

St Columba's
Scottish Episcopal Church
Largs



February 2019



‘Open me the gates of righteousness: and I will enter and give thanks to the Lord.’

Psalm 118:19

The Scottish Episcopal Church is a self-governing province of the world-wide Anglican Communion. This is a family of over 70 million Christians in more than 160 countries. Our nearest relations are the Church of England, the Church in Wales and the Church of Ireland. Through the Porvoo agreement we are also in full communion with many other branches of the Church.

St Columba's in Largs, is one of over 60 Episcopal congregations that work and worship within the Diocese of Glasgow and Galloway. We are part of Ayrshire Region and our neighbours include congregations in Ardrossan, Dalry, Irvine, Troon, Kilmarnock, Prestwick, Ayr and Maybole.

The area covered by St Columba's includes Largs, Skelmorlie, Fairlie and West Kilbride and ecumenically we play a very active part in Largs Churches Together.

SERVICES AT ST COLUMBA'S

Sunday: 8.00am Said Eucharist

11.00am Sung Eucharist (*Choral Matins on second Sunday of the month*)

Check noticeboard for details.

Refreshments are served in the hall following the 11.00am service

Wednesday: 10.00am Said Eucharist (*Scottish Liturgy 1970*)

Festivals and Saints Days as announced

The Daily Offices of **Morning Prayer** (8.00am) and **Evening Prayer** (5.00pm) are offered publicly in church on most weekdays.
Please check the church noticeboard for details.

The church building is also open for private prayer on most days.

We welcome all regardless of age, gender, race, ability, social class, sexuality or any other defining characteristic that may otherwise be used as the basis for discrimination.

Like us on Facebook and Visit our website:

largs-church.co.uk

Dear Friends,

“The LORD you are seeking will come to his temple; the messenger of the covenant, whom you desire, will come,” says the LORD Almighty.” These words from the beginning of the third chapter of the book of the prophet Malachi would have been well known to the ancient Israelites.

It is a passages we may know from Handel’s ‘Messiah’; words that Christians recall on the Feast of the Presentation. This is usually kept on 2 February and celebrates the day in which Mary and Joseph brought the Christ Child to dedicate him to God as their firstborn Son.

Although the Temple in Jerusalem was as busy as always that day for most it was just like any other. People were going about their usual business, completely unaware that the Messiah was, in fact, there in their midst. Only Simeon and Anna, in their old age, were open to the possibility that this ancient prophecy might, in fact, come about within their own lifetime.

What is striking to me is the truth is speaks; that God does, indeed, come among us. He does so often at unexpected times and in unusual ways. I guess few, that day so long ago, thought for a minute that the Lord would come as a helpless infant; one dependent on the actions of his earthly parents. Yet, this is exactly how it was. The longed for Christ arrived and most missed the event completely.

Today God still comes to us, in many ways and in many circumstances. Only if we are expectant, and use the eyes of faith, will be discern his presence and be able to respond in loving praise and celebration.

How might the Lord suddenly appear in our life? What new life might he bring to us and to those with whom we live and work?

Our God is a God of surprises. Let us be open to all he seeks to be and to do in our midst today.

Yours in the faith,

Gordon

Years Mind

*Please remember before God those who have died
and whose year's mind falls in February.*

FEBRUARY

1st Ann Estill, Florence Powell, Bill Chalmers
2nd Di Sugden, Richard Yeomans
6th Catherine Rodger, Peter Driver
9th Joan Jolley
10th Bill Russell, Avril Watson-Stewart
11th Marjorie MacDonald
14th Ed Duncan, Olive Robinson, Catherine Foster
15th David Johnston, Elizabeth Doull
17th Billy Rodger
18th Elisabeth Willetts
19th Mary Williams
20th Liam Chalmers
22nd Jennie Stewart, Tom Gillies
27th Jean Mensing, Norman Spragg
28th Ken Bills



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**Note of Vestry Awayday held on
12 January 2019
at St Bartholomew's
Episcopal Church, Gourock**

Present: Rector, Ray Young, Chris Evans, Linda Young, Tim Johnson, Janine Millward, William Ferguson, Stuart Robertson and Andrew Reid

Apologies: Alice MacDonald and Annemauraide Hamilton

In attendance: Euan Fulton, Director of Music

The Awayday commenced with Morning Prayer.

