

News at Wardie



www.wardie.org.uk

February 2018

“Real life but not as you know it”



This is what many of us are promised when we tune into Saturday Live, the popular show on Radio 4. “Tell me something I don’t know about already”, I heard one of the presenters say to the GP and TV presenter Dr. Chatterjee, who had been invited into the studio to talk about

weight loss. This GP is on a mission. The vast majority of patients who came to see him, he explained, had failed and given up on their New Year resolution to lose weight by the beginning of February. Nothing new about that. But he was not going to give up on them. Instead he had a close look at a balanced approach. To lose weight, he found out, most people focus on changing their diet to a healthier one only to find that diet alone does not bring the desired results. No surprise, the GP explains. A healthy lifestyle and loss of weight depends on four major factors: **food, movement, sleep and relaxation.**

Unfortunately, the home baking at Wardie is so good that we can’t help much with the first of these. But if you would like to get moving together this year with others, Wardie Walkers have put together an exciting new programme of walks for 2018. When it comes to sleep, there is much to learn about the need for good sleep and rest from the treasures of the Bible. From the beginning, the rhythm of creation included a full day of rest, hence the Jewish Sabbath. The Christian church still encourages us to observe the Sunday as a day of recreation. When we succeed, we reap the benefit. We feel refreshed and ready to get back to work. It makes sense to take a break and at Wardie, we invite you to have a break together every Sunday morning at 10.30am. And yet, relaxation seems to be the biggest challenge of our age. Lack of it affects our mental health and drains our energy levels. It takes courage to switch off without being afraid of missing out on something. As Christians, we are no different from anyone else when it comes to being affected by the pressures modern life heaps on us. Relaxation has become an urgent task. We are not the first generation either that struggles to keep a healthy balance. In the third century AD, men and women turned their backs on the busy city life to find God without distractions. What better place to choose than the desert? Paradoxically, the desert mothers and fathers found their life much more fulfilling through simplifying it. Now they were free to make prayer and meditation an integral part of their daily work.

Curiously, Dr. Chatterjee advocated regular daily meditation, 5-10 minutes every morning, to help us to learn again how to relax. This is the point of the interview when my ears pricked up. After all, the church has much to offer in this area. There is a lot we can learn from each other when it comes to prayer and meditation. There are different ways of praying, not one that fits all. This year, as Jane Scott explains in her article on p. 4, at Wardie we are dedicating the stewardship season of time to prayer.

So why not start into this year by taking time to explore how beneficial prayer can be? May we discover the riches we receive as we relax in God’s presence,

Ute

THANK YOU

to all who bought
“Alternative Christmas Gifts” in 2017

Network have raised
(including Gift Aid) an amazing total of
£2,116.25

- Social Bite £709.25
- Unicef £336
- War Child Yemen £798
- Christian Aid £273

Thank you for all your support!

Thank you too to all in Network who designed the cards and sold them each Sunday.



Christmas Joy

Our Christmas service on 17th December featured our young people in the nativity play and the singing of the junior choir.

News at Wardie, February 2018

The Newsletter of Wardie Parish Church

Minister Ute Jaeger-Fleming
Session Clerks Heather McHaffie and Paul Mitchell
Secretary Catriona Gardiner
Editor Cathy Ballantine

0751 8805732 Email: minister@wardie.org.uk
Email: sessionadmin@wardie.org.uk
551 3847 Email: churchoffice@wardie.org.uk
Email: news@wardie.org.uk

News at Wardie can be received by post, at a cost of £6.00 a year. Apply to the church office

Church Register

Deaths

10th December Rita Dunn
30th December Christine Ellis
14th January John Wood

COUNCIL OF CHURCHES

Dates for your diary:

Friday 2nd March, 7pm at Inverleith St Serfs, a service for the World Day of Prayer.

The **Lent Study Groups** will be using the York Course "On the Third Day", looking at the Resurrection.

There will be at least four groups on four different days of the week.

These will start on the week beginning **19th February** for five weeks.

We hope to have the lists out by **21st January**. They will be on the notice boards in the Netherby Rd corridor or the Main Hall at coffee on Sunday.

I can thoroughly recommend this chance to look at an aspect of our faith in a relaxed friendly setting and a way to meet members of the other congregations in Trinity.

