By the Way



Together

Before you speak:

Is it kind?

Is it true

Is it necessary?



If the Capp fits!

The Magazine of St Augustine's Scottish Episcopal Church, Dumbarton

And

St Mungo's Scottish Episcopal Church, Alexandria

Issue No 1 June/July 2014 £1

Another New Look!

St Mungo's and St Augustine's have been a Linked Charge since February, and one of the problems we have faced is that so much is duplicated in both Charges. Two of everything, usually at the same times.

Of course, much of that is necessary, simply because we are linked, and not united, even if we do share a Clergy Team!

We've been thinking of how we can reduce a bit of the workload, and bring the two churches a bit more closely together, and one bright idea was to publish a joint Magazine.

There will be stuff of little interest, like who is doing flowers in the other charge, or who is reading the Epistle in St Augustine's, but

there will be lots more that we can share in and learn about each other.

It may not work, but we are going to give it a try for a few issues and see where we get to!

Preparing and printing a magazine takes up a lot of time, so preparing two can be a bit of a pain.

Of course, if we are sharing news and events, we need you to contribute, so we need articles and good news to share.

All of the usual St Augustine's features are still in here, and so the magazine will be a bit bigger than usual. Bear with us, but your feedback will be appreciated!

St Augustine's Parish Directory

St Augustine's, 2a High Street, Dumbarton G82 1LL 01389 734514 (staugustinessec@btinternet.com)

Rector:- Revd Kenneth Macaulay

St Mungo's Rectory, Queen St,

Alexandria G83 0AS (frkenny@sky.com) Tel: 01389 513365 Mobile: 07734 187250

Associate Priest:- Revd Alison Jones

54 Helenslee Cres, Dumbarton G82 4HS Tel: 01389 603371 Mobile: 07814 789817

Treasurer: David Rowatt (dsrowatt@blueyonder.co.uk) Tel :- 01389 732341

Secretary to the Vestry: Janette Barnes (Janette.Barnes@btinternet.com) (01389 761398)

Lay Representative: Tim Rhead (trhead@hotmail.com) (01389 761676)

Alternate Lay Representative: Peter Cairns ((01389 602794) (peter.kotcse@hotmail.com)

Fabric Convener: Margaret Hardie, Fran Walker and their Team

Project Development: Fran Walker (fran_walker@hotmail.com) Tel:- 01389 761403

Trustees: The Rector,

Margaret Wallace (01389 757200),

Barbara Barnes (barbarabarnes78@gmail.com) (01389 755984)

Other Vestry Members:

MargaretHardie (mghardie@blueyonder.co.uk) (01389 767983),

Roberta Mailley (01389 731863),

Anne Dyer, (Anne@alternativeswd.org)

Linda Jenkinson (lindajenkinson@blueyonder.co.uk) (01389 761693),

Gavin Elder, (gavin@alternativeswd.org) (01389 768657)

Margaret Swan, (margaretswan@blueyonder.co.uk) (01389 764742)

Liam McLarnon (liamhome82@sky.com) (07724 809271)

Regional Council Representative: Roberta Mailley

Child Protection Officer: Barbara Barnes

Friends of St Augustine's: Linda Macaulay (01389 513365) (lindaymac@sky.com)

Music Art Drama (MAD): Fran Walker

Mission Action Planning Group:

The Rector Gavin Elder Anne Dyer

Peter Cairns (01389 602794) (peter.kotcse@hotmail.com)

Morag O'Neill (morag.oneill@blueyonder.co.uk) (01389 763710)

Fran Walker Liam McLarnon

Freewill Offering: Margaret Hardie

Flowers: Maggie Wallace

Hall Lets: Maggie Wallace (01389 757200)

St Mungo's Parish Directory

St Mungo's, Main Street, Alexandria G83 0BN 01389 513365 www.stmungosalexandria.org.uk

Clergy: See St Augustine's (We have a joint Ministry Team)

Treasurer: Gaynor Davies (ronyag1@blueyonder.co.uk) tel: 01389 754017

Secretary to the Vestry: Morag Cameron (<u>moragnancy.cameron@gmail.com</u>)

tel: 01389 756357

Lay Representative: Pauline Dow (<u>paulinedow@btinternet.com</u>) tel:01389 751046

Alternate Lay Representative: vacant

Property Convenor: James Murdoch (<u>jimart@jmurdoch.fsnet.co.uk</u>) tel: 01389 753129

Other Vestry Members: Andrew Baxter tel: 01436 672898

Tom Marshall tel: 01389 764697

Rachel Tough (Rachel-alden@blueyonder.co.uk) tel: 01389 757831

Ruth Wallace tel: 01389 759284

Regional Council Representative: Andrew Baxter

Vulnerable Groups Officer: vacant

Gift Aid: Pauline Dow

Flowers: Pauline Dow

Hall Lets: Secretary (moragnancy.cameron@gmail.com) tel: 01389 756357

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Authorised Agents

We need people to step up to fill the Vacancies and to volunteer for being part of the MAP Group 2014-2015.

