

January and February 2022

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 United Diocese of Glasgow & Galloway
Bishop: The Rt. Revd Kevin Pearson

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 rector@stmichaelhelensburgh.org.uk
Lay Reader:	Kevin Boak, 38 West Dhuill Drive, Helensburgh G84 9AW 676852 reader@stmichaelhelensburgh.org.uk
Secretary to the Vestry.....	Nick Davies The Copse, Donaldson's Brae, Kilcreggan G84 0JB 842060 vsec@stmichaelhelensburgh.org.uk
Treasurer.....	Janina Duncan Deepdene, 119 West Clyde St. Helensburgh G84 8ET 0741 256 7154 treasurer@stmichaelhelensburgh.org.uk
Property Convener.....	Reay MacKay 21 Campbell Street Helensburgh G 84 8BQ 675499 property@stmichaelhelensburgh.org.uk
Stewardship Convener.....	Jane Davies 842060
Lay Representative.....	Richard Horrell 676936
Children & Vulnerable	Joan Thompson 423451
Persons Protection Coordinator	protection@stmichaelhelensburgh.org.uk

Email: info@stmichaelhelensburgh.org.uk
Website: www.stmichaelhelensburgh.org.uk/
Facebook: <https://www.facebook.com/stmichaelshelensburgh/>

Church Group Leaders

Contact People/Organisers

Young Church	Samantha (Sammy) Harris	676585
Crèche	Pauline and Ray Williams	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 (flowers@stmichaelhelensburgh.org.uk)	Andrea Gibson	07414 747246
Chief Sacristan	Carol Parry	678587
Laundry and Soft Fabrics	Joan Sadden	672422
Intercessions Rota	Joan Sadden	672422
Sunday Coffee Rota	Margaret Horrell	676936
BRF (Bible Reading Fellowship Notes)	Marion Blake	673960
Mothers' Union Branch Leader	Richard Horrell	676936
USPG	Marion Blake	673960
Hall Convener	Maureen Kyle	672951
Monthly Coffee Morning Rota	Maureen Kyle	672951
Eco Congregation	Margaret Horrell	676936
Hill walking and Rambling Club	Gerry Quickfall	679083
Social Committee	John Hanks	675010
PVG Co-ordinator	Joan Thompson	423451
St Michael's Art Group	In abeyance	
Magazine Editor	Richard Smith	831644
Website	Jo Scott	01389 849145
Facebook	Aliet Ray-Pelt	07943 516611

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.

From the Rector

As we start 2022, I wonder what your hopes and aspirations are? What I do know is that this will be a busy year as the diary is rapidly filling up! My own hope is that come the Spring, Covid will be a little more under control and we can increase our face-to-face meetings and so on.

However, some things won't be the same as before e.g., 'Working from Home' (WFH). This is increasingly becoming the norm for many, and I suspect we'll settle down to some sort of hybrid of home and office. This may be forced upon us but there are other aspects of our lives which we may volunteer for as a positive change in lifestyle.

What I took out of COP26 wasn't so much to do with running out to a car showroom to swap a diesel car for an electric one; more along the lines of trying to use the car less, period. This would come under the umbrella of a positive change in lifestyle which concerns the environment, economics and our own wellbeing.

So, starting 2022 can we commit to a detox of ourselves, to live a simpler, cleaner and indeed all-round healthier life? This should be a win-win situation and as disciples of Christ it should contribute to developing our spirituality.

It does boil down to some of the basics of Christianity - our principal symbol of the cross, directing us to think less of ourselves and more of others. A few changes in our own lives can have an impact on the environment; those we live alongside and actually make us healthier in body; mind and spirit. Blessings to you all as we travel together through 2022.

Dom Ind, Rector

MESSENGER

January/February 2022

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Mar/Apr 2022 Edition

Handing in Sunday 13th Feb
Publication Sunday 27th Feb

May/Jun 2022 Edition

Handing in Sunday 10th Apr
Publication Sunday 24th Apr

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

Notices

MONTHLY COFFEE MORNING There will be NO January Coffee Morning.

The February Coffee Morning will be held at Janina and Mark Duncans' house, Deepdene, 119 West Clyde Street, Helensburgh G84 8ET at 10:30am on Thursday 3rd February. Tel: 0787 6168197. *Maureen Kyle*

MOTHERS' UNION branch will meet in the Church Hall on Thursday 13th January at 10.30am and on Thursday 17th February at the same time. *Richard Horrell*

RAMBLING CLUB will meet on Tuesday 28th December at 10:30am at Hill House Car Park to walk off the turkey; on Friday 14th January at 9:30am at St. Michael's for a post-Christmas Walk and Dinner in the Commodore at 7:00pm; and proposed Walk in Mugdock Park on Saturday 12th February, all details to be confirmed. (see notices)

EXERCISE CLASSES will continue Wednesday mornings at 11am in the Upper Hall if possible. *Anna Ind*

News

This month we have an image of the Adoration of the magi by Giotto for the cover of our magazine to celebrate the Epiphany. This is a portion of the cycle of frescoes in the Arena Chapel, which is one of Giotto's most renowned works. The scene depicts adorers greeting the baby Jesus, employing Giotto's techniques such as the draping of cloth and the emotion on the faces of the figures in the scene, as well as the use of three-dimensional techniques, helping the viewers place themselves in the scene. One of the most interesting components of this fresco is the Star of Bethlehem in the form of a comet shooting through the sky. It is thought that Giotto was inspired to paint this Star in this form due to a 1301 viewing of Halley's Comet.