If you would like to know anything more, do contact me, Barbara Purdie.



An Eye-Opening Sleep in the Park

Social Bite is a Scottish enterprise which aims to tackle homelessness through a number of innovative projects. On 9th December, Social Bite organised a huge sleep out which took place in Princes Street Gardens in subzero temperatures with the dual aim of raising awareness of the plight of those sleeping rough and of raising as much money as possible.

Four members of Wardie (Jane Scott, Ian Davey, Finlay Watson and Lynne Liddall) joined over 8000 others in the sleep out. It was an uplifting experience. We spent some time in the "charity tent" learning a little about the organisations which work in partnership with Social Bite, including the Church of Scotland's own Crossreach (and we had a photo taken with the Moderator, below, who spent the night in the park too). After listening to live music from the likes of Liam Gallagher, Amy Macdonald and Deacon Blue, we wrapped ourselves up in umpteen layers inside sleeping bags and tried to get some sleep. Easier said than done. We were chilled to the bone and it was with great humility that we packed up our sleeping bags at 5am, knowing that we were heading home to a warm shower and a comfortable bed. It must be soul destroying to have to face those conditions night after night.

Social Bite raised a magnificent £4 million from the sleep out. Team Wardie's contribution was £2,281.25. Many, many thanks to all those who sponsored us. Keep the work of Social Bite and those whom it aims to help in your thoughts and prayers.

Lynne Liddall



Trinity Community Council

Meeting 12th February at 7.15pm

Wardie Church Hall

The main item on the agenda will be a presentation by Spartans Football Club about their ideas for possible development in Wardie Playing Fields. Members of the community are welcome to attend the meeting.

WARDIE GUILD

The first meeting on **7th February** is a Valentine Fun morning (well, I hope you think it is fun!) when I will be telling Valentine jokes, giving a quiz and showing you some craft work to do in pairs! There may even be small Valentine prizes!

On **21st February** our own president Maureen is giving a light-hearted culinary survey of food and eating habits in 18th-century Scotland. It has the splendid title of **Crappit Heids and Barley Bannocks**. Knowing Maureen it will be a morning of interest and humour!

A Date for your Diary: our annual **Spring Sale and Coffee Morning** is on **21st March from 10am–12 noon**. Tickets are £2.50. This sale is in aid of our Guild Project **Mission International: Haiti**.

There will be the usual stalls of bric-a-brac, baking and produce, paperbacks, CDs and DVDs. We would be really pleased if members of the congregation could search their homes for items for the sale. If you have any bric-a-brac Anne Wright has very kindly offered to store it in her house until 20th/21st March.

Thank you in advance for all the goodies you are going to bake, for the paperbacks that you have read and are handing in, and for the large amount of fascinating bric-a-brac which you will find in your house!!

Wendy Sodergren

OPEN DOOR at WARDIE PARISH CHURCH

A monthly opportunity for people from the local community to meet and enjoy each other's company, welcome newcomers to the district, or keep in touch with old friends.

Meetings are at 7.30pm, usually in the small hall and open to all ages and sexes.

Monday 26th February:

Ian and Sheila Mann on Forth Cruises

Contact person: Christine Shepherd

Wardie Walkers

Wednesday 14th February

Vogrie Country Park (Gorebridge)

Meet Clark Road cycle path entrance at 10.00 for car share. Bring warm clothes, stout shoes and a packed lunch.

Led by Douglas and Linda Coghill.



Our youngsters wonderful as Dickens' children

The week after New Year saw a wonderful production from Wardie Players and one which was not the traditional Wardie pantomime which we have all enjoyed for many years but a hard-hitting and thought-provoking play presented by seven of our local young people.

Dickens' Children is a one act play by Nick Warburton and consists of a series of vignettes adapted from some of Dickens best-loved novels. The link between them is the experiences, both good and bad, of children in Victorian London. Charles Dickens used to walk the streets of London for hours each night and observed at close hand the lives of children. The lucky ones such as the Kenwigs children (in Nicholas Nickleby) were part of a loving and protective family circle but the fate of many was poverty, neglect, abuse and, as in the tragic case of Jo (in Bleak House), complete abandonment by society and a lonely death in the gutter.

