July and August 2019

THE MESSENGER



The Magazine of
St Michael And All Angels
Episcopal Church, Helensburgh

www.stmichaelhelensburgh.org.uk

ST MICHAEL AND ALL ANGELS, WILLIAM STREET, HELENSBURGH

Charity Registered in Scotland SC006468

The Diocese of Glasgow & Galloway Interim Bishop: The Most Revd Mark Strange, Bishop of Moray, Ross and Caithness, Primus

Diocesan Website: www.scotland.anglican.org/diocese/glasgow

Clergy and Staff

Rector: The Revd Dominic Ind

The Rectory, 16 William Street,

Helensburgh G84 8BD 01436 670297

ind.dominic@gmail.com

Lay Reader: Kevin Boak,

38 West Dhuhill Drive,

Helensburgh G84 9AW 676852

boak.kevin@gmail.com

Secretary to the Vestry..... Nick Davies

The Copse, Donaldson's Brae,

Kilcreggan G84 0JB 842060

nickandjaned@btinternet.com

Treasurer..... Janina Duncan

Deepdene, 119 West Clyde St.

Helensburgh G84 8ET 0741 256 7154

janinaduncan@drymen.com

Property Convener..... Reay MacKay

21 Campbell Street

Helensburgh G84 8BQ 675499

reay@chsltd.plus.com

Persons Protection jandi21@sky.com

Coordinator

Website: www.stmichaelhelensburgh.org.uk/
Email: info@stmichaelhelensburgh.org.uk/

Facebook: https://www.facebook.com/stmichaelshelensburgh/

Church Group Leaders

Contact People/Organisers

From the Rector

Dear Friends.

They do say that as you get older, time appears to speed up! Well, that has certainly been our experience as we approach our first anniversary in Helensburgh, the last 12 months have gone like a bullet! Overall, I'd say this is very positive...

Something else people say is that you need to go away on holiday and then return before you can say that you feel at home. This was simply not the case for Anna and I. We felt at home from the word go, having an overwhelmingly strong sense of call from God directing us to Helensburgh to serve the people of this town and the surrounding area. The sense of belonging was certainly helped by the fact that we've returned to the Glasgow area and have come back to what we refer to as our, 'home diocese'. There's a mixture here of coming home balanced with a new church and a good number of people to become not just acquainted with but know well.

We have achieved much in our first year and as a Christian community it always starts with worship. Episcopal approval has been given to our new liturgies based on the 1982 Liturgy (Blue Book) and our musical repertoire has increased, not least with new settings. Fresh liturgy and music alongside a traditional Evensong where we follow the Scottish Prayer Book Lectionary and use the King James Version (Authorised) for the Lessons.

Worship is fundamental to what we are about, and we rightly invest a considerable amount of time and effort into it. May be partly as a result of this, there is a buoyancy in the congregation, which should certainly help with our mission to the wider community.

Young Church	Samantha (Sammy) H	larris 676585
Crèche	Pauline and Ray Willia	ams 673944
Sidespersons	Chris Sanders	678028
Bellringers	Kitty Fleming	676963
Reading (Lessons) Rota	Nigel Allan	671875
Cleaning Co-ordinator	Barbara Hoey	671718
Visiting Co-ordinator	Sheila Baker	674686
Flowers	Sue Ashby	675541
Intercessions Rota, Laundry, Soft		
Fabrics and Chief Sacristan	Joan Sadden	672422
Sunday Coffee Rota	Margaret Horrell	676936
BRF (Bible Reading Fellowship Note	es) Marion Blake	673960
Mothers' Union Branch Leader	Richard Horrell	676936
USPG	Marion Blake	673960
Hall Convener/ Monthly Coffee		
Morning Rota	Maureen Kyle	672951
Eco Congregation	Margaret Horrell	676936
Hill walking and Rambling Club	John Hanks	675010
Social Committee	John Hanks	675010
PVG Co-ordinator	Joan Thompson	423451
St Michael's Art Group	Margaret Gilbert	675136
Magazine Editor	Richard Smith	831644
Website	Henry Douglass	674763
	Jo Scott	01389 849145

Ask how to join or help. Perhaps bring new ideas for new activities You will be welcome. Please let the editor know if any changes are needed.

