



**In God alone my soul quietly rests,  
for my hope comes from Him. Ps 62:5**

CHRIST CHURCH LANARK  
CLYDESDALE'S EPISCOPAL CHURCH

FEBRUARY '24

## Schedule of Services

### February

Sunday 4  
Epiphany 5  
08.30 am – Said Eucharist  
10.30 am – Sung Eucharist

Sunday 11  
Sunday before Lent  
10.30 am – Sung Eucharist

Wednesday 14  
Ash Wednesday  
7.30 pm – Sung Eucharist

Sunday 18  
Lent 1  
(Lanark & Lamington)  
10.30 am – Sung Eucharist

Sunday 25  
Lent 2  
10.30 am – Sung Eucharist

### March

Sunday 3  
Lent 3  
08.30 am – Said Eucharist  
10.30 am – Sung Eucharist

Sunday 10  
Mothering Sunday  
10.30 am – Sung Eucharist

Sunday 17  
Passion Sunday  
10.30 am – Sung Eucharist

Sunday 24  
Palm Sunday  
(Lanark & Lamington)  
10.30 am – Sung Eucharist

Sunday 31  
Easter Day  
10.30 am – Sung Eucharist

### Services Schedule for Lamington

February 25  
Lent 2  
10.30 am – Eucharist

March 24  
Palm Sunday  
10.30 am – Eucharist

## News in the Pews

- On Thursday 25 January Joyce and Peter Moody celebrated their diamond wedding anniversary. Many congratulations to them both. Ad multos annos.
- Thanks to The Revd Liz Clelland for the prayerful and thought provoking Advent Quiet Space which she created and conducted on the second Saturday in Advent. She is holding a similar devotion at the start of Lent. See “Dates for the Diary” for further details. All welcome.
- A member of vestry came up with the fund-raising idea of asking the congregation to look out any old, broken, no longer used bits of gold jewellery which they had cluttering up their jewellery boxes and giving them to the church as a means of making money. Ken Scott, owner of McKellar’s the Jewellers in Lanark High Street, agreed to take the pieces and turn them into money. If you have any such gold lying around the house, please consider bringing it to church and depositing it in the box on the votive candle table in the Memorial Chapel. We will keep you informed of how much we make in due course.

### Autumn Ladies

We began the new season on the 17th January. A syllabus can be collected from the vestibule in the church or from Isobel. A variety of interesting afternoons await us.

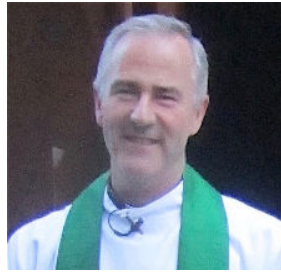
Come along and experience our happy and relaxed afternoons. You will be made most welcome.

*Isobel Malcolm*

# Clergy Cogitations

Dear Friends

How courageous are you? Rummaging in the Rectory library the other week I came across an old copy of The Scots Magazine. Flicking nostalgically through its pages I chanced upon the obituary of an eccentric teacher who was a co-founder and first headmaster of Rannoch School in Perthshire. He had a fearless reputation, having once wrestled with a crocodile while on RAF service in Africa. He turned the reptile's hide into a handbag for his mother. The man was clearly full of bravery and a certain degree of panache!



Of course, real courage isn't always on such a dramatic scale. Real courage is something that most of us need to get through life at a much more day-to-day level. It takes real courage to admit you've been wrong. It takes real courage to deal with the diagnosis of a serious illness. It takes real courage to change your career. It takes real courage to come to terms with bereavement. It takes real courage to end a relationship, or to begin one. It takes real courage to be a volunteer and to make a commitment.

Courage is something that we will all need at different times of our lives. In the year ahead we, at Christ Church, will be needing to be courageous with our time and talents. There are many different areas of our church's life where help is desperately needed. It is relatively easy to sit back and assume or hope that somebody else will do what is necessary. For some people it takes a little bit of courage to say, 'Yes, I think I could help with that.' Courage, at whatever level, requires a degree of determination and commitment. I never underestimate the bravery some people show in being unashamed of their faith and being resolute enough to do something about it. When the surrounding culture is often one of wanting more 'me' time and looking to our own needs, not only does it require courage to go against the prevailing cultural norm, it also means, if we say 'yes', that we have the opportunity to work together in community. Learning from each other, sharing with each other, helping each other. And that can only be for the good of the Church, and the good of society. There is such a thing as society, though it takes a degree of courage to engage with it actively.

