



CHRIST CHURCH LANARK  
CLYDESDALE'S EPISCOPAL CHURCH  
FEBRUARY - MARCH 2020



## **February 2020**

### **Sunday 2nd**

Candlemas

09.00 am – Said Eucharist

10.30 am – Sung Eucharist

### **Sunday 9th**

Epiphany 5

10.30 am – Sung Eucharist

### **Sunday 16th**

Epiphany 6

10.30 am – All Age Eucharist

### **Sunday 23rd**

Sunday before Lent

10.30 am – Sung Eucharist

## **March 2020**

### **Sunday 1st**

Lent 1

09.00 am – Said Eucharist

10.30 am – Sung Eucharist

### **Sunday 9th**

Lent 2

10.30 am – Sung Eucharist

### **Sunday 15th**

Lent 3

10.30 am – Sung Eucharist

### **Sunday 22nd**

Mothering Sunday

10.30 am – All Age Eucharist

### **Sunday 29th**

Passion Sunday

10.30 am – Sung Eucharist

**Lunch Club every second Tuesday  
in the Church Hall at 12.30pm  
Cost £2.50  
All Welcome**



## Holy Communion & Intinction

“Intinction” is the act of dipping the communion bread (the host) in the consecrated wine of the chalice.



It was originally intended to be observed by communicants who had an illness or infection to prevent the spread of germs. It was never intended to become a regular practice as it detracts from the symbolism of receiving from the communal cup.

In the Eucharist we share one cup because we are one body, united with Christ and each other, in fellowship and love, as we receive his body and blood. Nothing is to separate us, in this sharing, spiritually, materially, socially or sacramentally.

We would, therefore, encourage each of you – illness permitting – to consider returning to the normal and historic practice of the Church down through the ages.

## STOP PRESS – NEW BISHOP FOR GLASGOW & GALLOWAY



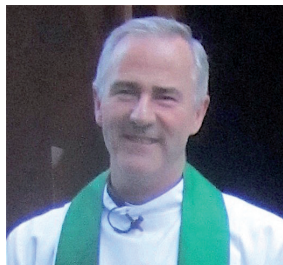
At a special Eucharist on Saturday 18th January in St Mary’s Cathedral, Glasgow, the Bishops of the Scottish Episcopal Church came together to elect a new Bishop for our Diocese. After voting, the lot fell to The Rt Revd Kevin Pearson, already a Bishop, and currently serving in that capacity as Bishop of Argyll & The Isles. He will be “translated” to our Diocese after serving a period of notice.

Consecrated in February 2011, +Kevin comes to us with 9 years of experience as a Diocesan Bishop and a vast knowledge of the Episcopal Church, having trained in Edinburgh in the 70s and served as a Rector, Diocesan Director of Ordinands, Provincial Director of Ordinands, Dean of Edinburgh and Bishop. Pray for him as he gets ready to make the move from Oban to Glasgow and for the Diocese as it prepares for his episcopal ministry among us.

## RECTOR'S LETTER

Dear Friends

Epiphany falls at the time of year immediately following the Winter Solstice when the nights start to draw out and the daylight begins to lengthen. In the church it is known as the “season of light” and it includes some special celebrations such as Candlemas – which proclaims Christ as “the light of the world”.

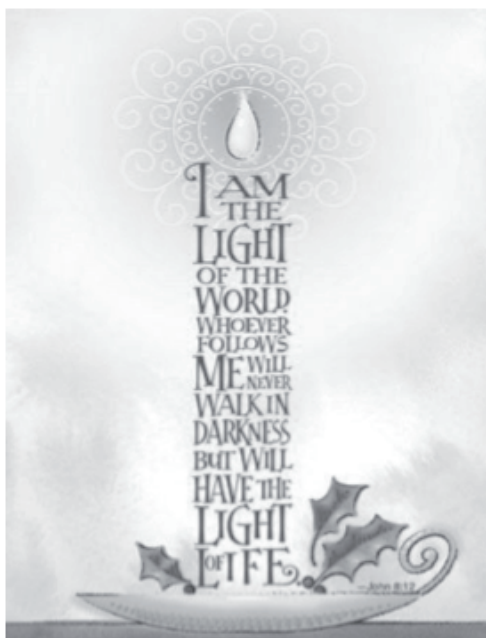


Light. Where would we be without it. No matter how much we love the winter and all the festivities that it brings, we all look forward to the lighter days and evenings. They boost our mood and lift our spirits. Jesus, the light of the world, has the same effect on us spiritually. Where would we be without him and the light that he brings – the light of hope, the light of love, the light of forgiveness and salvation. His light also reveals to us divine truth, which guides us through life towards eternity.