MESSENGER

July/August	2019
Contents	

Contents
From the Rector 1
News 2
Notices 2
Vestry Report 3
Tea Bar Reflections 6
Church Transport 7
Rambling Club Trip8
Calendar 10
Diocesan Pilgrimage 13
Eco-Congregation 14
Mothers' Union 15
NWRC Pilgrimage 16
Seaside Special H Club 16
St. Michael's Got Talent 17
Townhead Farm Visit 17
Rambling Club 18
Lectionary19
Readers List 20
Social Programme 20
House Communions 20
Safeguarding Addendum

Sep/Oct 2019 Edition Handing in Sunday 11th Aug Publication Sunday 25th Aug Nov/Dec 2019 Edition Handing in Sunday 13th Oct Publication Sunday 27th Oct

For an email copy please contact the Editor.

Please send your contributions to: -

Richard Smith 21 The Soundings, Clynder, Helensburgh G84 0QL Tel: 01436 831 644

richard.jianping@hotmail.com

From the Rector (Continued)

Sunday 4th August will be our first anniversary and we look forward with optimism to the start of our second year at St. Michael's.

Love Dom Ind, Rector

News

This is the Summer Holiday edition of the MESSENGER but the doors of St. Michael's are still open for everyone, every day of the year. We are now in good condition for the winter months with our new church boilers installed and ready to keep us warm on cold Sunday mornings. We are still in need of more donations to help pay for this essential maintenance work but thank you to everyone who has donated so far. We also have notices for two pilgrimages to Dunblane with the North-West Regional Council and Whithorn with the Diocese. Please come if you can. Happy holidays.

Richard Smith*, Editor

Notices

MONTHLY COFFEE MORNING There will be no coffee mornings during the months of July and August.

Maureen Kyle

ARTHUR ETCHELLS Since Arthur died at the end of January, I and my family have expressed many thanks to close friends and relatives for their tremendous consideration in the early days of bereavement. His funeral service was a true thanksgiving for his life, the full church, a source of great comfort to us and a tribute to him-like a great hug.

The prayers of the church family of St. Michael's continues to give a feeling of warmth and support. We miss him, but when we appreciate and celebrate the blossoming lives and achievements of our grandchildren, we feel him close. The silver lining. With thanks

Anne Etchells

ST. MICHAEL'S GOT TALENT!

Saturday 5th October 2019. 1030am to 1630pm. Harvest Festival weekend. See p. 17. Shaun Hoey

<u>SAFEGUARDING IN 2019.</u> Joan Thompson has provided an excellent article on Safeguarding which is attached as a single-page Addendum to this edition. My apologies for not being able to fit it into the main body of this edition.

Richard Smith, Editor

Vestry Report March 2019

The Vestry met on Tuesday 21st May and began with opening prayers.

The Rector's opening remarks covered the following issues:

<u>EUCHARISTIC ASSISTANTS.</u> We have 16 authorised Eucharistic Assistants, more than anyone else in the diocese, but St Michaels is one of the bigger charges. The routine for Eucharist is working well.

<u>LENT GROUP.</u> The Lent group was very well supported, there were 32 on the first day, although numbers reduced a bit for later sessions because of diary clashes. The Rector said that he was very struck by people's open-ness, which is a very healthy indication of the trust within our community.

<u>HOLY WEEK</u>. Holy week events were well supported, including some elements new to St Michaels, notably the Easter Vigil. It had been noted that Easter services attracted quite a number of newcomers. Having the entire service in one booklet was appreciated.

<u>PREACHING.</u> The Rector stated that he was trying to maintain as broad an outlook as possible by inviting a variety of guest preachers. We have had some interesting and thought-provoking sermons, and this seemed to be appreciated.

A general discussion took place. We have had the base chaplains preaching in the past. The Rector said that his approaches to HM Naval Base Clyde have been met with mixed response, but he will persevere. It was however acknowledged that St Michaels profile is good within the community – we are recognized and well known.

<u>DIOCESAN MATTERS.</u> The Electoral College was to have met in July to select the next Bishop of Glasgow & Galloway. However, as there were no suitable candidates to consider, the College of Bishops will now meet to select someone, so there should be a new Bishop of Glasgow & Galloway in place by the end of the year.

<u>THE DEAN</u>, Ian Barcroft, has moved on to take up his appointment as the Provincial Director of Ordinands in Edinburgh. The next Dean will be selected by the Bishop (once we have one).

