - Tom, John and I meet at the starting line (we are going to run the exact route!), and this time I'm running with Tom the whole way; PM Order a curry take-away and Tom has already promised that he will bring the champagne! Wish us luck!

Butterflies Café has changed a lot over the last two years. January 2020 saw Judith retire, and myself, Nicci, take over with a new cook, Jackie, and a pool of new volunteers to fill the huge, massive, ginormous gap left by Judith. And then lockdown happened.

We shut down completely for eight whole months! Then we came back doing just take away for a few hours a day, then with a handful of tables and gradually we've come to something resembling the old Butterflies Café, opening 10am to 3pm, and at the beginning of October it will be 10am to 4pm.

We have a toy area again, and the soft seats have returned. All the tables and chairs are back in rows in the cafe, and counter service has resumed. We've even brought back the weekly sandwich special and bacon sarnies!

The other big return is Butterflies Plus, a hot lunch served in Inchkeith and Inchgarvie, the large room to the side of the cafe. The first week back was a huge success, with old and new faces coming along for parsnip and apple soup, shepherds pie, and a chat.

What hasn't changed is our reliance on volunteers. I am so grateful to every volunteer we've had, whether they've been with us the full 15 years, did their Duke of Edinburgh award, or just helped us out for a few weeks before starting a new job. We wouldn't be here without you, so thank you!

There are others we need to thank too. The larger group of volunteers within Marchmont St Giles', doing everything from deep cleaning, looking after the accounts and doing the shopping. Then of course there's the punters! It's been great serving everyone that's come through our doors, seeing all the faces we'd missed during lockdown and meeting new people who



were finding Butterflies Café for the first time.

Thank you all for the support over the last two years. It's been a strange adventure, and here we are, two years older, infinitely wiser, and ready for the next stage in this journey that we're all on. Nicci

National Giving Day

A new initiative by the Church of Scotland is encouraging congregations to take part in National Giving Day. Marchmont St Giles' will participate on Sunday 3 October.

This will provide people of all ages an opportunity to reflect on God's presence with us through these challenging times and to offer gifts of thanksgiving back to God.

Money received through this initiative can be used however we choose. It has been decided that we will use these gifts to offset deficits, taking into account the challenging financial circumstances we have faced over the last year.

If you wish to participate, and I hope you will, please do one of the following:

1. Use the 'donate' button on the Church website and in the comments section write 'National Giving Day'
2. Put cash or a cheque made out to Marchmont St Giles' in an envelope marked 'National Giving Day' and hand it in to the office or put it in the collection plate on or before 3 October
3. If you do online banking you can give a donation this way but please indicate that it is for National Giving Day (or email me to let me know: treasurer@marchmontstgiles.org.uk)

I was particularly struck by the following message on the Church of Scotland website:

'God has already blessed you. Think about it! You can choose to hold onto those things and keep them for yourself or you can choose to have a giving heart and, in turn, blessings will be given back to you. We give because we want to share God's love and generosity with each other.

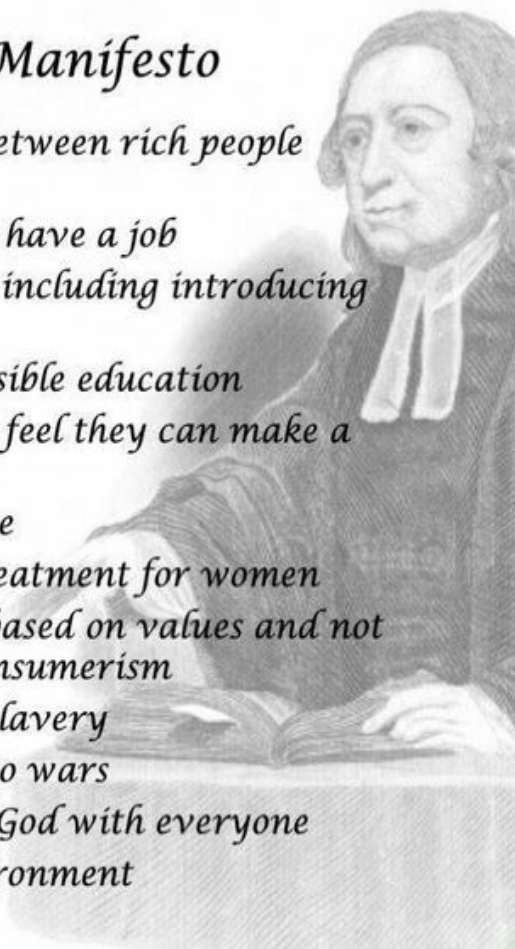
Having a giving heart blesses others and it blesses you. That's a win-win situation.'

Jessica McCraw, Treasurer

And finally

John Wesley's Manifesto

- 1. Reduce the gap between rich people and poor people*
- 2. Help everyone to have a job*
- 3. Help the poorest, including introducing a living wage*
- 4. Offer the best possible education*
- 5. Help everyone to feel they can make a difference*
- 6. Promote tolerance*
- 7. Promote equal treatment for women*
- 8. Create a society based on values and not on profits and consumerism*
- 9. End all forms of slavery*
- 10. Avoid getting into wars*
- 11. Share the love of God with everyone*
- 12. Care for the environment*



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