The youngsters, ably directed by Graeme Trotter, and supported by Margaret Donaldson's sensitive musical accompaniment, used everything in their power to put over these messages. They all played many different roles, changing swiftly and professionally from one scene to another, using the bare minimum of costumes and props to convey the meaning. It would be wrong to pick out any one actor from the cast of Amy, Ben, Eilidh, Joe, Kathryn, Matthew and Phoebe as they all played their parts so well and remembered all their many lines despite the intricacy of some of Dickens' 19th-century language. They worked as a team supporting each other and obviously enjoyed the experience thoroughly. We, their audience, applauded enthusiastically and went home to reflect on how life for children has changed in so many ways in the last 150 years and yet some of the problems of homelessness, abuse and neglect are still with us.

Katherine Arnott



Worship at Wardie, February 2018

4th	10.30am	Morning Service launching the Year of Young People
7th		No Midweek Communion due to Kirk Session Meeting
11th	10.30am	Morning Service (<i>kidz@wardie on holiday</i>)
14th	8.30pm	Ash Wednesday Midweek Communion
18th	10.30am	1st Sunday in Lent Morning Service (<i>kidz@wardie on holiday</i>)
21st	8.30pm	Midweek Communion
25th	10.30am	2nd Sunday in Lent Morning Service
28th	8.30pm	Midweek Communion

*Car transport is available for all Sunday services.
If you require transport please contact:
cmshepherd@blueyonder.co.uk.*

Flowers in Church

Wasn't that a lovely Christmas tree? Huge and glorious! Our thanks are again due to the Hunter family who valiantly saw to its decoration, fixing and then demolition. No mean task, I can assure you. This is one of the myriad things that "just go on" in Wardie. We are indeed fortunate. Fortunate I am indeed, to have the folk below donate time, and/or money, to make flowers happen in Church and I am always aware that those who are recipients of Sunday flowers, and at other times, really do appreciate it.

As ever, thanks to all.

Sheila Mann

26th November	Mona Gardiner
7th January	June Garlick
14th January	Sheila Elder
21st January	Janet Rust
28th January	Christine Shepherd
4th February	Jan Livingston
11th February	Ann Griffiths
18th February	John Brown
25th February	Ann Watson
4th March	Jean Carnie
11th March	John Hackland
25th March	Pauline Aird



Stewardship Season of Time: Time with God - Time in Prayer

This year at Wardie we will be dedicating our Stewardship Season of Time to Prayer. We will be exploring how we spend our time with God.

How do you pray? What helps you when you pray? Have you tried different ways of praying? Prayer cards and bookmarks can help direct our prayer and give us a prompt in our personal times of prayer. Experiencing different ways of praying can inspire us and offer variety to our prayer lives. Resources such as holding crosses, books, apps, images, Bible verses and scripture passages can also aid us in the time we spend with God. These are all ideas we will be considering in our Stewardship Season of Time.



We would like to involve many different people in our plans. There are opportunities to help with different aspects of this Stewardship Season and it would be good to hear from you if you are interested.

Prayer Cards/Bookmarks

Would you like to help to prepare and produce prayer cards/bookmarks? We would like to invite those who are interested in helping with this to be part of a group writing prayers, designing and producing these.

We will be offering opportunities in Lent to explore different experiences of Prayer. We will meet in the sanctuary. There will be a short introduction before the time of prayer begins.

- **Sunday 11th March 6pm, Taizé:** with short meditative songs from the Taize community.
- **Sunday 18th March 6pm, Labyrinth:** Walking a Labyrinth is a transformational journey.
- **Sunday 25th March 3pm, Walk the Parish:** A short pilgrimage through the Parish: finding love, finding God.

Would you like to help set up one of these events or prepare to serve tea and coffee afterwards?

After Easter we intend exploring and gathering prayer resources to make available to the congregation. We would like to gather a group of people interested in planning this and keeping this up to date. We will be asking people to volunteer for this nearer the time.

Please come and try something new in this exploration of prayer. It may surprise you and bring you real blessing.

Jane Scott

ABSOLUTE DEADLINE for contributions for the March edition of News at Wardie: Sunday 11th February.

Please send contributions to Cathy Ballantine at news@wardie.org.uk

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