My apologies if some of the content is a little compressed, but many thanks to all our contributors for their offerings. *Richard Smith, Editor*

Vestry Report

The Vestry met on 16th November, starting with opening prayers.

RECTOR'S REMARKS: RIP. We acknowledge with sadness the loss of a number of loved members of our community recently, with a funeral almost every month. They will be missed.

REMEMBRANCE. The Remembrance Day service was very well supported despite many members of our congregation being absent to meet obligations elsewhere.

VESTRY AWAY DAY. As we emerge from pandemic restrictions, it seems appropriate to take an audit of where we are, what lessons we might learn from the last year and where our priorities lie in the future. It is therefore intended to hold a Vestry 'Away-Day' on Saturday 15th January during which we might consider these matters.

DIARY DATES. Induction of the new Vestry will take place during the 1030 service on Sunday 9th January 2022, first Vestry meeting Tuesday 11th January.

ADOPTION OF TAR & ACCOUNTS FY 2020-2021: The Trustees Annual Report and Accounts for the FY had been sent out to Vestry members prior to the meeting with inputs received in response to the initial draft incorporated. The Vestry acknowledged with appreciation the time and effort the Honorary Treasurer and the Accountant had devoted to present this year's accounts. It was noted that the 'Receipts and Payments' format is easy for the non-accountant to understand. Due to the pandemic, the diocese agreed a 15% reduction in Quota and we also received a 'lockdown grant'. There were several generous bequests. Noting the volatility of the stock market, our investments had increased in value but congregational giving had reduced. Over the FY we spent slightly more than our income but it was an unusual and difficult year. The Vestry agreed to adopt the accounts.

AGM 2021 AND ELECTIONS: In accordance with our Constitution the business of the AGM is to:

- Elect the Lay Rep (currently Richard Horrell who has agreed to stand for re-election)
- Elect the Alternate Lay Rep (currently Richard Smith who wishes to stand down)
- Elect up to 3 new Vestry members.
- Receive the TAR & Accounts.

Vestry Report (continued)

- Appoint auditor.

The ex officio Vestry members (Vsec, Hon Treasurer, Property Manager) had all done 3 years or more and will be considered for re-election at the first Vestry meeting of the New Year.

FINANCIAL MATTERS: We have £10,114 in the current account, £35,018 in our Premium Account. The only recent large expense has been the bill for painting the upper hall.

PROPERTY ISSUES: Thanks to a bequest we are able to correct the long standing damp problem in the crypt. First part of the project is to fix the external drainage and the contract has been awarded to Kenny Stewart (£4720. inc VAT). It consists of a 4" porous drain laid in gravel around the wall to the creche and staircase. This will reduce the damp in those areas so that we can proceed with renovation works. It is expected that the work will be done December/January. The window on the North side of the lower hall is to be replaced by a window and a door which will allow access to the lower hall via the passage to the East of the church (which will need better lighting and improved gate access). In response to our commitment to 'Eco Congregation', a specialist consultant had completed a survey with the aim of reducing the St Michaels carbon footprint. The report is awaited. Our gas supplier, CNG, has gone out of business but an alternative supplier, (SSE) has taken us on. The rate goes from the current 3.372 pence per unit, with no standing charge, to 6.72 pence per unit plus standing charge of 26 pence per day. The end result is that our gas bill will increase to about £4K per annum (ie about double). The contract for the cleaning of the Gutters was given to L&C roofing and the job is under way. The rectory fire and smoke alarms are to be upgraded to conform with Scottish Govt regulations. CSS have been engaged to check all fire extinguishers. Our lightning conductors have been subjected to their annual test and are operating correctly. The procedure cost £185.

PANDEMIC: The SEC Advisory Group updated its Guidance Document in November. In summary there are fewer legal restrictions on places of worship, but the SEC emphasized the continuing need for caution and the observance of sensible precautions. A 7-minute Govt video was available in which Professor

Vestry Report (continued)

J Leitch thanked faith communities for their forbearance, advising us all to make ourselves as 'covid safe' as possible by getting vaccinations, regular testing, making our environment safe by following hygiene rules, wearing face coverings in church, regular hand washing and remaining wary of large gatherings. It is getting better in Scotland with the 'R' Number currently (5/11/21) assessed as 1. The Vestry agreed that continued mask wearing in church, good hygiene, test and trace and sensible social distancing should remain in place at St Michaels.

SAFEGUARDING: There were no safeguarding issues to report. The challenge of supporting people who are lost, isolated or lonely was discussed. The strength of the mutual support network within St Michaels was recognized, with events such as the monthly coffee mornings helping to bring people together. It was thought nonetheless that some male members of the congregation might benefit from a 'men only' event and it was agreed that we should try this in the new year. Planned date 1030 Monday 24th January.