Duties of the Vestry and its members: The Rector and Treasurer gave a brief outline of the structure of the Episcopal Church and detailed the duties and responsibilities of all Vestry members as detailed in the Code of Canons (Canon 60) which was circulated along with the Deed of Constitution of St Columba's, Largs. The Treasurer handed Tim, the new member present, a copy of his Role as Charity Trustee and as a Fit and Proper Person and briefly detailed the roles and responsibilities of office bearers. Tim was asked to complete these documents and return them to Ray. It was noted that the Code of Canons is available online. Chris undertook to contact Annemauraide regarding the provision and completion of the documents. **Action: Chris**

Charity Donations: Following discussion on suggestions made by members, the Charities to receive support for 2019 were **agreed** as SAMH (local) and The Macular Society (national).

It was further **agreed** that in 2019 collections at Services be allocated to charities as follows: Taize in Lent to Music in Hospital; Harvest to Mary's Meals; Remembrance Sunday to Hollybush House, Taize in December to Christian Aid, Christingle to Aberlour Children's Trust and the Christmas Midnight Service to Glasgow City Mission.

Charities such as St Gregory's Foundation will be considered for 2020.

Chris and Ray undertook to produce posters on charities supported by our Church donations for display on Noticeboards and at Car Boot Sales. **Action: Chris/Ray**

Calendar of Events: Submitted draft Calendar of dates for 2019. This was discussed and agreed as detailed at Appendix 1.

Euan Fulton, Director of Music, joined us at this stage.

Church Budget: The Treasurer circulated the Receipts and Payments against Budget Report as at 31 December 2018 and went through the compilation of the Report for the benefit of the new member and responded to questions. It was noted that a legacy of £20,000 had now been received from the Estate of Eleanor Witt and that Chris would be meeting with our Stockbroker to seek advice on how best to invest legacies in the current financial climate and to report thereon to the Investment Sub-Committee. Chris undertook to reallocate the sum of £4,750 for the Rectory windows from the Rector to Property Expenses. Rainbow Glass had extended an invitation to the Vestry to view the stained-glass windows being worked on at their premises in Prestwick. Noted.

William Ferguson joined us at this stage

Church Music: The Director of Music referred to the suggestions he was asked to look at the Awayday meeting on 18 November 2017 as follows:

- i. **Including a short choir anthem in services:** The choir regularly contribute an anthem, usually on feast days. It takes 3 or 4 rehearsals to learn an anthem.
- ii. **Including more modern hymns:** We have included a few during the last year (recently e.g. 2/12/18: AM 56 'Words of Justice'). Gordon chooses the hymns and Euan would be happy to be consulted.
- iii. **Including members of the congregation who play instruments:** A small group played for Christingle 2017 and Annemauraide played the violin once a month for most of 2018.
- iv. **More challenging piece for the Patronal festival service:** The Choir sang the Gaelic Blessing by John Rutter.
- v. **Inviting members of other Church choirs to supplement ours:** This was done for the Largs Churches Together services for Candlemas 2018 (Clark Memorial), Remembrance Sunday (100th anniversary of WW1 Armistice service) at Clark Memorial and Nine Lessons and Carols at St. John's.
- vi. **Utilising the church's music library:** Euan plans to use items and books that haven't been used since he arrived, e.g. for Easter, Ascension.

Euan advised that he continues to be happy with the musical aspects of the Church and with the Choir's co-operation and enthusiasm.

