



CHRIST CHURCH LANARK  
CLYDESDALE'S EPISCOPAL CHURCH

FEBRUARY – MARCH '23

## Schedule of Services

### February

Sunday 5th

**Epiphany 5**

10.30 am – Sung Eucharist

Sunday 12th

**Epiphany 6**

10.30 am – Sung Eucharist

Sunday 19th

**Sunday before Lent**

10.30 am – Sung Eucharist

Wednesday 22nd

**Ash Wednesday**

6.30pm - Sung Eucharist

Sunday 26th

**Lent 1**

10.30 am – Sung Eucharist

### March

Sunday 5th

**Lent 2**

8.30 am – Said Eucharist

10.30 am – Sung Eucharist

Sunday 12th

**Lent 3**

10.30 am – Sung Eucharist

Sunday 19th

**Lent 4**

**(Mothering Sunday)**

10.30 am – Sung Eucharist

Sunday 26th

**Passion Sunday**

10.30 am – Sung Eucharist

### Easter

Sunday 2nd April

**Palm Sunday**

8.30 am – Said Eucharist  
with blessing of palms

10.30 am – Sung Eucharist  
with blessing of palms

Thursday 6<sup>th</sup> April

**Maundy Thursday**

6.30 pm – Sung Eucharist

7 April

**Good Friday**

2pm – Holy Hour

8 April

**Holy Saturday**

6.30 pm – Ceremonies of the Easter  
Vigil

Sunday 9th

**Easter Day**

## News in the Pews

- It was with great delight and relief that we welcomed Alison (Olga) Scott back to Lanark and to Christ Church after her 10/11 month sojourn back in Russia. We wish her every blessing as she settles back into life in Scotland with her husband Ken.
- Plans are afoot to organise a quarterly celebration of the Eucharist at the Chapel of the Holy Trinity in Lamington for those Episcopalians and members of our congregation living on the other side of Tinto who find it difficult to get to Lanark to attend church.
- If anyone in the congregation has a spare ipad, The Rector would love to hear from you. We need one on which to download a special app that will enable us to do wonderful things with our new church lighting scheme. Get in touch in you have such a machine at your disposal. We look forward to hearing from you.
- The beginning of the new year is the time when Vestry decides on what Away Giving Campaigns we will support as a congregation in the course of the year. We always support the Bishop's Lent Appeal. Last year's Appeal raised £11, 610 for Children in Distress. The 2023 Appeal will be formally announced at Diocesan Synod in Kilmarnock on 4 March, but advance notice is that this year's recipient will be the Mothers' Union project AFIA (Away from it all). This project aims to assist families with problems by offering refuge by way of holidays and outings.



New members  
welcome

## *Bishop's Lent Appeal*

Last year's Bishop's Lent Appeal was for Children in Distress. The total raised was £11,610 and cheque was presented to Tina Connelly, the UK operations manager for CID

The 2023 Appeal will be formally announced at Diocesan Synod which is being held in Kilmarnock on 4 February. But advance notice is that this year's recipient will be the Mothers' Union project AFIA (Away from it All). The project aims to assist families with problems by offering refuge by way of holidays and outings. Fuller details will follow.



## *Heating - Church and Hall*

As mentioned at the October AGM, the previous fuel supply contracts for the church property ended at the end of September. Everyone has seen, or felt for themselves, the soaring costs of gas and electricity and Christ Church is no exception. Treated as a 'micro-business' for energy provision, we have been able to receive some government support on our bills and this support will continue to the end of March. Also, the installation of smart thermostats in both the hall and the church has allowed us to monitor, control and adapt our use of our heating systems. Despite this our bills have sky-rocketed since the beginning of last autumn.

While we attempt to maintain a reasonable temperature when either building is in use, things can sometimes go awry - this is Scotland after all, and temperatures can vary wildly. Please bear this in mind when attending either services or events at Christ Church and dress accordingly and 'wisely'.