Being "too old" is not an excuse. Being tired is, but we have had a few months of ministry now which has taken a great burden from many shoulders.

We need regeneration, and we work with what we have! That means you!

Smile-Lines

Attraction

Several years ago I lived in California, where I taught Sunday School at a somewhat rural church. One Sunday morning the minister called me. "Come down to the sanctuary quick," he said, "and bring a net." As I was a biology teacher, I guess he figured that I could deal with nature.

Expecting some kind of wild animal, I entered the room cautiously. I was greeted instead by the sight of an excited congregation watching a humming-bird fly around. Rather than use the net, I suggested they hang red paper by an open door. The bird would be drawn to it, I explained, and eventually fly out.

After the Sunday School lesson, I went back to the sanctuary. The minister saw me come in and interrupted the service. It seemed my idea about the red paper had worked. "Now," he said, "we have two hummingbirds flying around the church."

Better by half

As the music swelled at the end of a wedding in our church, my hopelessly romantic husband squeezed my hand, leaned in, and whispered fervently: "You are better looking than half the women here."

Reasons for marriage

Studying our wedding photos, my six-year-old asked, "Did you marry Dad because he was a vicar?"

"Not really," I replied.

"Did you marry him because he was good-looking?" "No, not that either," I replied.

"Did you marry him for his money?"

"Definitely not," I laughed. "He didn't have any." "So," he concluded sadly, "you just felt sorry for him."

Marriage

During a heartfelt chat with her friend about relationships, my wife sighed and said, "You know, if something happened to Lloyd, I don't think I could ever marry again."

Her friend nodded sympathetically. "I know what you mean," she said. "Once is enough."

DIY

Our churchwarden has the courage, but not always the skills, to tackle any DIY job that needs doing around the church. For example, in the church shed are still pieces of the church lawn mower she once tried to fix. So our vicar wasn't surprised the day he found her in the vestry, attacking the vacuum cleaner with a screwdriver. I'This thing won't cooperate," she complained.

The vicar thought for a moment: "Why don't you drag it out to the shed and show it what you did to the lawn mower?"

Find and replace

A priest I know of uses a standard liturgy for funerals. To personalize each service, he enters a 'find and replace' command into his word processor. The computer then finds the name of the deceased from the previous funeral and replaces it with the name of the deceased for the upcoming one.

Not long ago, the priest told the computer to find the name "Mary" and replace it with "Edna." The next morning, the funeral was going smoothly until the congregation intoned the Apostles' Creed. "Jesus Christ," they read from the preprinted program, "born of the Virgin Edna."

Plant

During our priest's very lengthy sermon, a large plant suddenly fell over right behind the pulpit, crashing to the floor. He smiled sheepishly and said, "Well, that's the first time I actually put a plant to sleep."

Man and wife

With Bible in hand, I read to my high school religion class, "'For this cause shall a man leave his father and mother, and cleave to his wife.' Okay," I said, "from this Scripture, what do we learn is important in marriage?"

A voice at the back blurted: "Cleavage!"

From Kenny

As most of you know, I have been signed off as "not fit for work" over the past three weeks or so.

The doctor is concerned about undealt-with stress, which has come to a head

since my dad's death in Holy Week. I don't really know how much longer I will be "off" work, but those who have been around know that I am still around, taking services, doing essentials, (like this mag), and generally in touch with folk through phone calls and the dreaded internet! Some things, though, are tough for me to handle, just at the moment!

Alison has been brilliant and has been doing much more than her part-time post is paying her to do.

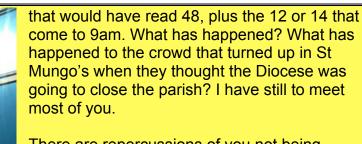
There are a lot of things, which with help, I'm dealing with just now, but one of my great stresses is numbers.

It's all St Luke's fault, of course, for in his Gospel and in Acts he is pretty obsessed with numbers! The modern Church is too, and that's why we have to fill in lots of forms each year about how many communicants we had at Easter and the Last Sunday Before Advent! It's actually worse than this, but I won't bore you!

Numbers at St Mungo's remain pretty constant, but can I reveal that numbers in Dumbarton are starting to creep so far downwards that the two parishes will soon be on a par? Why it's come to this in the past two years is beyond my comprehension. In both churches the Communicants Roll looks pretty healthy, and a good number are regularly in church on a Sunday, but not nearly enough.

Folk have brilliant excuses for not being there, but the truth is that we need you to be there on Sunday, and that stopping going every Sunday becomes a habit which is incredibly difficult to reverse!