May you enjoy the lengthening days as they come. And may Christ's light brighten your path, as you continue to hold his light – in the world and for the world.

Yours, in his service

Drew



## Pancakes

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us Shrove Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.



# Healing

Rev. L. Johnston

One of the sacred callings of the priest is to heal. Indeed, there was a whole section of my ordination which symbolised this new role, when my hands were anointed by the bishop so that I may heal others through the laying on of hands and anointing with oil.



There are several issues involved when talking about healing in general from a Christian viewpoint and the priestly call to heal in particular. One issue that quickly comes up is the purpose of doing so. The prayers which accompany these sacramental acts are purposefully vague in what they are asking God for.

For example, we ask that the person be upheld and know the healing power of God's love. This, along with the instructions from the church which tell the priest not to touch the body part affected by illness (we anoint the head with oil in the sign of the cross), suggest that we are not primarily asking God for healing in a physical sense. Yet we are using physical symbols and see the importance of them.

The phrase: "release you from suffering, and restore you to wholeness and strength" in the booklet we use, although it may have physical connotations may be better understood as calling for a healing of the spiritual and emotional inward condition of the sick. The outward pouring of oil being a symbol of the Spirit being poured on a person to heal and soothe them inwardly.

These prayers allude to St. Paul's idea of the Father's love being poured into us by the Spirit and also support the view that healing here is more than a matter of flesh and blood. The bible itself holds the same physical and spiritual ambiguity of words like healing given the fact that the word to heal and save is the same in biblical Greek.

The priestly role in all of this is perhaps to address the specific health condition and the resulting distress of the person with the promises and personhood of God rather than to approach healing as a purely physical matter.

It's acknowledging – as many in modern science do – that our inner and outer lives go hand-in-hand. We are a whole person, not broken up into bits. In the sacramental act of healing or unction: spiritual need and God's provision come together; that which is natural or physical and God's supernatural blessing come together.

This is an opportunity of bringing our very real, often lonely struggles with ailments to God. For some may compartmentalise a health issue – seeing it as a struggle separate from their relationship with God that they need to just get on with or be defeated by.

We are all at risk of relegating God to a Sunday, missing out on his care for us in our very real and daily struggles. The healing offered by the priest addresses that. The oil and laying on of hands acknowledges the presence of God in our pain or distress – not as a negligent or a uncaring creator – but a personal and comforting friend and Father. It is through connecting the mundane – being sick – and the sacred – God's love – that the priest heals helps a person be whole again. The resulting comfort and peace that many testify to after receiving it reminds us that we are not alone or isolated from God at times of illness, but he is present in and with us.

If you would like to receive this sacrament, please contact Drew or myself to discuss further.

### **A Diamond Occasion**

Congratulation to Jean and Ken Rance who celebrated their Diamond Wedding Anniversary (60 years) on Monday 13 January. Drew presented them with a beautiful bouquet of flowers.





## **Ruth McIntosh**

### **An Appreciation of Her Life**

Born in Alloa in 1929, Ruth Georgina McIntosh (nee Wilson) was the oldest daughter of a clergyman (William Skinner Wilson) from a long line of Episcopalian clergy, going all the way back to Bishop John Skinner (1721-1807). Her father died tragically young, and as they had to leave the rectory, Ruth and her sister were given a wartime education at Cheltenham Ladies college, their younger brother David was sent to Glenalmond College. She was already being called to nursing and went straight into nurse's training at Great Ormond street hospital, the world renowned children's hospital in London.



Her mother Enid was a housekeeper at Edinburgh Theological College, where clergy lodged. It was here, during her visits home to her mother, that Ruth met Hugh McIntosh, a curate at St Mary's Cathedral in Edinburgh. A long distance courtship resulted in a marriage in August 1951.

Ruth then started her life as a rector's wife at St Aidens, Gullane, at the age of 21. Her first child Ian, was born in 1953, and she and Hugh moved to St Johns, Dumfries. Two further children arrived, Fiona in 1956, and Gavin in 1959 (during Holy week, no doubt causing some disruption!).

After many happy years in Dumfries, in 1966 Hugh was called to be provost at St Mary's Cathedral in Glasgow. This was a very busy time for both of them, and in 1970, a change of pace was needed and they came to Christ Church in Lanark.

Ruth now had time to get back to her nursing vocation, and became a nurse at Stanmore House school. She loved her job there, making many lifelong friends, and getting great pleasure helping care for the children.

Retirement in 1989 allowed her to indulge in her passion for travel, either with friends or family, and over the next 30 years she visited Canada, America, Egypt, Russia, China and Hong Kong (a couple of times!) as well as frequent European trips and of course, visits to her own children and their growing families.