As treasurer, I have received some additional donations to off-set the increased energy costs. If anyone would like to contribute further, then I'll be delighted to hear from them!

Thanks

*Bobby*

## *Caption Competition*

The treasurer and his wife have suggested that we hold a Caption Competition and that there will be a bottle of wine as a prize for the best caption. Since it was their idea, I thought it was appropriate to use a photo of Bobby!

Email your suggestions to me at [sylviarussell555@gmail.com](mailto:sylviarussell555@gmail.com)

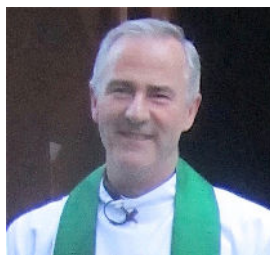
or submit your suggestion in an envelope and leave it at the back of the church.

Closing date: 17<sup>th</sup> February



## *Clergy Cogitations*

As someone who had to study Church History as part of my formation for ordination I can assure you that, though we might feel the church is under siege at the moment over a variety of headline news issues, the Church has always been under siege by popular society. When people with strong opinions on important topics clash it's sometimes hard for us to know what side we support, mainly because there are often good points being made on both sides. We hear a lot about the rigid ideologies that polarise people and impede not only the work of the church but also the work of politicians, charity workers, teachers and other people who are trying to serve our community but are often caught in the crossfire of differing and strongly held opinions. Ideological differences are at the heart of so much dissent and dysfunction in our communities. And yet, as divisive as ideologies can be, what kind of world would we live in if no one was driven by any clear set of principles or values? What would a world of neutrality look like? Would anything ever change. Or would we perpetually just succumb to the realities of the status quo?



Maybe our problem is not ideology itself, but the kind of ideology that we choose to be aligned with. Some ideologies cause conflict because they seek to exclude; other ideologies cause conflict because they seek to include. According to the gospel Christ came not to bring peace (the absence of tension) but a sword (the presence of principled conflict). Consequently he made lots of enemies. And for all who tried to remain above the fray by wishing him well from the side-lines while refusing to take up his fight, Jesus was quite clear: "If you're not working with me, you are working against me. If you're not my co-combatant, you are my declared enemy." There is no nice place for neutrality in the battle for bodies, minds and souls.

In my own life, I've found that people who admire just causes but refuse to commit to just causes are really the enemies of just causes. American comedian and avowed atheist Bill Maher has said: "Jesus doesn't need any more fans. Jesus needs more followers." I think I'd rather have the commitment of an atheist to that idea than the applause of some religious side-liners who are essentially committed to nothing except doing as little as they can get away with and expect others to "carry the can" and make things happen.

The English philosopher Edmund Burke wrote: "The only thing necessary for the triumph of evil is for good men to do nothing." What victories are we ceding to darkness today by our reluctance and/or refusal to engage? If we think that the Church is not as vibrant or as attractive as it could be, how vibrant and attractive are we in our faith?

*Drew*

## *Autumn Ladies*

2023 started with a short discussion on quilting and afternoon tea.

On 18th January Stewart Houston gave a talk on 'Tales of the Court'. This meeting was also open to gentlemen.

On 1st February Pauline Duff, a puppy walker for Guide Dogs for the Blind, will give the ladies an insight into the early training of Guide Dogs.

Jasmine is visiting on 15th February to tell us about the Kilbride Hospice.

We are having a visit from Rev. Tim Tunley of the Seaman's Mission on 12th April and will start to collect unwanted and knitted 'Beeny' hats for the sailors from the beginning of March.

A big thank you to Drew for giving us a lovely afternoon filled with Carols and fun at Christmas.

*Isobel Malcolm.*



## *Monastic Musings*

In the religious order that was my home for thirteen years we had a very Benedictine golden rule that was rigorously applied.