St Augustine's is amazing! I reckon that over 400 people come through our doors weekly, and yet last Sunday there were only 28 Communicants at the 11am! Two years ago,



There are repercussions of you not being present. Firstly, financial, because we lose the cash you put in the plate and that means ministry will eventually be withdrawn from both parishes.

There are more serious ones. If you are not there then you miss out on the serious grace, energy and strength which The Lord gives you in Holy Communion. In this fast-flowing world you do need the quiet time to help you cope with it all and be more effective Christians.

The other is about **other people's** need. If I am alcoholic, I need to go to AA Meetings to strengthen me and uphold me. I need people to be there for me. If nobody is there, or the group is stagnant or depressed, I would walk away depressed and unfulfilled. We need each other. We need to know that our brothers and sisters in Christ are going to be there for us, and others need you to be present for them. If you don't want to go on a Sunday, think of the folk who will be disappointed and will miss you presence, your smile, or your quick "hello"!

11am on a Sunday, just for an hour, should be sacrosanct. It is the one hour we give to Our Lord and receive from Him, and a time that we give to others by our very presence.

Habits are easily formed. Going to church, or not going are not immune to that fact.

St Mungo's numbers I understand, and they will grow as we tackle that task, but St Augustine's dip is extremely worrying.

I need to ask you why, and whether there is any way that we can reverse that trend. Coming back to church regularly may be a start, because there has been no mass walkout or row.

However, we cannot sustain the ministry we have in both churches without your commitment. Commitment to come and commitment to pray.

Kenny



Wait Till I Tell You

The Gossip Column

(a tongue-in-cheek look at life)

Janette looks back on a very competitive Murder Mystery, the last event in the Friends' calendar, and looks forward to a June AGM full of new exciting ideas before the longed for arrival of the summer holidays.

THE BODY IN THE WHEELIE BIN – 'WHO DUNNIT?'

The Murder Mystery on 16th May was entitled 'The Pride and the Pageant' and it took a team from St. Mungo's led by Pauline Dow and a team from St. Aug's - 'Great Expectations' aptly named by Martin and Mhairi in honour of their own special summer event – to come up with equally good solutions to the heinous crime.

The victim was the pageant director, Mrs Mollie Oliphant, who ended her days in the Church wheelie bin wearing a rainmate! So congratulations to both teams who unmasked the killer and commiserations to the others who fell for the 'red herrings' or were sent off on the wrong track by the magnificent acting of our eight suspects - all of whom were involved in a pageant of Scottish history from 1314 to 2014. This meant they could indulge in their favourite pastime – dressing up, thanks to DPT, and showing off!

Kenny as King Robert the Bruce lived out his freedom fantasy with a sword he could barely lift while Linda, in the prettiest of frocks, forgot her Welsh accent to be Mary Queen of Scots worrying more about the neckline of her costume than the big axe that would eventually chop her head off. Sandra (TBag for Vale readers) with legs only a Bishop could love, played Bonnie Prince Charlie in glossy tights and high boots that would never have made it 'Over the Sea to Skye'. David charmed the lassies as Rabbie Burns and Ghislaine had just the right accent for 'Valewumman' the 'poor sowell' who saw her man hanged in Dumbarton Jail.

At the other end of the social scale was Maggie, our Queen Victoria, stern and severe as befitted her mourning days at Balmoral.

But what about Roberta? Her costume was a sweet little Dorothy dress and red shoes to search for the Wizard of Oz. Don't even ask why the Hollywood musical appeared in our Scottish history books – perhaps she saw it once at the Rialto! Our femme fatale for the evening was Sharon – back from the sick for the role of Musical Director. With plunging neckline and feather boa she played a 'wumman wi' ambition' who longed to take over as director of the whole bunfight!

Yes, all eight of these dodgy characters had a grudge against poor Mrs Oliphant – 'nae wunner her jaikit wis oan a shoogly peg!'

The body was wheeled in by Fran as Chantelle and Cathy as Alanna while young Rachel 'hung aboot' as Destiny Devine to present Mollie with a bouquet of flowers that eventually ended up in the raffle. Oh, and even our kitchen supremos, Margaret H and Margaret S were acting. They found time to be medieval wenches delivering their lines before they delivered the starters.

The Get Connected Girls lived up to their name and efficiently handled the sound effects while serving at the tables and maintaining sanity amongst their dafter elders.

As Detective Inspector, Daphne Duffer, of CSI Dumbarton, my job was to guide the would-be sleuths through the maze of clues and confusion and solve the case with no help whatsoever from the Bishop as Mr Noah Knott.