AOCB: Upper Hall acoustics. There had been complaints about the ambient noise level in the upper hall during post service coffee which makes it hard to hear. Acknowledging the importance of hearing aids being set up correctly, it was agreed that the wearing of masks tended to make people speak more loudly. The acoustics in the room cause a lot of echoing, made worse by the lack of absorbent material (no curtains or notice boards). A sound loop won't help, but the replacement curtains and notice boards will improve matters. The possibility of carpet tiles was discussed, although potentially helpful to acoustics, this solution might not be compatible with the dance classes or the dog trainers.

COP26. A post COP meeting had taken place to discuss what measures can be taken to reduce carbon footprints. Measures to be taken at St Michaels might be a good agenda item for an 'Away Day' discussion. The meeting closed with the Grace.

DONM: Tuesday 11th January 2022

Nick Davies, Vestry Secretary

AGM 2021 - Summary

The St Michaels AGM took place in the upper hall on Sunday 5th December, with 57 members of the congregation attending. The meeting opened with a prayer.

The minutes of the previous year's AGM were accepted with no matters arising.

Vestry elections. Shelia Baker retired and was replaced by Richard Smith.

AGM 2021 – Summary (Continued)

Lay Representative. Richard Horrell was re-elected as Lay Representative.

Richard Smith retired as the Alternate Lay Rep and was replaced by David Sheen.

Trustees Report & Accounts. Our accounts for the FY 1 Sep 2020 - 31 Aug 2021 had been independently checked and had been adopted by the Vestry. Copies of the TAR and accounts remain available in the church and on the St Michaels website. Our Accountant Caroline Kerr CA had done a good job and was re-appointed.

AOCB. Questions had been raised about the upper hall flooring and the roof insulation. The plan for the floor is for a team of volunteers to do the re-surfacing. Regarding the roof insulation of the upper hall and the church buildings in general, an 'Eco congregation' specialist consultant had carried out a survey; his report will be considered by the vestry in the new year.

The AGM closed with the Grace

Nick Davies, Vestry Secretary



Mothers' Union members took part in the United Nations 16 Days of Activism Against Gender-Based Violence during November and December joining with over 6,000 organisations from 187 countries to raise awareness of and call for prevention and elimination of violence against women and girls. Every day of the year Mothers' Union works alongside communities to help end domestic abuse in all forms and in all societies. In the UK at least 129 women have been killed by men since the start of the year and in Scotland the figures for domestic abuse in 2020-21 are up 4% to 65,251, and 80% had a female victim and a male accused with 91% of incidents occurred in the home. On a related issue it has been brought to our attention that there is a Smartphone App which can assist vulnerable people both at home and in the community. Even the free version can contact trusted contacts when an alert is raised, record audio and video as evidence, monitor a meeting, track journeys and act as an automatic accident alert. Please let anyone you think might be interested have the details of Hollie Guard app.

Our last meeting of this year in December was well attended when we sang a carol and had mince pies with mulled wine. After the Christmas and New Year holiday we plan to meet in the Upper Hall at 10.30am on Thursday 13th January and then on Thursday 17th February. These dates assume that no further Covid restrictions are placed on us in the meantime.

Richard Horrell, Branch Leader



ST MICHAEL AND ALL ANGELS' CHURCH, HELENSBURGH
A Charity registered in Scotland SC 006468

List of Vestry Members

Our Vestry Members are:

Revd Dominic Ind (Chairman)

Nicholas Davies (Vestry Secretary)

Janina Duncan (Honorary Treasurer)

Reay MacKay (Property Manager)

Joan Thompson (PVG Co-ordinator)

Elected members:

Sammy Harris

Graham Kinder

Roddy Mackenzie

Maureen McCormick

Beth McLeod

Gerry Quickfall

Trevor Quickfall

Richard Smith

Our Lay Representatives:

Richard Horrell

David Sheen



Those of us who are Mothers' Union members are aware of our fellow 4 million members who are praying daily for each of us throughout the world to be safe and have fruitful lives unfortunately we are aware that many struggle with their living conditions which can be attributed to climate change. We can do something here in Helensburgh to reduce our carbon footprint and work with our fellow members in the other local churches who are affiliated to the Eco-congregation network in Lomond area to reduce the carbon output of Scotland. The Scottish Episcopal Church is a major donator to the Scottish Eco-congregation network and is responsible for many of the fruitful ideas which members can follow. We cannot sit back and ignore the rest of the world. Has anyone got a copy of the report which was submitted by the Eco-congregation survey when we received our bronze certification. There were several recommendations on it which have not been actioned perhaps someone could find it and let the vestry know its contents.

Richard and I hosted a couple from Wisconsin who were attending the COP26 in Glasgow they were appalled by the lack of engagement by some of the big players in the interests of oil and gas exploration holding numerous events. Both of our guests were highfliers in their fields of Law and Environment.

This week we watched a Royal Scottish Geographical Society talk by Hermione Coburn from Dynamic Earth About the changes in the ocean deep off Scottish shores and further afield caused by Climate Change. She compared recent findings to the discoveries by the discoveries of the sailing ship Challenger in the 1800's. The measurements were extremely accurate having been verified by several means to more recent Scientific investigations, which are again validated by good science the amount of damage being caused to cold water corals by the acidification of seawater by the absorption of CO₂. Of course, these corals are extensively damaged during deep sea fishing by trawlers and gas and oil exploration. Corals regenerate very slowly and harbour young fish during their lifetime so fish stocks are adversely affected by these actions.