OTHER VACANCIES. Following Kenny Macaulay's retirement, St Augustine's Dumbarton & St Mungo's Alexandria are now in vacancy, dependent on locum priests. We should remember them in our prayers. Dom Ind has been appointed their 'interim priest'.

Vestry Report (continued)

THE NW REGIONAL COUNCIL, which has struggled a bit in recent years, now seems to be blessed with a positive atmosphere and is well supported.

<u>FUTURE ISSUES</u>. The Rector is tentatively considering a St Michaels retreat in the autumn of 2020, probably at a UK venue to be decided, and for around a dozen participants. For the following year, designated by the College of Bishops as a 'Year of Pilgrimage', a St Michaels pilgrimage is a possibility. This could be a good evolution with a spiritual focus.

<u>VISITING.</u> The Rector is working steadily through his plan to visit every member of the congregation in their home to get to know them better, although sick visiting remained his priority. He commented on how 'open' St Michaels people are when he visits.

BAPTISM. A recent baptism in St Michaels involved a family not used to being in church, but hopefully this will have established a tenuous connection for the family. This prompted a general discussion about church attendance. It was noted that we are an overwhelmingly 'white' community, so ethnic minorities are not much in evidence. Maybe we could invite the diocesan Diversity Officer to advise? The possibility of a 'pram service' attended by young families was raised. If this is to work we'd need to identify a nucleus of interested young families. It was suggested they prefer the energy, evangelism and certainties preached in the Baptist tradition rather than the Anglican theology – the Baptists church attendance remains very strong.

Other matters covered in the agenda included:

<u>HALL CLEANER</u>. Hall cleaning is now carried out by 'Diamond Domestics'. They are no more expensive than when we relied on our own cleaner and having a commercial firm in place means that they bring their own insurance and we are less likely to have the job affected by staff absence.

<u>PRAYER TREE & VOTIVE STAND</u>. Arrangements are well used and are a successful addition. The Rector is monitoring the Prayer Tree to ensure it is kept 'up to date'.

<u>ORGAN</u>. The organ tuning approved at the previous meeting has taken place, but the pipe repair has yet to be done. The organ is in sound condition.

<u>FINANCIAL MATTERS</u>: The Honorary Treasurer submitted her report. We had £21,987 in our current account and £40,112 in our Premium Account. Recent large expenses have been Church & Rectory Insurance (Gallagher) £9,156. Organ tuning

Vestry Report (continued)

cost £317, less than expected because the organ pipe repair has yet to be done. VSec commented on the hugely expensive insurance bill. He had investigated alternatives last year, but there didn't seem to be a cheaper option except for simply not insuring the church building, which is apparently not allowed. Funds raised included the Spring Concert in March (£577) and the Organ Recital in May (£447). Half of these sums goes to charity, the remainder to church funds. We gave £328 to the Bishops Lent appeal (Malawi). The Grand Bazaar in April raised £213 for Mothers Union. Disappointingly our bid for a Provincial Building Grant towards boiler replacement was rejected by the Diocesan Building Committee, mainly because we had received a grant towards rectory refurbishment last year. We should therefore consider further fundraising towards financing the boiler project.

<u>PROPERTY MATTERS: BOILER REPLACEMENT</u>. We have committed to the 'Preston Fleming' quotation, and work began in early June. The children's creche area is 'out of bounds' while work is going on. The Property Manager suggested that a working party could do some of the old flue dismantling, thus saving on project costs.

RECTORY GARAGE. Groundworks, including sorting the access gate will be £3,210. The garage itself will cost £3,700. Total £6,900, and even including VAT, cheaper than the £10,000 anticipated. The Vestry approved the plan.

<u>PAINTING</u>. The Property Manager intends a 'rolling programme' of repainting in order to maintain standards. The Rector recommended the rectory external paintwork to be a priority, there being no paint at all on the windows on the top floor.

<u>ACCESS TO THE LOWER HALL</u>. PIR lights have been installed to illuminate the external passageway. It was explained that access from the lower hall using the emergency escape door and external passageway is perfectly viable. Entry to the lower hall by this route is only possible if the escape door is opened (and closed) from the inside, but a solution is being investigated.