Amazingly, amongst all this feverish activity, there was still time to eat and chat. Our Community Hall was looking splendid – festooned with historic banners designed and produced by Fran. It seemed just

the place to indulge in our delicious 3-course buffet served with chilled sparkling wine. While the fresh poached salmon – straight out the fish kettle – and the large baked hams were scrumptious, it was the dessert that stole the show- Vale Fruit Skewers! Segments of fresh, five a day mixed fruits drenched in tempting, runny, hot chocolate sauce straight from the Fountain – the **chocolate** fountain not the famous Main Street monument! This was a dessert to die for!

And talking of dying – who was the murderer? OK – it was TBag who stabbed Mollie Oliphant with her Bonnie Prince Charlie dagger, then tried to drag her with the hangman's noose up the spiral steps to the Church upper room. Unfortunately the rope slipped and poor Mollie bounced down the stairs bashing her head on the wall on the way! And all over a Facebook threat!

SOLITUDE AT THE POLLS.

Well, the joint wasn't exactly jumping at the Castle-hill Polling Station during the recent European Elections. No sign of Nigel Farage chasing potential voters along Hawthornhill Rd, pint in hand while puffing on his comforting fag. You could have done better, Nigel, and increased your West Dunbarton-shire total which ended at 2113. The polling clerks were so pleased to see me I thought they were going to offer a cup of tea to help me decide who, from the lengthy list of unknowns, was going to get my vote. I'd have been better sticking to Britain's Got Talent!

THE WEDDING PLANNER, THE HOG ROAST AND THE FASCINATOR.

'Oh to be in England now that April's there' wrote Robert Browning and he could have been describing the Somerset scene that was the background for Ian Jolly's early May wedding to Vicky. For any of St. Auggie's originals, Ian is the grandson of Willie Boyle one of our most famous secretaries to the vestry in the days when Morning Prayer was the highlight of the worship. And Maggie is Willie's niece while the late Elizabeth Boyle (tae her ain name) is Ian's Mum. Got the family tree? Right!

Both Ian and Vicky are readers of 'By the Way' and Ian was baptised and confirmed at St. Aug's – Maggie as Godmother saw to that!

The wedding was in the typically English village Church of Stoke St. Mary with Maggie reading the lesson and gaining many compliments from the other guests. Not that we should have expected anything less from one of St. Aug's most prolific rota readers. It also gave everyone the chance to view her fascinator which had dominated all conversation from about March onwards! After the service, the Wedding Planner arranged the confetti throwing positions in the picturesque country churchyard before we all headed off to Woodlands Castle for the Wedding Breakfast – yes, we were really slumming it as they say in Clydebank! Perhaps the Middletons would pop in!

It was a beautiful wedding with a Master of Ceremonies in top hat and red tails managing the nuptial festivities. While the happy couple sat at the Sweetheart Table – yeuch - the guests enjoyed a sumptuous meal with lots of wine followed by a lively disco. It all ended with a Hog Roast and a long journey back to Scotland. Congratulations Ian and Vicky – it was a great wedding, enjoyed by everyone except the hog!

THE WORLD IS COMING TO GLASGOW!

On July 23rd the Commonwealth Games begin in Glasgow and on Sunday 27th July Friends are getting in on the act with an event entitled 'A Taste of the Commonwealth' when all manner of strange food will make an appearance. But as long as it's not salad, the St. Auggie's regulars will get 'wired in'! Watch out for details on the Hall noticeboard.

And the Allsorts Choir are booked to sing at the Dumbuck to celebrate the arrival of the baton. First, Ghislaine will use it to conduct the choir in 'Shanga-Lang' before returning it to the official relay team. Aye, folks frae St. Aug's are everywhere! Finally for all our foreign visitors, here are some wee Glasgow phrases you will need to make life easy during your stay in the city:

Yon singin's mingin! The entertainment is not quite up to standard.

I widnae like tae go hame tae hur wi' a broken pey!
Perhaps a description of a very assertive, large female competitor.

His heid's full o' mince!
The gentleman who is speaking doesn't know what he is talking about!

Ma heid's ferr nippin'!

I have a headache with all the excitement, all the booze etc.

Whit's fur ye'll no' go by ye!
You may 'medal' and have a 'podium' finish but again you may be disappointed.

Gaun yersel, Jimmy – gie it laldy!
A cry of encouragement for our home competitors.

So bring on the world – the ticket debacle is over and the opening ceremony won't be bringing the houses down!

HOLIDAYS – THE WAY WE WERE!

Those of us over a certain age will remember how we 'did' holidays in the days when Malaga and Ibiza were entries in a geography book. For a start, everyone went at the Dumbarton or Clydebank Fair which also applied to Alexandria folk – the first glorious two weeks in July!

And the feeling of excitement started at the school prize giving on the last Friday in June when we were set free to anticipate endless weeks of freedom even after the holiday was over. But most of all we looked forward to the journey.