With 7 grandchildren, she was a perfect grandmother to them all.....she loved all dearly and took endless joy in each of them.



She also was a devoted member of the pastoral care team at ChristChurch, and gave great comfort to many, tirelessly visiting anyone in need, giving communion and tender words wherever they were required.

Throughout her time at Lanark she made many friends, and loved spending time with them, always ready for a giggle and a cup of tea, always interested in their families, quietly helping when it was need, not making a fuss.

Those around this strong and independent woman gradually became aware that a cloud was descending upon her, and during her final years, we helped her navigate her way through the fog of Alzheimer's, when it became too difficult for her to manage alone at home, she settled in Greenhills Care Home, Biggar. The care and attention she both gave and received bolstered her spirit and she was very happy and involved until a few weeks before her death, peacefully slipping away on New Year's Eve 2019. Her life was selflessly dedicated to the care of others, she was loved by many and will be greatly missed.

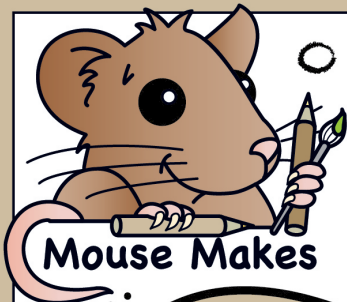
*Fiona McIntosh*

### **Who said, 'God is Dead'?**

In this world of new concepts it has often been said -  
Why heed the Commandments of a God who is dead.  
Why follow His precepts that are old and outdated,  
Restrictive and narrow and in no way related  
To this modern-day world where pace is so fast  
It cannot be hampered by an old fashioned past.....  
And yet this 'DEAD GOD' still holds in His hand  
The star studded sky, the sea and the land.  
And with perfect precision the old earth keeps spinning  
As flawlessly accurate as in 'THE BEGINNING'.....  
So be not deceived by 'the new pharisees', who boast,  
Man has only HIS OWN SELF TO PLEASE,  
And who loudly proclaim any man is a fool  
Who denied himself pleasure to follow God's rule.....  
But what can they offer that will last and endure  
And make life's uncertainties safe and secure,  
And what, though man gain the whole world and it's pleasures,  
If he loses his soul and 'eternity's treasures'?

Helen Steiner Rice

*Thank you to Joyce Moody for this poem*



Mouse Makes

After **Jesus** was baptised He was led by the Spirit into the **wilderness** for **forty** days where he was tempted by the devil.

*READ the story in Luke 4:1-13*

JUMP  
JERUSALEM  
HIGHHOLD  
IF

THUNGRY  
EOHFOOT  
MLIFTDE  
PYMOJBO  
TSBREAD  
APATSRE  
TIPYUAV  
IRTISTI  
OILEDL  
NTSTONE  
STEMPLE  
HDAVS

DESERT  
ROJORDAN  
VRIVEROCK  
U

WOWORLD  
ISONKTO  
LCRWIHW  
DRSRNRN  
EIHIGOD  
RPITDWG  
NTPTOOL  
EUAEMNO  
SRINSLR  
SERVEYY  
EANGELS  
LORDR

What was Jesus' reply when the devil asked Him to turn a stone into bread?

Who did Jesus say He would only worship and serve?

What did Jesus say you must not do?

Can you find these words in the word search?

JESUS • BAPTISED • RIVER • JORDAN • LED  
HOLY SPIRIT • WILDERNESS • DESERT • TEMPTATIONS  
DEVIL • FORTY • DAYS • HUNGRY • ROCK • STONE  
BREAD • WRITTEN • SCRIPTURE • ALL • KINGDOMS • WORLD • GLORY  
WORSHIP • SERVE • GOD • ONLY • JERUSALEM • TEMPLE • HIGH • IF • SON  
JUMP • THROW • DOWN • ANGELS • HOLD • LIFT • FOOT • LORD • TEST

## Laughter is the Best Medicine

### What are angels like?

Try asking school children that question, and you'll get some imaginative replies! Like these....

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter. – Sara, aged 6

Angels live in cloud houses made by God and His Son, who's a very good carpenter.

– Jared, aged 8

All angels are girls because they have to wear dresses and boys didn't go for it. – Anthony, aged 9

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth. – Kate, aged 9

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the kid get over it. – Vicky, aged 8

What I don't get about angels is why, when someone is in love, they shoot arrows at them. – Sarah, aged 7

### Adam and Eve

Adam and Eve had an ideal marriage. He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked.

### Take me out

An elderly single woman died last month. She requested no male pallbearers. In her handwritten instructions for her memorial service, she explained: "They wouldn't take me out while I was alive, so I don't want them to take me out when I'm dead."