Margaret Horrell

Post COP26 – Are you a Net Zero Hero?



Thanks to those who braved a drenching, to meet in the hall in support of COP26, especially to those with long walks. All show - hope springs eternal - a will to embrace it in our lives. Your leadership is needed too, Dom and Anna and you didn't disappoint...

Each was challenged to bring and share one positive step they had personally made to support the climate. Some gave their 'News you can use' as 'Choose to refuse'. All agreed, **'Live simply that others may simply live.'**

Margaret H's sons quoted her, in their birthday tribute, 'I am only one, but I am one. I cannot do everything, but I can do something. And that which I can do, by the grace of God, I will do'

My tenet is also that talking about climate change, research suggests, helps to make positive change normal. The need to accelerate this new normal is screamingly patent. One can fast become many though, in this age, if we too step up. The unprecedented number marching for action at the COP show this.

If talking is one tool in our arsenals to help us change, making changes habitual is harder! John took years and millions of appeals to commit to a shared shopping list. In 'light relief', a new approach, works and FAST! A salutary trial period made the point and we co-operate in each paying for lights we leave on exponential fashion. (£2* per light per day number, x). It's saved me untold time and raises money for eco goals. Hence sharing.

Our son writes, "This is the toolkit we created for individuals Climate Conversation Pack | Net Zero Nation",

<https://netzeronation.scot/resources/climate-conversation-pack>

for hard-copy readers. Other tabs merit a look too. The pack includes the following fun quiz which takes about 1 min so please give it a whirl and find what sort of 'Net Zero Hero' you are...

CALENDAR FOR JANUARY

JANUARY

Sunday 2nd January – Epiphany of the Lord

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church
6:30pm Prayer Book Choral Evensong

Tuesday 4th January – Feria

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

Wednesday 5th January

11:00am Exercise classes in Upper Hall (weekly throughout month)

Thursday 6th January

NO Monthly Coffee Morning

Sunday 9th January – Baptism of Christ (Plough Sunday)

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church
6:30pm Prayer Book Choral Evensong

Tuesday 11th January – Feast-day of David of Scotland, King of Scots, 1153

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments
7:30pm Vestry Meeting

Thursday 13th January

10:30am Mothers' Union

Friday 14th January

09:30am Rambling Club – Post Christmas Walk and evening Dinner at 7:00pm

Sunday 16th January – Second Sunday after Epiphany

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church
7:30pm Compline

Tuesday 18th January – The Confession of Peter

10:30-11: Said Eucharist (1982 rite) followed by refreshments

Sunday 23rd January – Christian Unity Sunday

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church

Tuesday 25th January – The Conversion of St Paul, Apostle

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments

Sunday 30th January – Candlemas, the Presentation of Christ in the Temple

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church

Change of Timing

/FEBRUARY 2021

FEBRUARY

Tuesday 1st February – Feast-day of Bride (Brid) of Kildare, Abbess, c525

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments

Wednesday 2nd February

11:00am Exercise classes in Upper Hall (weekly throughout month)

Thursday 3rd February

10:30am Monthly Coffee Morning at Janina and Mark Duncan's house

Sunday 6th February – Fourth Sunday before Lent

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church
6:30pm Prayer Book Choral Evensong

Tuesday 8th February – Feria

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments

Saturday 12th February

9:30am Rambling Club Mugdock Park Walk (to be confirmed)

Sunday 13th February – Third Sunday before Lent

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church

Tuesday 15th February – Feria

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments

Thursday 17th February

10:30am Mothers' Union

Sunday 20th February – Second Sunday before Lent

10:30-11:30am Sung Eucharist (1982 Rite) followed by refreshments
10:30-11:15am Young Church
7:30pm Compline

Tuesday 22nd February – Feria

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments

Sunday 27th February – Sunday next before Lent

10:30-11:30am Said Eucharist (1982 rite) followed by refreshments
10:30-11:15am Young Church

Change of Timing

Climate Change - COP 26

Well, Cop 26 has been and gone and what difference has it made? The promises made by the world leaders we hope and pray will be kept.

In countries like Kenya the effects of climate change are here and now with farmers losing their livestock and the African wildlife dying all around them. The situation is dire.

What can we do? It was heartening to learn at the recent AGM that the vestry has ECO matters at the top of their agenda. Reay McKay has had a specialist consultant looking at insulation possibilities around the church and halls. The report following this is expected soon. Seeking planning permission for solar panels is another move which could be taken. Until very recently this would have been a definite no-no for our listed building, but times have changed and the Inspires magazine of the Scottish Episcopal Church tells of a church in St Andrews which recently fitted solar panels on its listed building. It now generates more power than it consumes.

St Michaels could show leadership in the community in this way to help save the planet. Perhaps that last phrase might seem a bit simplistic!

Ann Packard

ST MICHAEL'S RAMBLING CLUB

WALK NO.3 - WHINNY HILL TO KNOCKOUR HILL - THURSDAY 18TH NOV 2021

After meeting at the Church 16 people (a good turn-out considering the forecast) drove to the upper Balloch Castle parking area where the normally quiet and peaceful atmosphere was shattered by the park maintenance team with their leaf blowers.