Today's weans are bundled into the back of the car in comfortable clothes and encouraged to have a sleep. Failing that they are given DVDs, mobiles and tablets for the games they play when they are not texting their pals or updating their timelines on Facebook. They often don't know where they've been till they get back since Daddy operates the Sat-Nav while Mammy frequently disputes his decisions.

To us, the journey itself was the thrill as, in our best clothes, we clambered aboard packed trains and crowded buses and fed seagulls on the many Clyde steamers that were heading to the sun! Or at least we hoped they were! We spoke to everyone on the way and knew every stop and landmark. Such a journey is recorded to perfection in the famous poem 'The Boy in the Train' by M C Smith. It described the journey of a wee boy who is going to see his Granny in Kirkcaldy. Read it again – it's full of nostalgia! The first verse goes like this:

Whit wey does the engine say Toot-toot?
Is it feart tae gang in the tunnel?
Whit wey is the furnace no' pit oot
When the rain gangs doon the funnel?
Whit'll I huv fur ma tea the nicht?
A herrin' or even a haddie?
Has Grandma gotten electric licht?
Is the next stop Kircaddy?

And so the hero goes on to ask endless questions and make delightful observations about the journey.

Meanwhile, as dwellers now in the 21st century, we seek direct flights from Glasgow to get us as quickly as possible to our cruise ships with balcony staterooms and villas and apartments with private pools on the Costa del Sol.

So whatever your preferences enjoy the holidays and come back refreshed for another year of events at St. Aug's and St. Mungo's where you can show off the photos of your trip and share experiences.

Today we're lucky with our digital cameras and camera phones – the delete button allows us to get rid of unflattering poses before anyone sees them. But remember the box Brownies of yesteryear when you had to wait for a few weeks to get the spool developed at the chemist's and you had to live with the results? 'Herr like straw hingin' oot a midden' in the Rothesay breeze, Auntie Jeannie wi' a face like fizz having left her tap set at the Ayr boarding house, a lamppost growing out of a beautiful hairstyle? A skirt claiming a life of its own and not sparing the wearer's modesty? Ask the Duchess of Cambridge about that dilemma – she had to bare her backside in the German press and couldn't delete the picture! Poor Kate! She's now receiving advice about curtain weights, longer frocks or bigger drawers! Who cares?

BACK IN AUGUST.....

Hopefully with news of a Friends' outing and a plethora of ideas to make the Community Fair in September go with a swing. And, of course MAP 2 from St Mungo's!

So, keep in touch with 'By the Way Together' and find out what is going on at both ends of the Renton Road! Have a good summer!

Janette

Christian Aid The Fashion Show on May 15th raised £352. The next activity is a ceilidh at the Abbotsford on Saturday September 6th. St Mungo's ran a successful Coffee Morning and contrubuted generously through envelopes.

Country Trip The next one is on Saturday June 14th to Gartmore.. Meet 2 pm near the Cunninghame-Graham Monument at the Aberfoyle end of the village for a short stroll and visit to a tearoom. All welcome. Contact Tim or Rosemary McLeay. (See St Augustine's Directory)

Quilt Show

Unfortunately, this looks like the final year of the Lomond Quilt Show, but both St Mungo's and St Augustine's had some excellent work on display



Kenny was particularly proud of this one in St Mungo's, which was made up by women in recovery working closely with St Augustine's and Alternatives! Thanks to all who helped, and all who came!

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Friday 18th July, 7.30 in St Augustine's:

Kiev Classic Accordian Duo

(free entry, retiral collection in aid of Children affected by Chenobyl explosion)

Not to be missed!

Friends Event for your Diary

July 27th, 5pm, Church Hall

Commonwealth Night

Come and experience the Commonwealth in St Aug's Dumbarton

Fun Quiz

Food from around the Commonwealth

Closure

It is extremely sad when churches close their doors. Generations of folk have given their lives to a building, with an enormous amount of self-sacrifice to keep it going.

It was the church they were baptised in, confirmed in, married in, and where they said good-bye to loved ones.

It is emotionally an extremely difficult time. Things, given in memory of others have to be left behind, and that, in itself is heartbreaking.

I know about this with the recent break up of Holy Cross, although I managed to save one or two things which St Augustine's can use.

Our URC folk in Dumbarton are going through a similar experience, but, again, we have managed to save a few things which will find a home in St Augustine's.

We all know that churches are not buildings, but are indeed people, but it is particularly difficult when things belonging to your childhood are discarded, or a suitable home cannot be found for them

Our prayers are with the small group from Holy Cross, and also with our brothers and sisters from the URC. At least nobody can close down God!

Marder Mystery Night













Gambian Spring!







Fran had the enviable task of going out to The Gambia during April, with all sorts of things needing done!

As you can see, the school roof desperately needed mending, and there were plenty of workers on hand!

The children were certainly enjoying themselves with some of the new play equipment we have provided!