<u>SAFEGUARDING</u>: Joan Thompson is now officially appointed as the St Michaels PVG Co-ordinator. John Busby has been officially thanked on behalf of the Vestry for his service in this role. The Rector reminded everyone of the importance of safeguarding matters, which is everyone's responsibility. Sheila Baker is now officially authorised as the St Michael's visiting co-ordinator, although it had been disappointing that the Synod Office took 10 weeks to confirm her authorisation!

Vestry Report (continued)

TRANSPORT TO CHURCH: Graham Kinder had been asked by a newcomer to St Michaels whether there were any formal arrangements for lifts to church. There used to be a roster for this in the 1990s. In discussion it was thought that ad hoc arrangements are in place in many cases, but Graham Kinder would test the need for a more formal arrangement.

<u>CHURCH RISK REGISTER & FIRE SAFETY</u>. These were last brought up to date 2 years ago. VSec will lead on an update. The introduction of the 'Votive Tree' with candles needs, for example, to be included on the Risk Register.

<u>PLANNING</u>. Lots of events happen in St Michaels which is a good thing. Care is however required to avoid programme clashes, the Linlithgow trip clashed with a Mothers Union event for instance. It was agreed that the programme published in 'The Messenger' should be the basis for planning, and this could be duplicated on our website. The possibility of a wall planning chart style 'programme board' displayed in the hall was discussed, but someone would need to take responsibility of keeping it up to date.

Next Meetings: Tuesday 2nd July Tuesday 3rd September

The meeting closed with the Grace.

Nick Davies, Hon. Secretary

Reflections on the Vale of Leven Tea Bar

The Tea Bar at the Vale of Leven hospital is run by voluntary groups. St Michaels is on the roster, and we are currently responsible for running the Tea Bar on 4 one week slots each year.

Thanks to a dedicated team of regular volunteers, we generally seem to manage to fulfil most of our obligations.

Many customers of the Tea Bar are NHS staff who drop in to buy their unhealthy fizzy drinks! However lots of visitors to the hospital also use the Tea Bar. In many cases it isn't the tea they need, it is a place of refuge where there is a friendly face and – if necessary – a sympathetic ear.

The Tea Bar is therefore an important aspect of St Michael's outreach. Doing a 3 hour shift is definitely worthwhile, certainly rewarding, and can be surprisingly uplifting too.

Reflections on the Vale of Leven Tea Bar (continued)

The next St Michael's slots are in the weeks beginning 26th August and 18th November. We need volunteers; the next roster is on the Upper Hall notice board. If you haven't done so before – give it a try!

Nick Davies, Hon. Secretary

Transport to Church

The matter of transport to and from Church was discussed at the recent Vestry meeting, following a question from a new member of the congregation. In the 1990's a car pool was organised to help provided transport to and from Church for the 10.30 am service. The need for this organised transport ceased, as many members now arrange lifts with friends to Church.

The Vestry would like to assess if there are any members of the congregation who would like help with lifts to Church services. Please contact Graham Kinder (01436 678077) or any member of the Vestry, if you would welcome transport to and from Church.

Graham Kinder

ST MICHAEL'S RAMBLING CLUB

WALKING HOLIDAY. The pretty town of Grantown-on-Spey was basking in sunshine when we all arrived for the annual STM Walking Group holiday just before lunch on Tuesday 14th May 2019. Our base for the next 3 days was The Grant Arms Hotel, an impressive building situated in The Square. Maureen and Henry, who



had organised our trip had chosen well – if it had been good enough for Queen Victoria then it was good enough for us! There was also, a conveniently situated and well-equipped camp site for caravan and tent.

ST NYCHAEL'S RAMBLING CLUB (continued)

During the afternoon we were left to our own entertainment and then convened in the bar at 1800 for a brief on the walking options over the next 2 days. It was so lovely enjoying a G&T before dinner and wonderful to be wearing summer clothes and sandals for a change, we could easily have been abroad it was so hot! The hum of STM chatter



and laughter filled the room, it was such a joyous occasion and great to meet up with ex STM group members, Alice, Sophie and Angus who had all travelled a good distance to join us. Dinner was very well received by all and it was so nice to be served on hot plates. Feeding a large group (there were 35 the second night) was something the staff were well-practiced at and the whole operation was very slick.

The Grant Arms specialises in Bird Watching and Wildlife, so there were several other parties to be catered for and there appeared to be no delays or mix-ups.