Throughout his ministry Jesus was courageous. He was courageous in taking on the religious authorities of his day. He was courageous in associating with the kind of people who were often pushed to the margins of society. He was courageous in helping the sick. He was courageous in including women in his

closest circle of friends. He was courageous in his teaching. He was courageous on the cross. And I believe Jesus has been courageous ever since. Courageous enough to trust in people like you and me to continue his work on his behalf.

Show some courage and volunteer to do something for your Church this year. Wrestling with crocodiles is not required! But apres service tea/coffee making, gardening, vestry membership, DJ-ing, spring cleaning, stewarding, (amongst other things!) most definitely are!

Drew

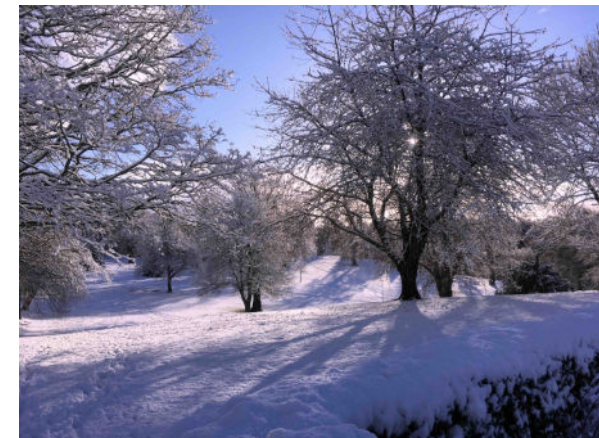
## Winter Now

'Tis winter now; the fallen snow  
Has left the heavens all coldly clear;  
Through leafless boughs the sharp winds blow,  
And all the earth lies dead and drear.

And yet God's love is not withdrawn;  
His life within the keen air breathes;  
His beauty paints the crimson dawn,  
And clothes the boughs with glittering wreaths...

O God! Who giv'st the winter's cold,  
As well as summer's joyous rays,  
Us warmly in thy love enfold,  
And keep us through life's wintry days.

From a poem by Samuel Longfellow 1819-92



## Deacon's Deliberations



We are now well into the New Year. At the turn of the year I wonder... how many of you made a New Year's resolution? Have you kept it? (The definition of a New Year's resolution is: "a firm decision made on New Year's Eve or on New Year's Day to do or refrain from doing something over the course of the coming year.")

Personally, I don't like New Year's resolutions. But if I were to make any they wouldn't have anything to do with losing weight or exercising more. Rather, they would be more along the lines of a "To Do List".

Here's my To Do List for 2024!

1. Sell my flat in East Kilbride and buy a house in or near Lanark
2. Remain as a Vocational Deacon and resist all pressure to go for ordination to the Priesthood
3. With the help of my team, make the Warm Community Hub a great success
4. Enjoy my 70<sup>th</sup> birthday cruise in May.

Like I said, I don't like New Year's resolutions, but I do like trusting in God. God knows me better than I know myself. In Jeremiah 29: 11 we read: "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." My "To Do List" is what I hope to do, but that might not be what God plans for me. I put my faith and trust in God, in God's plan for me.

I pray that we will all trust in God's plan for us as we pray the prayer that Jesus taught us: "Our Father in heaven, hallowed be your name, your kingdom come, **your will be done**, on earth as in heaven."

Have a happy and blessed New Year. May God's will be done in your life.

Jackie Fenton

## Dates for the Diary



### Tuesday 13 February

5 pm until 7 pm  
in the church hall

Come along (and bring a friend) to enjoy French crepes with delicious savoury and sweet fillings.

**Bring your own cutlery and crockery.**



### Saturday 17 February

10.30 am – 12.30 pm  
in the church

The Revd Liz Clelland will lead us in a Lent Quiet Space with reflections, prayer stations and contemplative music



### Sunday 18 February

Straight after the Sung Eucharist  
in the church hall

Get the Lenten Season off to a good start with a warming bowl of soup.

**Bring your own cutlery and crockery**

# Monastic Musings



After a frantic time at the end of last year what with transitioning to a new promoted post and loads of family commitments I was naïve enough to think that this year would be different. But no... 2024 finds me as busy as ever, not a moment to myself, squeezing more and more into the same 24 hours. We are all the same, I'm sure.