Finally, St Andrew's Lamin on Palm Sunday! Real palms and an extra-long service! Easter Day saw St Aug's old Paschal Candle being lit with great relish! They are a great luxury in The Gambia!



Tina's Trials!

Campaigning started even before the date of the election was announced. Politicians and their entourage began blasting their manifesto message – accompanied by equally loud calypso music – around the streets from 6am.



Communities literally nailed their political colours to the mast –

decorating trees, lamp-posts and telegraph poles with plastic bags, bunting, paint and posters. Overnight, properties were transformed from inconspicuous shacks to brightly coloured party headquarters by teams of the faithful, armed with paint pots.

Candidates, dressed from head to toe in the two main party colours, paraded the streets confronting anyone who so much as caught their eye with a long list of their policies, and why they were the answer to the nation's progress and prosperity.

"Don't vote for that bunch of liars and hypocrites" was the blatant cry through the tannoys as the political bandwagon sporadically interrupted the otherwise tranquil atmosphere of It's really hard to imagine that on 21st century. the day.

And on the day the election date was declared, it seemed the whole island gathered for one big, noisy celebratory party. Right outside my bedroom window. Till 4am. Which gave me two hours sleep before the tannoys kicked into action again.

Welcome to the general election Antigua-style. It was fresh, it was colourful, it was loud, it was right to the point. Perhaps it's easier to get excited about politics when the sun is shining and your constituency boasts a beach for every day of the year. But I think we have a lot to learn from a nation which embraces and celebrates politics with a fanfare of steel drums, and can expect enthusiastic queues at the polling stations.

How often have we heard someone declare: "My vote won't make a difference". It's clear, whatever your politics, from the recent European elections that every vote – most importantly on this occasion those which were not used – DOES make a difference. And not always for the best.

I cringe when I hear people say politics and religion don't mix. They DO. They simply MUST. If, as Christians, we are serious about issues of social justice and morality, then we have a duty to be obedient to Christ's call to act to ensure a fairer, more just society. And if we are silent in our passion and enthusiasm for change, if our colours have become faded with apathy, if the queues are longer at our food bank than they are at our polling stations then we are failing ourselves, our community and Christ himself.

Tina

Message from Kiev

As some of you know, the Kiev Accordionists come to St Augustine's every year and astound us with their music, raising money for the children involved many years ago in the Kiev Disaster. We received this email recently:

We are safe here in Kyiv at the moment.

After things happened here in January and February people in Kiev are very organised now and it's will be difficult for anybody to make the same here again.

All things are now happening in the East and South of Ukraine. But of course no matter where it is, it always sad, terrible and difficult to understand...The most terrible thing for me is that I have no shock anymore when I hear about new gunshots after hearing it every day during two months...

But it's seems to look like Russia lives in it's own age..

Yesterday there were President elections in Ukraine. Hope this will bring some changes, and new President will be able to be hard or be able to achieve any agreements with Russia

Good news - we have got our UK visas! We have been worried while waiting for decision, but this year we just have got them without any questions!

So now everything is ready for our UK journey. I do hope that nothing happens until and when we meet you on Friday, 18th July!

Our Concert will be at St Augustine's on Friday 18th July at 7.30pm. Please try to make your people come for the victims of Chernobyl. They need your help.

Only kindest regards

Igor

From Kenny: These two guys are brilliant entertainment and I ask you all to support this evening! (Free entry, retiral collection in aid of Children affected by Chernobyl explosion)

Food for Thought

The facts:

West Dunbartonshire Foodshare distributes food from 3 centres (St Augustine's, Radnor Park Church, Clydebank and Renton), each on one day only. St Augustine's 'day' is Friday. Tuesday opening has stopped because there was not enough food to go round.

From Saturday to Thursday there are still people in Dumbarton and The Vale who are in crisis and need food and they (often through their support agencies) make contact with the church, whether it be through Kenny, Caroline or Ghislaine. As Ghislaine announced at the beginning of May, there was not enough food to support this need. Hence **Food for Thought** was set up to help these people.

Who are "these people"?

They could easily be me or you or someone who

- has a zero hours contract but hasn't been given any work for a couple of weeks so has no income,
- has been made redundant or had a change of financial circumstances whilst still having to pay for commitments made in the 'good times',
- was part of a relationship that has broken up and the breadwinner has left,
- is a 16 year old who has been chucked out of home,
- has a long-term illness and has run out of sick pay,
- has had to spend most of their pension on heating and now has enormous bills,
- has been released from prison having served their time but won't be eligible for any state support for 6 weeks,
- has mental health and/or money management problems, and the list can go on.

Getting help:

Asking for help, for many people, is a shameful admission that they cannot cope. Foodshare and **Food for Thought** are both designed to be a temporary answer to bringing relief.

Helping people to move on is a vital part of what goes on, especially on Fridays when there is a member of Citizen's Advice present to help with advice, especially about debts.