Richard Horrell and Trevor managed to get a group photo before we set off on our first walk on the Wednesday morning. It was unusual and lovely to all set off together, then there were various points along the way where you could shorten the walk. We meandered through the trees for a while and then emerged from the woods by a bridge. This was a perfect spot to sit on the banks of the River Spey and have a rest; well that was what most of us did but there were two brave souls who rolled up their trousers and kicked off their boots for a paddle. It was fun to watch, and the dogs enjoyed a cool down too.

Following the river, we marvelled at the spectacle of May Flies which hovered over the water. We passed a couple of chaps fly fishing, in what looked like perfect conditions.

Having turned back into the woods, at an appropriate time we stopped for a coffee/water break and a bite to eat for those who had brought their lunch. There were plenty of people (and dogs) out and about on such a beautiful day, all exchanging friendly banter. It was so relaxing, just sat chatting and laughing with

ST NYCHAEL'S RANBLING CLUB (continued)

everyone but we did need to get back. Woodland walking with the sound of water in the background is extremely calming and good for mind, body and soul.

Fed and watered we headed back to the hotel, where those who were attempting

the afternoon walk were able to freshen up. The Grantown Viewpoint walk involved a short, steep climb not far from the hotel which was well worth the effort. Even though the sun made the horizon hazy it was still spectacular and there were welcome seats at the top too. With photos taken and distant peaks agreed upon we headed back down the hill,



finishing the walk in a deep gorge which was an old railway line and known as the Dava Way. It was lovely to see Jenny and Nigel who joined us from Elgin for this walk and for dinner.

Over dinner we reflected on an excellent first day of walking, in wonderful weather and it was also fun to find out where people had visited who had chosen the alternative walks/options. Everyone seemed to have enjoyed the day.

As I mentioned, The Grant Arms Hotel specialised in Bird Watching activities including a Lecture Room and a Club Room, where there was an abundance of leaflets, posters, books, maps, walks and postcards available. Although, I did find the piped Bird Calls rather unnerving

The weather forecast for the second day predicted slightly cooler conditions and the fact that the main walk was higher and exposed made us consider wearing a few more

layers. The 30-minute drive up to our start point was spectacular; through rolling hills and valleys, rough farmland and cute little stone cottages. One advantage of the drive was that the car park was already at a good height, so this saved some of the legwork! Just as expected it was sunny but breezy when ... contd/ P. 12

CALENDAR FOR JULY

JULY

No Evensong in July Monday 1st to Friday 5th July

Seaside Holiday Club at Helensburgh Baptist Church (See p. 17)

Tuesday 2nd July – Feast-day of St. Thomas, Apostle

9:15-9:45am Church Prayer Group10:30am Said Eucharist (1982 Rite)2:30pm Cardross House Communion

Sunday 7th July Fourth after Pentecost

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 9th July - Feria

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite) 2:30pm Bible Study Group

Friday 12th July

8:00am Rambling Club – St. Columba's Cave and Chapel

Sunday 14th July Fifth after Pentecost

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 16th July - Feria

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite)

Sunday 21st July Sixth after Pentecost

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 23rd July – Feast-day of St. Mary Magdalene

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite) 2:30pm Bible Study Group

Friday 26th July

9:00am Rambling Club – Ben Gullipen, Callander

Sunday 28th July Seventh after Pentecost

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 30th July – Feast-day of William Wilberforce

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite)

/AUGUST 2019

AUGUST

No Evensong in August

Sunday 4th August Eighth after Pentecost

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 6th August – The Transfiguration

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite) 2:30pm Bible Study Group

Friday 9th August

8:00am Rambling Club – Glen Creran, Appin

Sunday 11th August Feast-day of St. Clare of Assisi

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 13th August – Feast-day of Jeremy Taylor

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite)

<u>Sunday 18th August Tenth after</u> <u>Pentecost</u>

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 20th August – Feast-day of St. Bernard of Clairvaux

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite) 2:30pm Bible Study Group 2:30pm House Communion Cardross

Wednesday 21st August

2:30pm House Communion Kilcreggan

Friday 23rd August

8:30am Rambling Club – Ross Circle, Comrie

Sunday 25th August Eleventh after Pentecost

8:00am Said Eucharist (1970 Rite) 10:30-11:15am Young Church 10:30-11:30am Sung Eucharist (1982 Rite)

Tuesday 27th August – Feast-day of St. Monica

9:15-9:45am Church Prayer Group 10:30am Said Eucharist (1982 Rite)

Change of Timing

ST NICHAEL'S RANBLING CLUB (continued from P. 9)

we set off on a good path heading up to Carn Daimh, gently meandering through the heather. On the way up we passed a couple of youngsters helping to maintain the paths, it looked back-breaking work but you can see why this is necessary to try and encourage people to keep to the paths and not wander through the heathery slopes, however tempting that might be.