We were quickly away along a good park path and soon turned off to follow a trickier path up the Burn of Balloch to cross the Meikle Boturich road and continue a steepish route to the top Whinney Hill.

On the descent we met Woodland Trust workers taking notes about intended improvements to the area. At the bottom of Knockour we admired the gullies and pipes taking the water away from the previously flooded path. At the top of the hill the view from the seat was limited but removing foliage is also on the trust list for improvement.

ST MICHAEL'S RAMBLING CLUB

(continued)

The whole party was in favour of descending to the private road. Even though the path was steep, slippery, and muddy in parts there were no mishaps. As the weather was closing in there was no detour to the new viewing field and a steady pace was maintained along the private road, we had been lucky so far, but a sudden downpour drenched everyone, Cameron House and even the loch disappeared from sight and all were keen to move on.



On reaching the original road crossing one or two people opted to take the smooth road via Robin House whilst the others braved the path by the Burn of Balloch and the maintenance track, taking pictures of a tree trunk pixie castle sculpture.

AND AFTER: Only 7 visited Lomond Shores for giant scones, as most of us were still saturated.

WALK NO.4 - SAT 4TH DEC 2021 - ABERFOYLE TO GARTMORE (BLACK BULL PUB)



Our fourth walk was the traditional pre-Christmas Pub walk. Twenty of us set off from the Aberfoyle Woollen Mill car park on a very wet Saturday morning, following the old railway track path towards Gartmore until the half way mark; we then turned off to the right and crossed a bridge onto the pretty woodland track that led to Coblelands caravan park. Had it been a dry day it would have been lovely to stop for a coffee at the picnic tables by the River Forth alas, it was not to be! So, continuing on through the woods, past Gartmore House we arrived at our final destination - the Black Bull Pub. We arrived a little earlier than anticipated and it was such a relief to feel the warm welcome of the pub and get out of our wet gear. Twenty-two sat down for lunch (Elizabeth and Margaret joined us) and it was lovely to relax, enjoy a meal, a drink and most important a natter! Our thanks to everyone who has supported the walking group, it is very much appreciated.

ST MICHAEL'S RAMBLING CLUB

(continued)

The proposed schedule of walks for Christmas 2021, January and February 2022 are as follows – please note if any of the details have to be changed everyone on the mailing list will be emailed and we will endeavour to promulgate the final details on the STM Website and on the Sunday Notices:

Walk/Event	Date	Meeting Point and Time
Walk off the Turkey – Highlandman's Road/part of Three Lochs Way	Tuesday 28th December 2021	Hill House Car Park at 10:30 Elizabeth Hoare is very kindly providing refreshments (tea/coffee & cake) at her house on completion.
Post Christmas Dinner Walk - Cove Park forest track to Kilcreggan. Post Christmas Dinner at The Commodore Hotel	Friday 14th January 2022	St Michael's at 09:30 for the walk Commodore at 7:00 – 7:30 pm for the Dinner
Proposed Mugdock Park - TBC	Proposed - Saturday 12th February 2022 - TBC	St Michael's at 09:30

Please contact one of the Committee if you would like to be included on our email list or have a suggestion for a particular walk.

The STM Walking Group Committee:

Pete Ashton - pashton19@outlook.com - 07749 820789
Julia Gourd - jfg20@outlook.com - 07742 397251
Geoff Mason - geoffmasonry@outlook.com - 07527 398319
Gerry Quickfall - trevgerry@talktalk.net - 07870 681363

Gerry Quickfall

Lingadze Sports Academy, Malawi

You will recall that we raised funds alongside local Rotary for the Lingadze Sports Academy in Malawi. Construction of the classroom is complete but to finish the project they need funds for books. The total sum required is £3,000. Rotary District will provide half by 'match funding' and the proposal is for Helensburgh Rotary, Garelochside Rotary and St Michaels Church to raise £500 each.

Details to follow.

Nick Davies

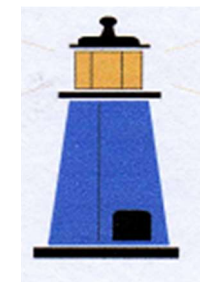
The Beacon Trust

This has been an exceptionally busy time for the Beacon Trust and our new van is being fully utilised on pick-ups and deliveries.

We have been hugely encouraged by the support across the community to raise all of the funds needed to replace our van and have now raised over £13,000 of the total of £16,794 required. We still have a couple of grant applications pending which hopefully will bridge the remaining gap.

It is a great joy to see the results of the kindness of the people of Helensburgh bringing practical help to those in need.

Paul Allen, The Beacon Trust



An Ecumenical Experience

Dear Fellow members of St. Michael's, I would like to share with you my enriching experience of being in touch with eight other churches in our neighbourhood. During the lockdown I had wanted to plan a community activity which would give people something to look forward to, as well as a reason to use their time clearing out their homes.

We had planned July 11th as a day for a large charitable Fayre to raise money for "Open Doors", which supports persecuted Christians worldwide. This had to be cancelled because of Covid restrictions.