What can we do?

By helping **Food for Thought** we are able to complement the provision made by West Dunbartonshire Foodshare throughout the week for those are in the most immediate need.

Following Ghislaine's request for help a Shopping List was prepared which you will find in this magazine or in St Augustine's. Kenny spoke to both the 9am and 11 am congregations, both congregations in St Mungo's, the URC congregation and the Allsorts Choir. The response has been really good. One of those who was prompted to take action was Tracy. She decided to try to buy one of everything on the list as a long term contribution. It cost her just over £50. She then sent in her thoughts and below is an extract from a reflection she emailed:

General observations/thoughts from today's experience

- "Basic" and "budget" ranges of food can often hold no nutritional worth and be false economy, being bulked out with chemicals or water. Personally, I believe a simple litmus test should be applied before spending. I.e. could you eat or use it yourself? Or, would you give this to someone you love? This doesn't mean that there are some good bargain ranges, but take a moment to read the labels first.
- 2 for 1, x4 for £5 offers are not always as economical as buying the products separately. Sometimes the sell buy dates are bordering on immediate and/or it's a brand promotion rather than a product special offer.
- Our current shopping list has an assortment of different duration for the effectiveness of help. For example, x24 nappies will last a couple of days, and tea & coffee lasts from a week to a fortnight.
- Depending on the recipient's background, some packets, tins, jars may be too big or too small to practically help.

Other considerations:

- Can it be carried home easily?
- How well will it last without a fridge (unopened/opened)?
- How much electricity/gas is required to cook the food.

You can help by bringing in at least one of the items on the shopping list each time you come to either of our parishes. Kenny and Linda need a wee store fot The Rectory too.

Thank you.

Fran

(who has somehow got involved by happening to be having coffee in the church hall one day!)

Shopping list for emergency food bags

Breakfast

Porridge

Cereal

UHT mílk

Tea

Coffee

sugar

Lunch

Soup - tinned or packet

Cup-a-soup

Baked beans

Tinned spagnetti

Dinner

Tinned fish

Tinned meat

Tinned vegetables

Tinned potatoes

instant noodles

Quíck cook rice

Pasta (small, quick cook)

Pasta sauce

Essentíals

Soap

Toilet rolls

Sanitary towels/tampons

Extras

Tinned fruit

Jam

Biscuits

Shampoo + conditioner

Nappies (new-born/4 + sizes)

Baby food - jars, various ages

Salt and pepper

If everyone could bring just one item every week to church, it would help enormously!

Kenny



Ladies' Sewing Group

The wee Ladie's Sewing Group, which grew out of Get Connected, have not just been helping the girls to set up "The Haven" in the back room of the Community Hall, but have been knitting and sewing for The Gambia. I understand there is something going on regarding colostomy bags, bur nobody has discussed this with me yet! Ask Anne Dyer for info!

Illness

As most of you know, Kenny has been signed off sick for a while and will be so until early June. Meantime, he's doing what he can do!

Please keep praying, but please be aware that his re-entry into working life will be a gradual one

Remember, too, that Alison is only half-time, and often you may find Fr David Cook giving us all a hand.

Thank you all for the good turn out at the Ascension Day service! Thanks to the choir, the Guides, and all who prepared the magnificent buffet.

Folk from the Region were fair impressed, especially with the Guides' and Brownies' tubs that they are cultivating!



St Augustine's Sunday Rotas

Sunday June 8th

11am Eucharist

Readers David Rowatt & Ghislaine Kennedy

Intercessions Maggie Wallace

Chalice Sharon Rowatt & Barbara Barnes

Sidespersons Chrissie Ashman & Margaret Swan

Sunday June 15th

11am Eucharist

Readers Maggie Wallace & Sharon Rowatt

Intercessions Tim Rhead

Chalice Fran Walker & Margaret Hardie Sidespersons Ronnie Blaney & Linda Jenkinson