### Love in a bag

I asked my nephew whether he bought his wife anything for Valentine's Day, and he said he had bought her a belt and a bag. When I commented that I am sure she would appreciate them, he agreed: "Yes, and hopefully the vacuum cleaner will work better now."

### Shout

Verger's advice to visiting preacher: "You'll 'ave to shout very loud in this 'ere church, Vicar. The agnostics are somefink terrible!"



That old tea urn had served  
the church well

DATE	SIDESPERSONS	TEA/COFFEE	CHURCH CLEANING	LUNCH CLUB	COMMUNION CUP
<b><u>2020</u></b>	Rosemary Marshall Tel: 663774	Jean Rance Tel: 662461	Connie Johnstone Tel: 01899 308764	Sandra Pringle 07973 765 119	
<b>2 Feb</b>	F. Caddell S. Cardwell	L. Rickards E. Baxter	J. Rance K. Rance	<b>Soup</b>	R Cleary
<b>9 Feb</b>	D. Evans J. Rance	N. Broadbridge C. Johnstone	J. Rance K. Rance	11 Feb Irene & Sandra	R Burgon
<b>16 Feb</b>	G. Rankin N. Broadbridge	M. Caddell C. Robbins	A. Gray		C Johnstone
<b>23 Feb</b>	S. Russell S. Cardwell	M. Gibson J. Patrick	M. Gibson J. Patrick	25 Feb Gemma & Richard	S Cardwell

<b>DATE</b>	<b>SIDESPONSORS</b>	<b>TEA/COFFEE</b>	<b>CHURCH CLEANING</b>	<b>LUNCH CLUB</b>	<b>COMMUNION CUP</b>
<b><u>2020</u></b>	Rosemary Marshall Tel: 663774	Jean Rance Tel: 662461	Connie Johnstone Tel: 308764	Sandra Pringle 07973 765 119	
<b>1 March</b>	D. Evans F. Caddell	J. Rance K. Rance	C. Johnstone S. Tian	<b>Soup</b>	M MacLeod
<b>8 March</b>	S. Cardwell J. Rance	L. Rickards E. Baxter	J. Comrie	10 March Hilary & Anne	R Evans
<b>15 March</b>	G. Rankin S. Russell	N. Broadbridge C. Johnstone	N. Broadbridge		G Rankin
<b>22 March</b>	N. Broadbridge D. Evans	M. Caddell C. Robbins	A. Comrie	24 March. Diana & Janet	P Glancy
<b>29 March</b>	F. Caddell S. Cardwell	M. Gibson J. Patrick	J. Rance K. Rance		R Cleary
<b>5 April</b>	S. Russell G. Rankin	J. Rance K. Rance	J. Rance K. Rance	7 April Margaret & Irene	R Burgon

DATE	DIARY	READERS	FIRST LESSON	SECOND LESSON	GOSPEL
<u>2020</u> 2 Feb	Candlemas	K Rance	Malachi 3: 1-15	Hebrews 2: 14 to end	Luke 2: 22-40
9 Feb	Epiphany 5	N Broad'ge	Isaiah 58: 1-9a	1 Cor'ns 2:1-12	Matthew 5:13-20
16 Feb	Epiphany 6	xxxxxxxxxxx	ALL	AGE	SERVICE
23 Feb	Sunday before Lent	P Glancy	Exodos 24:12-18	2 Peter 1:16-21	Matthew 17:1-9

DATE	DIARY	READERS	FIRST LESSON	SECOND LESSON	GOSPEL
<u>2020</u> 1 Mar	Lent 1	A Burroughs	Genesis 2:15-17 & 3:1-7	Romans 5:12-19	Matthew 4: 1-11
8 Mar	Lent 2	J Rance	Genesis 12:1-4a	Romans 4:1-5 & 13-17	Matthew 17:1-9
15 Mar	Lent 3	R Cleary	Exodus 17:107	Romans 5:1-11	John 4:5-42
22 Mar	Mothering Sunday	xxxxxxx	ALL	AGE	SERVICE
29 Mar	Lent 5	L Rickards	Ezekiel 37:1-14	Romans 8: 6-11	John 11:1-45
5 April	Palm Sunday	Various	xxxxxxxxx	xxxxxxxxx	xxxxxxxxx



# CHRIST CHURCH LANARK

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Pastoral Care Co-ordinator: Sheila Cardwell 01555 728802

Adult & Child Protection Officer, Susan Tian 01555 871997

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Please remember Christ Church in your will as an act of thanksgiving  
for the Church. For confidential advice please speak to the Treasurer

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