At the summit there was a marker stone showing the positions of all the surrounding peaks. It was very windy, so we found the sheltered side and settled down for a well-earned lunch. After about 30 minutes we were fed and watered so started heading back, the path took us through woods and rough, open

farmland. At one point we passed a huge bank of gorse in full flower, which gave off the most amazing scent. I had never experienced it before, it was spicy, almost like a curry. Frankie informed me that if I pinched the flowers it was supposed to smell like coconut.

Just before we reached the carpark we met up with Margaret and Elizabeth



who were waiting to be picked up for their 'hill safari', which sounded very exciting. I think that we all felt quite relieved when we returned to the cars, it was great to swap boots for

trainers and have a change of socks but this Tomnavoulin circular walk has been most enjoyable.

We completed the afternoon with a short visit to the Glenlivet Distillery, which seemed to be in the middle of nowhere! However, they had a lovely Visitor Centre with a coffee shop which served an excellent cup of tea and slice of whisky cake. Even though we didn't do the tour, I couldn't resist buying a bottle of whisky for later and look forward to returning to hear their story.

Once again, at dinner, it was lovely to catch up with what everyone else had chosen to do for the day and we were definitely all in agreement that Maureen

ST NICHAEL'S RANBLING CLUB (continued)

and Henry had done a superb job of organising the accommodation and the walks, while providing many alternative options for those who had wanted to do something less strenuous.

It had been a wonderful holiday and I was sad to be leaving on the Friday, we had enjoyed three varied walks and been blessed with wonderful weather and companionship. So, thank you to Maureen, Henry and all the STM Walking Group committee for the organising, planning and recce which resulted in an excellent holiday — as ever, we do appreciate all your hard work.

Gerry Quickfall

Diocesan Pilgrimage



If you wish to go, please contact either Richard Horrell on 676936 or Richard Smith on 831644. *Richard Smith, Alt. Lay representative*



There was a very interesting article recently about the prevalence of micro-plastics in the oceans throughout the world and the effects on newly hatched fish. These mini fish are huge in numbers as most fish lay many eggs and they are then dispersed into the sea with no aftercare. The fry are swept out on currents to kelp beds or become trapped in floating debris. Those in the kelpbeds are lucky as they may live onto maturity, however, the ones in the floating islands are feeding on surface slicks formed mostly in coastal regions around the world, wherever currents, tides, or subsurface waves cause water to converge and concentrate the organic gunk that floats in it. Slicks can be seen by satellite as long, squiggly ribbons that run parallel to coasts formed from masses of plastic rubbish which is constantly pouring into the seas from rivers. Because the small fish are the mainstay of larger fish, as their food supply, these larger fish are consuming little fish full of plastic particles (plastic debris in the sea is constantly being broken down into smaller particles which can be ingested by the larval forms of fish) Fish are critical protein to about three billion people and countless marine animals and seabirds. Scientists have calculated that fish stocks have fallen fifty per cent since 1970. Due in some areas by overfishing but also due to ocean pollution and waters warmed and acidified by climate change are having a growing impact. As long ago as the early 1970s, scientists were finding plastic in fish.

Recently Great Britain's Royal Statistical Society announced its statistic of the year. It's 90.5%, the estimated amount of plastic waste ever made that has never been recycled. Estimated at 6,300 million metric tonnes, scientists calculated that around 12 percent of all plastic waste has been incinerated, while roughly 79 percent has found its way into landfills or become litter to be found everywhere. Around 8 million metric tonnes finds its way into the sea.

We all have to work harder at reducing our plastic use, try buying goods in glass containers or refill the plastic ones we already have. Buy loose vegetables and fruit instead of prepacked in the supermarkets, remember to take paper bags or cotton bags to put them in or you will defeat the purpose by having to buy a plastic bag. Take your own containers to shops for over the counter purchases of meat or fish and ask them to put your purchases in them, most shops will agree to that.