It turned out to be a blessing as we decided to use every weekend in October to invite a different church to come to Auchensail for an afternoon of fun and fellowship. The following churches were all included, and gave most generously of their time, interest and enthusiasm, which resulted in the sum of £4,000 being given to Open Doors. Henrietta Blyth, my eldest niece, is the CEO of this charity in London.

The Baptist Church came first; then we invited St Michael's and the Roman Catholics of St Mahew's in Cardross. Then we invited Cardross Parish Church, followed by two evangelical churches; the Lennox Church in Dumbarton run by Dr and Mrs Galloway; and the Bethesda Christian Fellowship led by Gordon Weare. Finally we invited the United Reformed Church in Helensburgh, the Parish Church and Rhu Church of Scotland.

It was all socially distanced. The stalls which were the result of the generosity of many; items willingly delivered, consisted of a great selection of good books, jewellery, needlework, home preserves, bric-a-brac, plants and items of special

An Ecumenical Experience (Continued)

interest. We also had a well-stocked boutique with some high class clothes, bags, hats, shoes and scarves.

I want to thank everyone who supported this worthy cause, not least for their fellowship and time. I can truthfully say that everyone enjoyed the afternoon out, the free tea and the chance to do something “normal” after such a long and dreary year.

I found it all to be an enriching spiritual experience to meet so many wonderful Christians and to hear about their activities.

I would be very happy if the ecumenical life of Helensburgh could become more inclusive and we could share each other’s activities. Our thanks to God for blessing our communal efforts.

Rosemary Wilson

Special Coffee Morning

Calling all male members of our church family!

Please support this new venture!

Not everyone likes to belong to a club or organisation where there are formal activities, and maybe you haven’t been able to get out as much because of the way we live just now, or perhaps the places you liked to go aren’t open or running well at the moment. Maybe you live alone or just want to escape your family for a while! In that case, this gathering is for you!

How would you like to have your very own coffee morning without the presence of the ladies? Just for a chat over tea and scones/cakes in our church hall. The first meeting will take place on Monday 24 January 2022 at 10.30 am.

If you enjoy it, such a meeting might become a regular feature, but the idea is just to give our menfolk somewhere to go to meet members of the congregation that maybe there hasn’t been a chance to get to know up to now – or to brush up on old friendships that have got broken off due to Covid.

If you need a lift, either write your name and phone number on the sheet at the back of the church or give me a ring on 01436423451.

Looking forward to seeing ALL of you there.

Joan Thompson, Safeguarding Officer

Keeping Safe

Safeguarding is about looking after ourselves as well as other people. It’s easy to think that safeguarding is something that only applies to those who run activities involving vulnerable adults or children, but this is not the case. Because we know we wouldn’t do anything to put a person at risk, we may think no one else will think that of us. Sadly, that isn’t the case. Not everyone has good intentions to those who are vulnerable, and we need to make sure that our actions cannot be misconstrued by others, to take care and protect ourselves. We can all help to create a safe environment both for ourselves and all those we come into contact with by;

Treating everyone with respect and setting a positive example for others

Not putting anyone, including yourself, into a vulnerable or compromising situation

Not keeping allegations or suspected abuse secret

Challenging unacceptable behaviour from others

Respecting personal space and privacy

Not have inappropriate physical or verbal contact with others

Ensuring your actions cannot be misrepresented by someone else.

I noticed that a lady living near me hadn’t opened her blinds or her windows for a couple of days, something she did like clockwork every morning. I asked one of her neighbours in her block of flats if she was away and he said he didn’t think so, but he had her son’s phone number and gave him a ring. Her son said he had been trying to contact his mother by phone but was concerned because she wasn’t answering. He came round to the flat, but he couldn’t get the door open. He was thinking of breaking the door down, but I advised him to call the police and make sure they were there when he entered the house – for his own safety’s sake. The police arrived, the door got opened and the lady was found to have had a fall and was unable to reach her phone. The police commended the son for calling them and safeguarding everyone involved. The lady had to go to hospital for several weeks but is now back home with a contact buzzer round her neck at all times – and she has given her son a set of keys! It is always very tempting to jump in to help without thinking of the possible consequences even for our own family members.

We also need to be aware of our actions when visiting members of our congregation or any of our friends who are unwell or isolated in their homes. The official advice is to keep a note of when you have visited someone and leave a message at their home, so others know you have called. If you collect money, or are given a donation, include this on the message as well. Also try to visit in twos, rather than on your own, as this make you less vulnerable to complaint or accusation. Unless you know about their allergies and health conditions it is probably wise not to offer sweets, drinks or other food items to the people you are visiting because there may be things they are not allowed to eat or drink, and they may not want to refuse for fear of offending you. Also don’t offer ‘over the counter’ medicines such as painkillers, cough medicines, indigestion remedies – even throat pastilles – as these can have side effects and may not be compatible with other prescribed medicines the person may be taking. Don’t administer prescribed drugs as there may be carers who visit to do this. If you are asked to do some shopping, agree how much money

Keeping Safe (continued)

you are taking and get receipts for all you have spent.