After hearing the Rector and members of the choir who were present, it was **agreed** that the Director of Music should look at including anthems on a more regular basis in order to challenge the choir and to make choir practise more meaningful. In that regard it was agreed to ask Jane Evans to compile a list of anthems performed in the past and Euan to look at introducing new ones in order to expand the repertoire. It was further **agreed** that the Rector and Director of Music meet on a quarterly basis to discuss the selection of hymns and music for the following three months. Euan was commended for the provision of creative music

both before and after Services. Euan was reminded that there was a budget to source and buy new and creative organ and choir material. **Action: Rector/Euan**

Mission Action Plan- The Rector reported that the MAP process was being reviewed as some Churches such as ours were progressing well (we are on MAP Year 8) whereas others hadn't got it off the ground, possibly due to the lack of a good facilitator. Our excellent facilitator, Liz O'Ryan, was moving to a charge out with our Diocese so would no longer be available to us. A survey was being undertaken to assess the situation for the new Bishop to consider, so this year Vestries can determine whether to pursue the MAP process and there will be no review. Following discussion, it was **agreed** that the MAP Group meet to discuss the situation and recommend a course of action to the Vestry. **Action: Rector**

Property: Works were required to fill in potholes in the driveway and to repair the curtain runners in the hall. **Action: Stuart/Chris/Ray**

Church Heating: Stuart proposed that the heating consultant suggested by the Diocesan Architect be asked to carry out a survey of the Church and to look at the various options available to heat the building, including solar, and to provide costings. Chris undertook to advise the current cost for heating the church by electricity and to investigate grants available towards the capital cost involved. **Action: Stuart/Chris**

Afternote: *Chris advises that Resource Efficient Scotland provide grants in this regard.*

Quinquennial Survey: It was **agreed** that Chris and Stuart review the Survey undertaken in 2016 to identify any works still outstanding. It was noted that a contribution of £400 was available to offset the cost of such surveys. **Action: Chris/Stuart**

Hall Lets: It was **agreed** to keep the donation for Hall lets at £15 per hour.

HeartStart Training: It was agreed to ask Alice to arrange refresher training. **Action: Alice**

Thanks were given to St Bartholomew's Episcopal Church for providing accommodation.

A Said Eucharist was celebrated before lunch. The Awayday closed at 12.50 p.m.

Ray Young, Vestry Secretary

APPENDIX 1

St Columba's Scottish Episcopal Church, Largs

Dates for 2019

Sunday 3 February	L.C.T. Candlemas 6.30 p.m.
Tuesday 5 March	Vestry Meeting (<i>Meetings are at 7.00 pm in the Rectory except where shown</i>)
Saturday 10 March	Taizé for Lent 6.30 p.m.
<i>Sunday 14 April</i>	<i>Palm Sunday</i>
<i>Sunday 21 April</i>	<i>Easter Day</i>
Tuesday 30 April	Vestry Meeting 7.30 pm
Saturday 4 May	Car Boot Sale
Saturday 1 June	Car Boot Sale
Sunday 2 June	Patronal Festival, Lunch and Gift Day
Monday 1 - 5 July	Summer Mission
Tuesday 2 July	Vestry Meeting and Social
Saturday 13 July	Car Boot Sale
Saturday 17 August	Car Boot Sale
Tuesday 3 September	Vestry Meeting
Saturday 14 September	Congregational Away Day: Join Diocesan Pilgrimage to Whithorn
Sunday 22 September	Vestry Finance Meeting (<i>after morning Service</i>)
Sunday 29 September	Harvest Festival and Lunch
Sunday 27 October	Congregational AGM
Tuesday 5 November	Vestry Meeting
Saturday 16 November	Vestry Awayday: Venue to be agreed at Vestry meeting on 5 March
Saturday 23 November	Yuletide 2 – 4 p.m.
Sunday 1 December	Taizé for Advent 6.30 p.m.



Mindfulness for Life Course 2019

Do you ever have the sense that you are living life as a series of knee-jerk reactions to what is going on around and within you? Do you want to experience more ease and joy in your day to day life? Do you want to respond more skilfully to the level of stress, tension and worry currently reducing your sense of well-being? If you answered 'yes' to any of these questions, then learning the practice of mindfulness might be of interest to you.