At the start of every new year The Prior would instruct us all to make an inventory of every item that we had in our possession (note that I didn't say "that we owned" there, because, technically, as monks, we owned nothing). Once our inventory we drawn up his next instruction to us was to look at the list and ask ourselves honestly if there was anything on it that we had not used in the last twelve months. If there was, we were duty bound to get rid of it, either for recycling or for donation to someone who might make better use of it.



The idea behind this was so that we could always "travel light" in line with the very instruction that Jesus gave in Matthew 10 verse 10 as his disciples were setting out to advance the kingdom. I came to see the benefit of "travelling light" a couple of times, when I was told I was leaving in the morning to move to a different community. All I had to do was pack my meagre bag and go. It was great to be able to do so.

As human beings we have a tendency to amass things, material things and after a while they can become our gods and tie us down. The call of the Christian, however, is to be so unburdened that we can up sticks and move on at the drop of a hat. If we have too many "things" that becomes impossible. That call also extends to our agendas and workloads. How often have we felt exhausted by our maxed out personal schedules and professional diaries. Travelling light means we rid ourselves of unimportant "stuff" and focus on what is truly significant and meaningful. It is a very freeing discipline to apply, a very liberating state to be in.

As we begin this new year, why not consider applying this old monastic rule in our own lives and rediscovering the joy of "travelling light".

*Gerry Creaney*



Nigel Beeton writes: "The season of Lent begins this month. In times gone by it was observed very strictly, on pain of excommunication. Maybe these days we don't pay it such attention, but taking a bit of extra time with God during Lent is time that He will richly repay."

### Lent

The monk, within his monastery,  
The ploughman and the lord;  
Would keep the Lent time patiently  
And keep a simple board.

Rich food nor meat could touch their lip  
Just plain and simple fare;  
Dried bread in sauce they could not dip –  
Or face the Parson's glare!

Today, such things don't tend to be  
We've left them in the past!  
Just those within that monastery  
Who keep the Lenten fast.

But all should come to love anew  
The treasured time of Lent  
And spend more time with Father, who  
Rewards such time well spent!

By Nigel Beeton

### Thoughts from Abroad

As most of you already know, Alison S. has recently returned from Russia after an 11 month stay in order to sort out her paperwork before rejoining her husband, Ken, in Lanark. She has written her incredibly tortured thoughts on what is happening in Russia but the article is much too large to print in the magazine. It is impossible to shorten it as it is so heartfelt. Therefore we took the decision to print it separately and include it as a supplement.

My daughter, who lives in a small village in Yorkshire, has had a Ukrainian family living with her since last April. I thought it would be a useful balance to find out what their thoughts were in leaving their home in Kiev and fleeing to the UK as the bombs rained down. Vira, her 12 year old daughter, 9 year old son and her mother have settled in well and recently her husband, Yuri, has managed to join them. I found it interesting that both articles feature the weather. Both stories are very thought provoking and touch the heart. The grammar may not be perfect but the meaning is clear.

*Sylvia Russell*

### Britain through the eyes of Ukrainian

Wearing my favorite sunglasses during the wintertime, it's hard to believe that seemingly cold and raining Great Britain can warm foreigners from the southern part of the world. However, this island became the warmest home for almost 150 thousand Ukrainians among the 8 million forced to leave Ukraine during wartime. Having arrived in the UK in mid-April with expectations to stay no longer than till the end of Summer, we celebrated traditional British Christmas and almost probably will mark one year of being here. And in order not to get crazy of damages thoughts, it's nice to observe local specifics and define the ones we will grab home.

### Discreet support

"UK!?" "Are you sure?" "People are cold there!", my friends tried to "protect" me from cold people when we decided to go to the UK. By then, I had already felt that Brits, opening their hearts and homes to Ukrainians during the worst year of their life, combine sincere care, genuine kindness, and courtesy. The stereotype was then broken completely after crossing the border when people in local cars greeted and gave way to a Ukrainian left-hand drive car filled with women, children, and stuff. The warm hugs from the kindest people I've met in my life, our sponsors, finally and irrevocably consolidated understanding that there is no so warm nation as Brits. Well, it had to figure it out with the weather.