When life is so busy time for prayer and reflection can get less and less and it can sometimes be difficult to “get round to praying” at all. Indeed, if I was given a pound for every time someone said that they wanted to pray but didn't have the time I'd be retiring now in splendid luxury.

My resolve and attitude changed, however, when I read a paragraph in a Gospel commentary which caught my eye and has stuck with me ever since. Phil Moore, a priest and evangelist, wrote that when he became a Christian he had to get rid of his TV for a few years until he felt he could own one and still choose to spend time with God over channel-hopping. He writes: “God doesn't give us more hours in the day once we start following him. Something has to **leave** our life so that time with God can enter it.” In other words - he's saying that it's no good waiting for “prayer time” to present itself miraculously in an already busy life – because it won't! Prayer has to become a priority and something has to be ditched. **Something** has to go!

With Lent coming up our minds turn to what to give up. Maybe the ever tempting chocolates, coffee, swearing (!). Whatever it is, many of us try to give up something for the forty days before Easter. This Lent I'd like to encourage us to give up something in order to free up even fifteen minutes a day, every day, to devote the time to God. During that time we could read a small chunk of a Gospel of our choice – read a bit and then think about it, offering our thoughts at the end of the time to God. Or we could start praying the Daily Office – ask Drew, who can give you the book and show you what to do. Or we could choose to read a “holy” book for 15 minutes every day – if we don't know what to read then just ask – there's a whole variety that can be suggested! Or we could just offer our time to God, sitting in silence and waiting upon God. Whatever it is, this Lent, make time for God. God is waiting for us to turn to him.

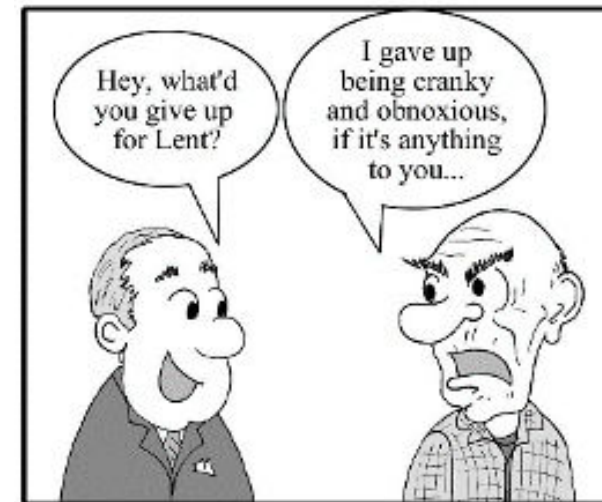
Gerry Creaney



## LENT REFLECTION

### WHAT TO GIVE UP.....

- Give up complaining... focus on gratitude.
- Give up on pessimism... become an optimist.
- Give up harsh judgements... think kindly thoughts.
- Give up worry... trust Divine Providence.
- Give up discouragement... be full of hope.
- Give up bitterness... turn to forgiveness.
- Give up hatred... return good for evil.
- Give up anger... be more patient.
- Give up pettiness... become mature.
- Give up gloom... enjoy the beauty that is all around you.
- Give up jealousy... pray for trust.
- Give up gossiping... control your tongue.
- Give up sin... turn to virtue.
- Give up frantic activity... take time to be still before God.
- Give up giving up... hang on in there!



The Rev Dr Gary Bowness continues his tongue-in-cheek letters from "Uncle Eustace" ...

### On why rural church-goers like to freeze in church

The Rectory  
St. James the Least



My dear Nephew Darren

Winter certainly exposes the difference between those of you who live in cities and us rural folk. While you bask in your centrally heated flat, and complain about the half an inch of slush outside, we country folk wear overcoats in our houses, open all doors and windows to let the heat in and battle through snow drifts, measured in feet, to get the morning paper.

Colonel Wainwright has acquired a new toy: a snow blower, of sufficient power that I believe it could clear the Antarctic. He kindly volunteered to clear the paths around the church. Working outwards from the church door, the path to the church soon became snow-free. Unfortunately, he only realised when his job was complete that the blown snow then formed a ten-foot drift under the lych gate.