In one sense, mindfulness is an everyday awareness we access every day. We are accessing everyday mindfulness when we listen to the body's response to the mind's questions about what eat (or not eat) for lunch, and what to wear (or not wear) to visit our friend. For example: the body may have given the mind a very clear 'yes' to the option of a cheese and pickle toastie and warm blue jumper, and a most definite 'no' to the prawn cocktail salad and red checked shirt.

When we nurture our mindfulness we are *more likely* to taste, and really enjoy, the hot, crisp, cheesy tanginess of our toastie. We are *less likely* to chew on worries about what may or may not happen in the future. We are *more likely* to feel, and appreciate, the heat generated by the cozy blue jumper. We are *less likely* to be swept away by the painful pang of nostalgia as we walk to visit our good old friend.

Developing the 'muscle' of mindfulness can help us notice all sorts of things about our experience of life - things that tend drive, and (often negatively) impact, our thoughts, feelings and behaviour, but usually fly under the radar. Intentionally nourishing and strengthening our capacity for mindfulness can help us more fully live, and skilfully respond to, the only life that is ours to live - the one taking place in this very moment.

To this end, I am pleased to offer the 8 week Mindfulness for Life course. This will run on the following Thursday evenings from 7pm - 9pm in the church hall of St. Columba's Episcopal Church, Largs.

28th February

7th March

14th March

21st March

4th April

11th April

25th April

2nd May

There is also a retreat day (on Saturday 27th April from 10.30 - 3.30) to consolidate, and lean in to, what has been learned and practiced during the course.

You will be learning and practicing new skills and habits week by week on this course. Studies suggest new habits take a bit of time to take root and grow. So, to get the maximum benefit from this course it is recommended that you participate in at least 6 of the 8 sessions, the day long 'retreat', and the weekly suggested home practices - to the extent that you are able.

There are 20 places available on the course. Typically this course costs around £220 per person, however St. Columba's Church is kindly subsidising the cost of the accommodation and I am donating my time, which means I can offer it for a suggested donation of £40 on this occasion. This donation will be used to finance my monthly supervision session (£60 per session) - a requirement for practicing mindfulness teachers while they are running courses - and to pay for tasty snacks. Please don't let cost be an issue, however. If you would like to attend and cannot afford £40 at this time, just be in touch, and give what you can.

I look forward to hearing from you at Lornareid987@yahoo.com

With all best wishes,

Lorna

Lorna Reid (RGN, BSc, PhD, PDA in Mindfulness Facilitation and MFL Facilitator)

Please note: If you are currently facing a major and upsetting life event and/or are feeling particularly fragile it may be best to wait until life is a bit more settled before participating in the Mindfulness for Life course. I will be happy to talk with you further about how to make the best decision, if this is your situation.

Candlemas - *The feast of the Presentation of our Lord in the Temple*

At 6.30pm on Sunday, 3 February, we will host the annual Largs Churches Together Candlemas Service. The retiral collection for this will go to the work of Christian Aid. A meeting of the Largs Churches Together Committee will take place in the hall following refreshments that evening.

Please note this service in your diary now and come along to worship with our brothers and sisters of neighbouring congregations.

Contemplative Meditation

This group meets for an hour of guided meditative prayer in the Rectory on the first Thursday of each month. The meeting this month will be the last that will be led by the Revd Liz O’Ryan, who has also been our Mission Action Planning facilitator for the past 8 years. Liz will be leaving the diocese to become Rector of Haddington in the diocese of Edinburgh. We are grateful for all she has offered us over the years and pray God’s blessing on her future ministry.

Please do come along for some Contemplative Meditation at 2.00pm on Thursday, 7 February.

Food and Friendship

This freshly prepared hot lunch is offered in our church hall at 12.30pm on the third Sunday of the month. It provides the ideal opportunity for members of the congregation to invite someone you may know who would benefit from a nice meal in good company.

Please do come along at 12.30pm on Sunday, 17 February.