Margaret Horrell

14



On Thursday 30th May we had a visit from Arrochar Mountain Rescue Team (AMRT) when a large audience had a very good presentation of the training that the volunteers undergo to provide rescue cover for the Arrochar area. They have 30 strong team from a variety of backgrounds and employment who are available 365 days of the year when requested by Police Scotland to assist someone with distress on the hill. They had not brought

their

rescue dog to the hall because he prefers the outdoors. They demonstrated some of the equipment that they carry in the Landrover and following many questions from those present which included members of the church walking group we were able to hand them £166 which had been donated by those present.

On Friday 7th June Robin Barr entertained us in the Church with his 'Fit as a Fiddle': Round Orkney with a Tune in Your Step. Robin was assisted by his wife Anne who controlled the intesting and varied picture show about Orkney while Robin related his story and played his compositions. During the interval the audience were provided with refreshments in the hall and as agreed with Robin from the generous donations received of £391 his charity Music in Hospitals & Care Homes have been sent a cheque for £250 and £141 has been banked by Mothers' Union, Helensburgh.





There will not be any MU meetings in July or August so our next meeting will be an opening service on Thursday September 12th at 10.30am in the Chapel followed by refreshments in the Upper Hall.

Richard Horrell, Branch Leader

North-West Region Pilgrimage

St Mary's Dunblane is happy to host our visit on Sunday August 11th. It is also St Blane's Day so there will be an ecumenical pilgrim walk in the afternoon. The plan is to assemble in Dunblane after our morning services and have packed lunches in the church hall at Dunblane. In the afternoon, we can explore the town and cathedral and hopefully join in the pilgrim walk and possibly finish with a service in the church. I will find out more about the pilgrim walk and whether it concludes with a service. This is open to all our congregations and friends; most will probably drive but there are fast trains from Glasgow Queen St at 12.43 and 1.45, which take 35 minutes. I will keep you informed, best wishes, *Tim Rhead*, *NWRC Secretary*

Seaside Special Holiday Club

Monday to Friday 1st to 5th July.

At Helensburgh Baptist Church.

Our theme this year is; Desert Detectives a Scripture Union Scotland Holiday Club.

Crafts, Games, Songs, Bible Stories led by Helen Buchanan (Contraflow).

For Children joining: Mornings: 10am – 12noon P2 - P6; Afternoons: 2 - 4pm P7 - S2.

Registration forms available on the day, all leaders hold PVG. Children are welcome to attend individual sessions; the club is funded by the churches and there is no charge to attend.

Contact Helen Buchanan Youthworker@contraflow.org.uk 07897479690

Helen Buchanan

St. Michael's Got Talent!

Saturday 5th October 2019. 1030am to 1630pm. Harvest Festival weekend.

The Social Committee is in the early stages of organising this event as a contribution to the Central Heating Fund. The Church will be decorated with floral arrangements, fruit and vegetables, for Harvest Sunday. Music will be provided by our resident Musicians. There will be two conducted tours of our Stained-Glass Windows. Light refreshments will be served in the Upper Church Hall. Entrance fee (including light refreshments) will be £3 for everybody.

With this as as a 'back drop' we are looking for members of the congregation to exhibit their hobbies/talents on the day. Exhibits will be allocated to the Church or Halls as appropriate to the product. In the Church approximately 2 metre x 600mm boards will be placed over pews to provide display facilities. These will not be positioned to compromise the stained-glass windows! Tables will be provided as necessary in the halls. Exhibitors are asked to cover their allocated display tables with fabric or paper.

The Flower Arranging Team will be working hard on Friday 4th October during the day. Friday evening is allocated to exhibitors if they so wish, or they may 'set up' early on Saturday morning. If at all possible, we would like exhibitors to be present near their stall all day to inform the public of the techniques used and generally engage with the public.

We are looking for exhibitors from the congregation, either to sell their products or to display their products out of interest and novelty. Exhibitors who sell are asked to donate a reasonable sum towards the C.H. Fund. Examples of products can include Needlework; Artwork; Woodwork; Pottery; Cakes; Fruit & Vegetables; Flowers etc. etc.