Miss Margison, ever helpful in the worst sense of the word, decided to unfreeze the pipes in the church hall. A blow torch was not the ideal solution, although the resulting burst did make some rather attractive ice sculptures round the kitchen equipment. The village badminton team that uses the hall has now temporarily changed sport to ice hockey.

Inevitably, congregations have soared. There is nothing like adversity for making people want to prove they have the moral fibre to overcome it. Much satisfaction seems to be obtained on discovering who has not dared venture out, which is taken as judgement on their strength of character. The Prentices upstaged most people by arriving on a sleigh. Mr Prentice was warmly wrapped in a travelling rug, while his wife pulled it. As they both explained, they couldn't possibly let the pony work in such conditions.

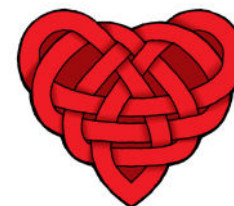
What I momentarily thought was applause during my sermon was merely people keeping their hands warm and the hymns were drowned out by the stamping of feet. Our organist complained that the cold made his fingers so numb that he couldn't play properly – although I didn't notice that things were much different from normal.

No, my dear nephew, a few flakes of wet snow may close your car park for health and safety reasons, but we shall continue to triumph heroically over adversity. We return home after Mattins, knowing we have proved our Christian commitment in being utterly uncomfortable.

Your loving uncle,  
Eustace

### Quotes of the month

#### With Valentine's Day in mind....



Marriage requires falling in love many times –  
always with the same person. - Anon

Marriage is like twirling a baton, turning handspings, or eating with chopsticks; it looks so easy till you try it. - Helen Rowland

What woman, however old, has not the bridal favours and raiment stowed away, and packed in lavender, in the inmost cupboards of her heart? - William M Thackeray

Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction. - Antoine De Saint-Exupery

Oh, if it be to choose and call thee mine, Love, thou art every day my Valentine! - Thomas Hood

Two heads are better than one. - Homer (Illiad)

The heart has its reason, which reason knows not, as we feel in a thousand instances. -Blaise Pascal

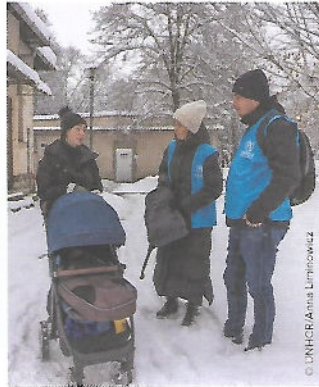
# MEET THE TEAM

## Dmytro and Svitlana, Protection Monitors

Like the people they help, Dmytro and Svitlana are also refugees from Ukraine. Now in Poland, they work as Protection Monitors for UNHCR, collecting information about what new arrivals need most and helping refugees access vital services.



Left: Dmytro and Oleksandra with their daughter Yeva, and Oleksandra's mother Iryna. Right: Dmytro and his team interview refugees in all weathers.



When the war started Dmytro, who had been a sales manager at home, fled to Poland with his wife, Oleksandra and 10-year-old daughter, Yeva. His experiences gave him an insight into the trauma faced by those he now helps in his role with UNHCR.

*"The people you meet cry a lot. It's hard for them to think about when they escaped under shelling – they lost their relatives, they lost their homes. I never thought I would be in a job like this, but I like to help people,"* said Dmytro.

Dmytro and his colleague Svitlana meet with refugees in humanitarian centres to listen to their stories and identify those most in need.

*"We help them out with contacts for the services they need, like healthcare, legal support and*

*cash assistance,"* explained Svitlana.

***"I treat every refugee with patience, which is important because many people are only just realising that their lives have changed forever and maybe this is now home. Many people here don't have homes to return to. Some towns no longer exist – there is nothing left."***

*"They may be aggressive, or apathetic. I understand those feelings very well, because we went through the same thing,"* she said.

Thanks to your support,

Svitlana, Dmytro and other UNHCR protection monitors have conducted over 50,000 interviews with refugees in Poland. The insights they share provide UNHCR with an accurate picture of the changing needs of refugees from Ukraine, so we can adapt our support and reach more people in need.