### Weather surprise

"The rain will wash, and the wind will blow you away there!", continued my friends. Yes, the weather was frightening, but I have soothed myself that people somehow survived there, and we will manage it also. Surprise again! Maybe we are lucky with the part of the UK we are in; perhaps the weather took pity but it shines more than it rains. The weather is milder than in Ukraine, and the summer heat is more bearable. The beginning of January here felt like March in Ukraine, when nature wakes up, birds sing, the warm wind is blowing, and snow breakers please the eye.

### Shorts during winter

What bothered me before the arrival was medical horror stories. While it's easy to access dental clinics on every corner and high-quality comparatively cheap medicine in Ukraine through either medical insurance with its private clinics or public services, we sometimes need to wait for consultation for more than 6 months in the UK. Based on my observation, the medical approach here is to prevent disease by tempering children from the earliest age, focusing on a healthy lifestyle, and promoting proper nutrition and sport. Doctors in Ukraine will pay, of course, attention to the above mentioned precautions. Still, they will rather assign tests and body examinations to rule out severe diseases than explain the advantages of a tempered body. Ukrainian mothers pay extra attention to warming their children and protecting them from microbes, so hundreds and thousands of Ukrainian mothers worldwide are shocked now by local children without hats when it's below 10 or 5 degrees outside. In the UK, mothers are also surprised by uniform shorts during winter. I find the combination of shorts and winter jacket hilarious and will grab this lifehack home to amaze teachers.

It's exciting to observe the cross-culture differences. This is a minor part of my observation, and I will gladly share more if you are interested.

War changed us; we will come back home being different people. But what we know now - in this big world, there is one great island as warm as our Ukraine.

*Vira Larina*

## Canterbury Cathedral



On a Christmas visit to our son, we took time out to have a look at Canterbury Cathedral – one of Europe's most important pilgrimage centres.

The soaring pillars of the Nave, holding intricate vaulting, are astonishing in their size and scale. These date from 1400 and are actually a newer part of the building, being 15<sup>th</sup> century perpendicular Gothic in style. Today this is used for the Sunday Eucharist and many special services.

However, the oldest part of the building is the crypt where photography is not allowed. From the dark quiet of the Chapel of our Lady Undercroft, you enter a maze of Norman arches leading from dim passages to shadowy altars. The contrast from the drama and light of the Cathedral above to this couldn't be greater. One feels soothed by the medieval darkness, as if prayers are in the stones very being. I was reminded of the Japanese writer Junichiro Tanizaki who wrote "In praise of Shadows". He speaks of beauty being found in shadows, without which we would not enjoy and appreciate light. He also mentions the accumulated patina of old wood and dark stone, which he describes as the "glow of grime". This comes from many hands touching a surface over and over just as pilgrims steps through the centuries have worn great dips in the stone staircases. There is definitely a sense of mystery around these places, yet I felt safe there enclosed by darkness.



The murder of Archbishop Thomas Becket on 29<sup>th</sup> December 1170 in the Cathedral has a place marked by the Altar of the Sword's Point. Four armed knights struck him down after his dispute with King Henry II about whether the King and State could rule the Church and acquire all its assets. It is strange today to stand at this spot where after his martyrdom Becket became more famous by the manner of his death than by his life. Within a few years it was agreed that clerics could claim immunity from the jurisdiction of the King's courts – this was a key issue in his quarrel with the King. So, in death, Becket won concessions that he sought in life.

Notably celebrated by Geoffrey Chaucer, the journey to Becket's shrine in the Cathedral became the most important and popular pilgrimage in England in the Middle Ages. Miracles were soon reported, 250 in all in the years after Thomas's death. There were 400 saintly relics which attracted many pilgrims. All these travellers left gifts to the Church, giving Canterbury a vast income. Many were hoping to be made healthy by praying at the shrine or appealing for success in business, love or war. Pilgrims could stay in many of the hospices, abbeys and guest houses run by monks or mendicant friars – some of which still remain to this day.