Scottish Guild of Servers

There will be a short meeting of our Altar Servers (before choir practice) at 6.45pm on Thursday, 21 February.



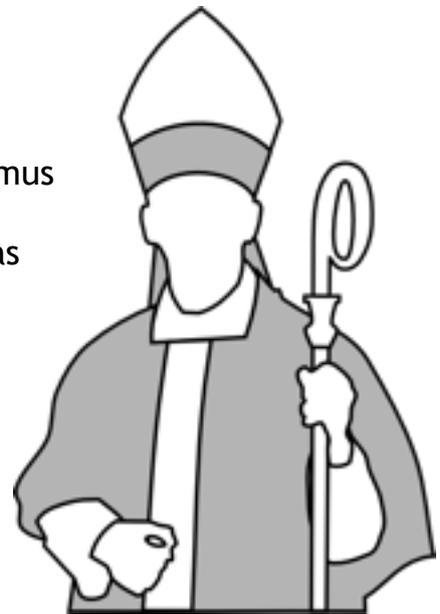
Diocesan Synod

There will be a meeting of the Diocesan Synod at Kilmarnock on Saturday 23 February. The day begins with a Sung Eucharist in Holy Trinity Church at 10.00am. Please pray for all members of Synod and the decisions to be made there.

Electoral Synods

Please continue to pray for the work of Mark, our Primus and interim Bishop; Ian, our Dean; the Preparatory Committee, and all member of the Electoral Synod, as together we seek to discern and call a new Bishop.

A shortlist of candidates for consideration by the Electoral Synod will be named on 5 February. Presentations will be made by these candidates on Saturday, 9 March and the election of a new Bishop of the Diocese of Glasgow & Galloway should take place the following Saturday - 16 March.



CHURCH MEETINGS ARE BRILLIANT

Toddlers

We had a lovely Christmas party with Santa coming, and a nativity puppet show. We are getting record numbers attending toddlers just now, and have the fewest volunteers due to holidays etc. Please if you can spare the odd Monday morning to help we would appreciate it, it is a joy to be with the children and toddlers. Speak to Gordon, Hilary or Armored.

Smalls for all

Thanks to many people in town knowing about our collection bags now we continue to receive pants and bras. A whopping 44 pairs of pants this last couple of months, many black as requested and 62 lightly used bras, so over 100 people will be affected by these donations. I include a couple of paragraphs from the latest information on the website.

We had our biggest ever pick-up this month – 90,000 new pants and bras were picked up on 27 November by NPAC. The first are being distributed in Malawi and Zambia (Lusaka), and plans are being made for the distribution of the remainder after Christmas to destinations including Somalia, The Gambia and Zambia (Mwanya). We also managed to supply a further 1,100 new pairs of pants to Days for Girls UK for their reusable feminine hygiene kits which will be distributed to various parts of Africa.

Since May last year, we've been selling a small proportion of the gently worn bras we receive to a recycling company to help us raise vital funds to support our work. The recycling company (LMB) helps people in developing economies like Africa to earn an income by selling bras. This arrangement has worked very well and from this month we'll be selling LMB up to 20%. We'll continue to donate all new bras and at least 80% of the gently worn bras we receive directly to the people in Africa who need our help. Aside from helping to raise funds to cover our day-to-day costs, increasing the proportion we sell will give us the flexibility to manage our warehouse space. We sometimes receive a high volume of bras and this can give us challenges with our available space at the warehouse.

Hilary

Please check the following rota and note if you are included.
 Feel free to swap to ensure duties are covered.