One of the most important things we can all do to keep everyone safe (including ourselves) is not to ignore the small things. Sadly, adults can experience all sorts of abuse, which aren't always as obvious as physical injuries. Sometimes you can get a niggling feeling that things may not be quite right because of something you have seen or been told. In this case, you should pass on your concern to the correct person, the person in charge of the activity or the rector or safeguarding officer if it is to do with church.. You don't have to be one hundred percent sure to pass on your worry. Make a note of the essential points under Who, What, When and Where and after you have passed on your concern, try to follow it up at a later date.

What do we mean by Abuse?

Physical abuse includes hitting, slapping, pushing, kicking, misuse of medication, restraint or inappropriate sanctions. Emotional abuse include threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation or withdrawal from services or supportive networks. Sexual abuse includes rape and sexual assault or sex acts to which the vulnerable adult has not consented or could not consent or was pressurised into consenting. Neglect includes ignoring medical or physical care needs, failure to provide access to appropriate health, or social care; the withholding of the necessities of life, such as medication, adequate nutrition and heating. Financial abuse includes theft, fraud, exploitation, pressure in connection with wills, property or inheritance or financial transactions, or the misuse or misappropriation of property, possessions or benefits. Other forms of abuse include discriminatory abuse (racist, sexist or based on a disability); domestic abuse; organisational abuse within an institution or care setting, such as a hospital or care home; and even modern slavery! If you suspect abuse, remember the four 'Rs' (not the reading, writing and arithmetic ones!) – Recognise the signs that could indicate abuse of a vulnerable adult. These include: Being unkempt in appearance; Appearing hungry or under-nourished; Mentioning inappropriate behaviour from other visitors, carers or relatives. Respond to someone who discloses abuse to you by taking them seriously, listening carefully and NOT investigating yourself. Record what you have been told (or what you have observed) factually and accurately. Record the time, date, place and actual words used by the person disclosing. Refer immediately to the person you have been told to contact if you have a safeguarding concern.. Don't keep it to yourself. If there is immediate danger contact the police by dialling 999. This is a lot to think about, and so MU have produced a little card for its members called Safeguarding and You. It is small enough to fit in a wallet and gives a number of important Dos and Don'ts to follow and I will reproduce them here for everyone to make a note of:

If someone discloses abuse to you,

DO: Remain calm, approachable and receptive

Take what is said seriously Listen carefully without interruption

Acknowledge you understand how difficult this may be

Keeping Safe (continued)

Offer reassurance that this is the right thing to do

Tell the adult what you are going to do next

Make a written record of what has been said and when and keep your original notes in case they are required by the statutory authorities, but don't give your own interpretations or speculate or jump to conclusions.

DON'T: Make promises that cannot be kept

Make assumptions or offer alternative explanations

Investigate or contact the person about whom allegations have been made

Do a physical examination

Discuss with people who do not need to know.

I hope you will find this of some interest and help to you. It is not meant as a lecture but in this strange and uncomfortable society we find ourselves in, it is simply intended as a reference and encouragement. Watch out for each other!

My thanks to the Mothers' Union magazine Connected and to the MU website and resources centre for the information contained in this article. Also thanks is due to Catherine Stewart, Safeguarding Officer for St Silas' Church, Glasgow for help in putting this together.

Joan Thompson

Who's Who? - In the Pew!

A light-hearted interview with Nick & Jane Davies

by: Anna Ind

Q. Where were you born?

A. Nick: London Jane: Devon

Q. When is your birthday – day & month only? (Star sign)

A. Nick: 20th Feb Pisces 29th Nov Sagittarius

Q. Where did you grow up?

A. Northampton/ Manaton, Devon (which is on Dartmoor)

Q. How long have you been married to Jane and where did you meet?

A. 32 years ago (she informs me). We met at Portland where we were both serving in the Navy on the staff of Flag Officer Sea Training.

Q. You have a son called Andrew, would you like to tell us a little about him?

A. He followed his father in a career at sea, he has flourished and is currently Captain of a Fleet Replenishment ship, married to Sophie with a daughter called Harriet.

Q. I know you're retired, would you like to tell us a bit about your life and work?

A. 36 formative & memorable years in the Royal Navy, both sea and shore service, met some amazing people, including Jane (20 years service in the WRNS, remained junior rank to me but still doesn't call me 'Sir' ... which is disappointing!)

Q. How long have you lived on the Peninsula?

A. 20 years, attracted to the maritime views and close knit community.

Q. Do you like travelling? If yes, where is your favourite place?

A. Travel is OK but we hate airports. We both enjoy the desolate scenery, peace and wildlife on the Ardnamurchan peninsula.