What is our modern day attitude to pilgrimage journeys? Is it a hopeful outward journey towards an inner spiritual discovery? Can this be done without the weary footsore drudge of walking mile on mile to the destination? Perhaps the stress of flying down to Gatwick would be the equivalent in modern day travel – trying to get through security with luggage intact; waiting in queue after queue; then running with cases! Maybe all our journeys are a pilgrimage of sorts where we set out hopefully, perhaps to experience something new.

*Joan East*

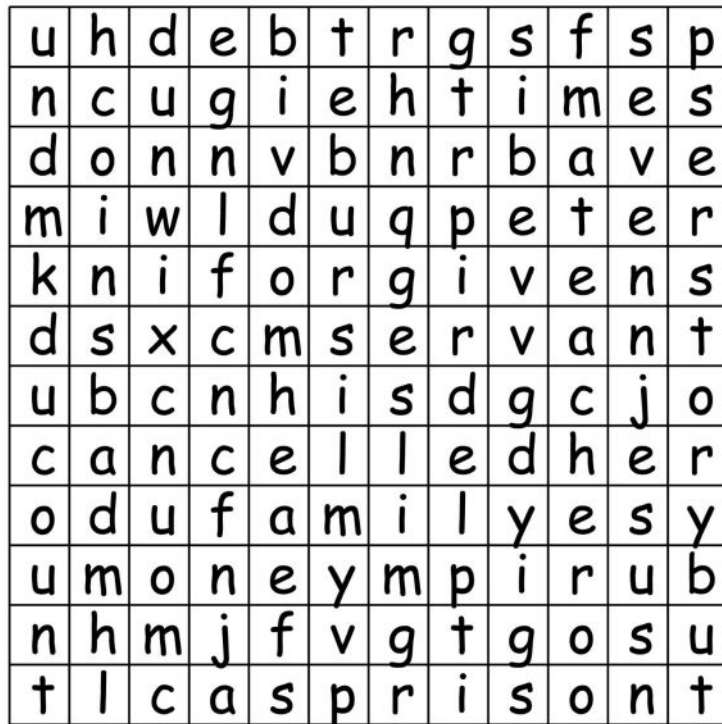
### Christmas Flowers

As many of you know, Jane Milliken, our 'Flower Lady' was rushed to hospital just before Christmas. Joan East stepped in and decorated the church in Jane's absence and did an excellent job. Many thanks, Joan, for doing this and every good wish for a speedy recovery go to Jane.



## Children's Page

### Word Search



king  
story  
times  
prison  
teacher  
coins  
Jesus  
accounts

much  
Peter  
three  
forgiven  
seven  
now  
count  
debt

money  
cancelled  
million  
family  
hundred  
servant  
bad  
silver

## Laughter is the Best Medicine

**With Valentine's Day in mind...how do you define love?** **Answer to prayer**

A group of 4-to-8-year-olds was once asked: 'What does love mean?' The answers they gave were surprising for their depth of insight....

- "When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca - age 8

- "When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4

- "Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl - age 5

- "Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mum and Dad are like that. They look gross when they kiss." Emily - age 8

- "If you want to learn to love better, you should start with a friend who you hate." Nikka - age 6 (We need a few million more Nikka's on this planet)

"Love is when your puppy licks your face even after you left him alone all day" Mary Ann - age 4

A small boy badly wanted a baby brother, so his dad suggested he pray every night for one. The boy prayed earnestly, night after night, but his prayers seemingly weren't answered. So after a few weeks, he didn't bother to ask anymore.

Some months later, his dad said they were going to see Mum in the hospital and he was going to get a big surprise. When they got to the room, the little boy saw his mother holding two babies. The little boy stood still for a moment, and then cautiously observed: "It's a good thing I stopped praying when I did."



The fan-heater under the cassock idea proved not to be such a good one



# CHRIST CHURCH LANARK

Diocese of Glasgow and Galloway

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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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