February 2019

Day	Services and Sunday readings	Duty at Sunday 11.00am
Sunday, 3 <i>Candlemas (tr)</i>	8.00am Said Eucharist 11.00am Sung Eucharist and Baptism 6.30pm LCT Candlemas Service <i>Mal 3:1-5; Heb 2:14-18; Lk 2:22-40</i>	Server: Hilary Moran Reader: Joan Hutton Intercessor: Frances Robertson
Wednesday, 6	10.00am Said Eucharist (1970)	
Sunday, 10 <i>Epiphany 5</i>	8.00am Said Eucharist 11.00am Choral Matins <i>Isa 6:1-13; Lk 5:1-11</i>	Crucifer: Alice MacDonald Reader: Elspeth Robertson Intercessor: Jennifer Fitzgibbon
Wednesday, 13	10.00am Said Eucharist (1970)	
Sunday, 17 <i>Epiphany 6</i>	8.00am Said Eucharist 11.00am Eucharist Together <i>Jer 17:5-10; Lk 6:17-26</i>	Server: Chris Evans Reader: Tim Johnston Intercessor: Ray Young
Wednesday, 20	10.00am Said Eucharist (1970)	
Sunday, 24 <i>Epiphany 7</i>	8.00am Said Eucharist 11.00am Sung Eucharist <i>Gen 45:3-11, 15; 1 Cor 15:35-38, 42-50; Lk 6:27-38</i>	Server: Vicky Johnston Reader: William Clark-Ferguson Intercessor: Fiona Reader
Wednesday, 27	10.00am Said Eucharist (1970)	

Readers for March 2019

3rd: Lorna Reid, 10th: Jennifer Fitzgibbon,
 17th: Janine Millward, 24th: Stuart Robertson

Diocesan website: <http://glasgow.anglican.org>

Diocesan Centre,
5 St Vincent Place, Glasgow, G1 2DH.
Tel: 0141 221 6911 email: office@glasgow.anglican.org

Rector The Revd Canon Gordon B. Fyfe,
St Columba's Rectory,
Aubery Crescent, Largs, KA30 8PR.
Tel: 01475 673143 email: gordon.fyfe@icloud.com

The Vestry

Elected by the congregation to work with the Rector in the administration of the church. Meets in January, March, September, November and as required.

Chair	Rector	673143
Secretary	Ray Young	672410
Treasurer and Lay Representative	Chris Evans	673757
Rector's Warden and Alt Lay Rep	Linda Young	672410
People's Warden	Alice MacDonald	673370
Members	Stuart Robertson	675681
	William Clark-Ferguson	07835454534
	Tim Johnston	329722
	Annemaurade Hamilton	01294 287515
	Janine Millward	07508 451192
	Andrew Reid	07818 837068

Baptisms, Weddings, Funerals, Confessions by arrangement with the Rector

Scottish Charity Number SC004796

The deadline for the March magazine is Sunday 17 February.

magazine articles should be sent to gordon.fyfe@icloud.com

Printed and published by St Columba's Episcopal Church, Aubery Crescent, Largs KA30 8PR
The views expressed in this magazine are not necessarily those of the Rectory or the Vestry

Life at St Columba's

Director of Music	Euan Fulton	Mob: 07814 268 205
Property Convenor	Stuart Robertson	01475 675681
Fundraising Committee	William Clark-Ferguson	07835 454534
Protection of Vulnerable Groups	Linda Young	672410
	<i>Appointed by the Vestry and approved by the Bishop</i>	
Mothers' Union	Hilary Moran	686213
Church Hall Diary	Chris Evans	673757
	<i>Deals with hall bookings</i>	
Flowers	Joan Hutton	672927
Sidesmen	Alice MacDonald	673370
Christian Aid	Jane Evans	673757
	<i>Representative on inter-church Christian Aid Committee</i>	
Regional Council	William Clark-Ferguson	07835 454534
Intercessions Rota	Frances Robertson	686947
Altar Servers	Alice MacDonald	673370
Readers Rota	Rector	673143
	<i>If you would like to join any of the above, please see Frances, Alice or the Rector</i>	
Largs Churches Together	Linda Young	672410
	Alice MacDonald	673370
Press Officer	Hilary Moran	686213
Columba's Creatives	Rector	673143
Health & Safety Officer	William Clark-Ferguson	07835 454534

Pastoral Visitors in the congregation
Eileen Binns (Coordinator, tel: 673580)
Joan Hutton and May Kidd