Q. Tell us about your hobbies?

A. *I have a small wooden sailing boat for fair weather cruising. Jane comes with me so long as she doesn't get wet. I have a model railway, I love building model boats and model aeroplanes. I keep bees (not very skillfully). Jane makes quilts (accompanied by lots of bad language). She knits and she loves her garden. She never goes walking without binoculars to observe the bird life.*

Q. Is there any activity you've always wanted to try, but have never had the opportunity?

A. *I'd love to have a go at flying an aeroplane or driving a steam train, however Jane says she's just happy to keep her feet firmly on the ground ...*

Q. What is the best book you have ever read?

A. *The 'N****r of the Narcissus' by Joseph Conrad. Wonderful sea story about human nature, courage, teamwork and human adversity. Jane likes 'HMS Ulysses' by Alastair MacLean. Men showing determination to overcome difficulty together in adversity.*

Q. What is your all time favourite film?

A. *We both enjoy Westerns, difficult to choose between 'High Noon', 'Stagecoach' and 'She wore a Yellow Ribbon'. The Cruel Sea is good too ... so is 'Lord of the Rings' trilogy ...*

Q. What is the nicest/most unusual gift anyone has ever given you?

A. *Nicest gift was my first train set! Jane says I once gave her a new gash bin for Valentine's Day, but I don't remember that ...*

Q. If you were stranded on a desert island and could have one luxury item, what would it be?

A. *A harmonica which I might eventually teach myself to play.*

Q. How long have you been coming to St. Michaels and what do you like about it?

A. *Since about 2005. We are traditional Anglicans although navel service has taught us both to accept most variants of Christian worship. St. Michaels is a nice community.*

Q. Where do you sit in the church and why?

A. *Towards the back on the South aisle. Jane likes to be at the back to see what's going on, I just like to sit by a heating pipe.*

Q. What is your all time favourite hymn and why?

A. *'Guide me oh thou Great Redeemer' inspiring hymn which reminds me of my Welsh ancestry. Jane likes 'He who would valiant be' (rousing hymn which she sang at school).*

Q. Who would you say has been a great inspiration in your life?

A. *I had the privilege of serving with several inspirational Commanding Officers in the Royal Navy, men of great moral backbone who set standards and led by example. Jane specifies the Sisters at the Convent of Notre Dame, Teignmouth and tutors at Bedford College London.*

Q. If a genie granted you one wish, what would you wish for?

A. *A RED Jaguar sports car (Jane doesn't drive so gets no choice).*

Q. Is there any other trivia I haven't asked which you'd like to add?

A. *Favourite football team, which is Northampton Town FC. If you can support teams through thick and thin in the lower divisions it shows you must really like football!*

Many thanks Nick & Jane.

WATCH OUT - NEXT TIME IT COULD BE YOU!!!

READERS' LIST – JANUARY/FEBRUARY 2022

DATE	10:30am	6:30/7:30pm
2 January	Jill Braid	6:30pm Maureen McCormick
9 January	Jo Frain-Bell	
16 January	Michael Blake	7:30pm Maurice Steuart-Corry
23 January	Alex Laing	
30 January	Chris Packard	
6 February	John Hanks	6:30pm David Ronald
13 February	Rebecca Parry	
20 February	Iona Gibson	7:30pm John Sadden
27 February	Helen Gibson	

SIDESPERSONS' ROTA JANUARY/FEBRUARY 2022

DATE		10:30am	
2022	2 January	Chris Sanders	Linda Sanders
	9 January	James Ashby	Sue Ashby
	16 January	Gerry Quickfall	Alex Laing
	23 January	David Sheen	Barbara Hoey
	30 January	Brian Kyle	Maureen Kyle
	6 February	Nick Parry	Carol Parry
	13 February	Chris Packard	Ann Packard
	20 February	Chris Sanders	Linda Sanders
2022	27 February	James Ashby	Sue Ashby

LECTIONARY – JANUARY/FEBRUARY 2022

Sunday	Eucharist (NRSV)	Evensong (NRSV)
2 January The Epiphany of the Lord	Isaiah 60.1-6 Psalm 72:10-15 Ephesians 3.1-12 Matthew 2.1-12	6:30pm Epiphany Psalms 96, 97 Isaiah 48 John 1.19-34
9 January Baptism of Christ (Plough Sunday)	Isaiah 43.1-7 Psalm 29 Acts 8.14-17 Luke 3.15-17,21-22	
16 January Epiphany 2	Isaiah 62.1-5 Psalm 36:5-10 1 Corinthians 12.1-11 John 2.1-11	7:30pm Compline
23 January Christian Unity Sunday	Zephaniah 3.16-20 Psalm 133 1 John 4.9-15 John 17.11b-23	
30 January Candlemas/ Presentation	Malachi 3.1-4 Psalm 24:7-10 Hebrews 2.14-18 Luke 2.22-40	
6 February 4th Sunday before Lent	Isaiah 6.1-8 Psalm 138 1 Corinthians 15.1-11 Luke 5.1-11	6:30pm Epiphany 5 Psalm 105 Proverbs 8.10 Matthew 20.1-16
13 February 3rd Sunday before Lent	Jeremiah 17.5-10 - Psalm 1 1 Corinthians 15.12-20 Luke 6.17-26	
20 February 2nd Sunday before Lent	Genesis 2.4b-9,15-25 Psalm 65.1-7 Revelation 4.1-11 Luke 8.22-25	7:30pm Compline
27 February Sunday next before Lent	Exodus 34.29-35 Psalm 99 2 Corinthians 3.12-4.2 Luke 9.28-36	



Service Details

Sunday

8:30am Said Eucharist (1970 Rite)
(To be resumed in Lent 2022)

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

6:30pm Prayer Book Choral Evensong on the 1st Sunday in the month
7:30pm Compline on the 3rd Sunday in the month

Tuesdays

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

For dates of services please see Diary (Page 10) inside