Application forms will be available in Church during July. We already have a lot of interest but would welcome 'icing on the cake'!! Shaun Hoey (Social Committee)

Townhead Farm Visit for Evening Prayer





ST NYCHAEL'S RANBLING CLUB

WALKS JULY TO SEPTEMBER 2019

Walks will start outside St Michael's Church.

The leaders will give more details following a recce nearer the time and we'll do our best to offer more than one level of walk wherever possible.

The date and day of the walks are given below, although you will find that most of the summer walks will be held on Fridays to try and avoid Saturday traffic.

But please check the leader's email for the time of an individual walk as this may vary depending on the location and duration of the walk. Some of these walks start as early as 8am.

The details will also be displayed on the notice board in the church one week before the walk is scheduled to take place.

DATE	WALK	LEADER
Friday 12 th July	St Columba's Cave and Chapel	Sue 675541
8:00am		
Friday 26 th July	Ben Gullipen, Callander	Maureen 674763
9:00am		
Friday 9 th August	Glen Creran, Appin	John 675010
8:00am		
Friday 23 rd August	Ross Circle, Comrie	Maureen 674763
8.30am		
Friday 6 th September	Calder Glen	Pete 676959
8.30am		

Please direct queries about individual walks to the Leader.

Committee team is John Hanks, Maureen Douglass, Sue Ashby and Pete Ashton.

LECTIONARY – JULY/AUGUST 2019

Sunday	Eucharist (NRSV)	Evensong (KJV)
7 th July	Isaiah 66.10-14	No Evensong
Pentecost 4	Psalm 66:1-8	
	Galatians 6.7-16	
	Luke 10.1-11,16-20	
14 th July	Deuteronomy 30.9-14	No Evensong
Pentecost 5	Psalm 25:1-9	
	Colossians 1.1-14	
	Luke 10.25-37	
21 st July	Genesis 18.1-10a	No Evensong
Pentecost 6	Psalm 15	
	Colossians 1.15-28	
	Luke 10.38-42	
28 th July	Genesis 18.20-32	No Evensong
Pentecost 7	Psalm 138	
	Colossians 2.6-15	
	Luke 11.1-13	
4 th August	Ecclesiastes 1.2,12-14; 2.18-23	No Evensong
Pentecost 8	Psalm 49:1-9	
	Colossians 3.1-11	
	Luke 12.13-21	
11 th August	Song of Songs 8.6-7	No Evensong
St. Clare of	Psalm 62:5-12 2	
Assisi	Corinthians 4.6-10	
	John 15.4-10	
18 th August	Jeremiah 23.23-29	No Evensong
Pentecost 10	Psalm 82	
	Hebrews 11.29–12.2	
	Luke 12.49-56	
25 th August	Isaiah 58.9b-14	No Evensong
Pentecost	Psalm 103:1-9	
	Hebrews 12.18-29	
	Luke 13.10-17	

READERS' LIST – JULY/AUGUST 2019

DATE	8:00am	10:30am	6:30pm
7 th July	Moira Miller	Julie Semens	No Evensong
14 th July	Hilary Menzies	Helen Gibson	No Evensong
21 st July	Sam Harris	Henry Douglass	No Evensong
28 th July	Penny Johnston	Jeannette Scobie	No Evensong
4 th August	Nigel Allan	Richard Smith	No Evensong
11 th August	Chris Sanders	James Ashby	No Evensong
18 th August	Moira Miller	Jill Braid	No Evensong
25 th August	Hilary Menzies	Trevor Quickfall	No Evensong

Social Programme 2019

Date	Event	Timing	Location
Sat 31 Aug	Church Barbecue	Lunch- time	Rector's Garden
Sat 5 Oct	St. Michael's Exhibition of Talents	am–pm	Church Hall

House Communions

Peninsula House Communions will be on Wednesday 21st August at 2:30pm. There will be no Peninsula house Communion in July. Location to be advised. Everyone is welcome.

Cardross House Communions will be on Tuesday 2nd and on Tuesday 20th August at 2:30pm. Locations to be advised.

Richard Smith



Service Details

Sunday

8:00am Said Eucharist (1970 Rite)

10:30am Sung Eucharist (1982 Rite) followed by refreshments Crèche and Young Church

Tuesdays

10:30am Said Eucharist (1982 Rite) followed by refreshments

For dates of services please see Diary (Page 8) inside