With no end to the war in sight, your continued support is more vital than ever. **Thank you for standing with Ukrainian refugees and helping them to rebuild their lives.**

## Christ Church House Group – The Study of the Book of Ruth



During October and November the House Group undertook a study of the Book of Ruth over four sessions. Each of the four sessions looked at one chapter in turn. Each chapter was divided into manageable sections and then were read out aloud by a group member. The tone of each meeting was set by the leaders posing pertinent open questions for the group to digest and make comment. Certainly, there were few silences and individual contributions were welcomed and encouraged, however varied. The conversation was punctuated by reflective pieces of music, which allowed suitable pauses to digest both the story as presented as well as the discussion which followed.

At first it seemed to be a pleasant and ordinary story. However, once the group began to discuss each chapter the story took on a deeper meaning and a greater importance than perhaps originally thought. So often the Old Testament is dark, challenging and full of negativity, but much of the book of Ruth epitomises so many of the values and behaviours taught by Christ, which we should practice in order to lead a good Christian life. Qualities and positive traits such as love, gratitude, loyalty, encouragement, kindness, humility and trust, amongst many others, are exhibited within these four short chapters.

The narrative of the story misses out a lot of detail which allows the reader's imagination to fill the gaps. Moreover, the joy of a diverse group discussion is that each person's ideas on what is unwritten are different. In contrast to the positive messages sent out to the reader, the story clearly flags up difficult issues such as death, grief, homelessness, persecution, powerlessness and more, challenges which are equally recognisable in today's world.

It is more than just a love story. It is a tale of struggle which ends happily. Ruth gets a husband, Boaz gains a new young wife and Naomi has security in her life. The final positive outcome, and perhaps the whole point of the story, is that Naomi's grandson, Obed, finds himself responsible for the line of David. Now that's a story worth telling!

Bob R

## February Quiz

General Knowledge (Multiple Choice)

Question	A	B	C	D
1. Approximately how long ago was Stonehenge built?	10000	7000	5000	3000
2. Of these four, which city receives the most annual rainfall?	Tokyo	Chicago	London	Sydney
3. Which ABBA member was not born in Sweden?	Agneta	Frida	Benny	Bjorn
4. Which is the odd one out?	Diana Ross and the Supremes	Tom Petty and the Heartbreakers	Bob Marley and the Wailers	Saint Vincent and the Grenadines
5. Which of the following is not a primary layer of the atmosphere?	Stratosphere	<del>Troposphere</del>	Exosphere	Mesosphere
6. Which country uses its underground hot water currents for heating 85% of its housing?	New Zealand	Iceland	Greenland	Canada
7. Which is the fastest flowing river in the world?	Amazon	Congo	Nile	Thames
8. In 1926 Agatha Christie mysteriously disappeared for 11 days. Where did she go?	Blackpool	Ludlow	Harrogate	Windermere
9. Which Country has the largest film industry?	India	USA	France	China
10. Who said, 'Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen'?	Margaret Thatcher	Abraham Lincoln	Mother Theresa	Sir Winston Churchill

### Answers

1. 5000 2. Tokyo 3. Frida (born in Norway 4. St Vincent and the Grenadines (A country in the Caribbean) 5. Exosphere (The outermost region of a planet's atmosphere) 6. Iceland 7. Amazon 8. Harrogate 9. India 10. Winston Churchill

Bob Rabagliati

## Laughter is the Best Medicine

**Romance, love, marriage and all that stuff – the way children see it....**

### How do you decide who to marry?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the crisps and dip coming. - Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. - Kirsten, age 10

### What is the right age to get married?

23 is the best age because you know the person FOREVER by then. - Camille, age 10

No age is good to get married at. You got to be a fool to get married. - Freddie, age 6

### What do most people do on a date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say, if you listen long enough. - Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. - Martin, age 10

### When is it okay to kiss someone?

When they're rich. - Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. - Curt, age 7

**Sometimes women are overly suspicious of their husbands. ...**

When Adam stayed out very late for a few nights, Eve became upset. "You're running around with other women," she charged.

"You're being unreasonable," Adam responded. "You're the only woman on earth." The quarrel continued until Adam fell asleep, only to be awakened by someone poking him in the chest. It was Eve. "What do you think you're doing?" Adam demanded.

"Counting your ribs," said Eve.

### Unhappy in love

I think my girlfriend's hallucinating. She keeps telling me she's seeing other people.



...the good news is - I've found a way of heating the church on unwanted chip-fat!...



# CHRIST CHURCH LANARK

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