Sunday June 22nd

11am Eucharist

Readers Janette Barnes & Fran Walker

Intercessions Margaret Hardie

Chalice David Rowatt & Maggie Wallace
Sidespersons Liam McLarnon & David Ansell

Sunday June 29th

11am Eucharist

Readers Barbara Barnes & Tim Rhead

Intercessions Margot Rhead

Chalice Sharon Rowatt & Janette Barnes
Sidespersons Gavin Elder & Maggie Wallace

Sunday July 6th

11am Eucharist

Readers Margot Rhead & Liam McLarnon

Intercessions Sharon Rowatt

Chalice Fran Walker & Tim Rhead

Sidespersons Chrissie Ashman & Margaret Swan

Sunday July 13th

11am Eucharist

Readers Morag O'Neill & Linda Macaulay

Intercessions David Rowatt

Chalice Maggie Wallace & Barbara Barnes

Sidespersons Ronnie Blaney & Linda Jenkinson

Sunday July 20th

11am Eucharist

Readers David Rowatt & Barbara Barnes

Intercessions Fran Walker

Chalice Margaret Hardie & Tim Rhead
Sidespersons Liam McLarnon & David Ansell

Sunday July 27th

11am Eucharist

Readers M Hardie & Ghislaine Kennedy

Intercessions Linda Macaulay

Chalice David Rowatt & Fran Walker

Sidespersons Chrissie Ashman & Margaret Swan

Flower Rota

Wk ending June 7th

Moira McGown & Maggie Wallace

14th Linda Macaulay & Margaret Hardie

21st Barbara Barnes

28th Fran Walker

July 5th Irene Hardie & Maggie Wallace

" 12th Moira McGown & Barbara Barnes

" 19th Margaret Hardie & Irene Telford

" 26th Linda Macaulay

Donations for Flowers

Thanks to all who gave donations for flowers at Easter. Unfortunately, donations have been much smaller than usual recently. Hopefully, perhaps using some garden flowers

over the rest of the "summer", we will be able to have some floral beauty in the church.

Donations are always welcome.



Friends of St Augustine's:

The Friends AGM will be held in the hall at 4pm on Sunday June 1st. This year, following the meeting we will have 'Cocktails (and Mocktails), Cupcakes and Coffee' (or a cuppa). Maybe St Mungo's folk would like to be Friends?

Parish Weekend:

The Parish Weekend for St Augustine's has been arranged for October 3rd-5th. Put this weekend in your diary now!

Bishop's Lent Appeal:

We have already collected over £450 for Yorkhill Charitable Trust at St Aug's but the St Mungo's total is still a mystery! Any more monies must be paid as soon as possible! Give your money to your Treasurer please. They need the money!

Women's Retreat:

As part of the ongoing MAP activities the first of two retreats planned for this year will take place early June 2014.

10 participants have signed up for two days in the Gillis Centre, Edinburgh to embark on an inward journey exploring peace and tranquility, stillness of mind and heart. The programme will be lead under the gentle guidance of Henriett who will host the sessions over the weekend and has shared that much of the time will be dedicated to prayer and reflection. Those taking part are a mixture of ladies from the parish and members of the local community looking to take time out from the business of life and experience stillness.

A second retreat will take place early in the autumn and open to men from our church family as well as those s connected via the wider community.

(contact Liam for more details)

The Map Group are pleased to report that they have been able respond to these requests and will evaluate after each event. They are also looking at the possibility of hosting one day retreats allowing space for those unable to travel for an overnight stay.

Look out for more detail later in the year.

Phone Anne on 07973 456406. Another joint parish initiative!

Men's Retreat:

Liam, from St Aug's, is arranging a men's retreat! Is anyone interested in going? This will be an opportunity to get away from the hussle and bustle of life, to stop texting, stop phoning, and spend time with God. At this stage Liam just needs to see how many folk are interested. It will likely be a weekend retreat in Aug/Sept/Oct. Please speak to Liam, or one of the clergy for more information. Theme,

date and cost will depend on numbers. A Joint Parish initiative!

From Bishop Gregor

Dear All

Some of you may have already heard of Anne Tomlinson's appointment as the first Principal of the new Scottish Episcopal Institute - the official announcement is copied below.

I am absolutely sure that this is really good news for the Episcopal Church, even if we will sense in the Diocese a great loss. There will be opportunity in due course to thank Anne for all that she has given us in her time as Ministry Development Officer. Meanwhile, please hold her in your prayers as she prepares to complete her work here and take up her new responsibilities.

Yours

+Gregor

The full announcement reads as follows: -

Scottish Episcopal Institute

Following a process of advertisement and recruitment, The Rev Canon Dr Anne Tomlinson has been appointed as the new Principal of the Scottish Episcopal Institute. Dr Tomlinson will take up office during August and says "It is an immense privilege to have been called to serve the Scottish Episcopal Church as Principal of its Institute. I ask for your prayers for the staff and students, as for myself, as together we set out in faith on this new stage of the journey."

Commenting on the appointment the Most Rev David Chillingworth, Bishop of St Andrews, Dunkeld & Dunblane and Primus of the Scottish Episcopal Church says "The Scottish Episcopal Institute will shape the character and quality of our ministry in the next generation. The appointment of the first Principal is an important moment for our church. I warmly welcome Canon Dr Anne Tomlinson in that role. Anne has helped to shape the ministry of clergy and laity in every part of our church. Her work is theologically and spiritually rooted. She is rigorous and ordered in what she undertakes. She is generous in sharing programmes which she has developed. The Principal will work closely with the College of Bishops and I know that she will have their confidence. We uphold Anne in our prayers as she prepares for this new challenge in ministry".

This will be a great loss to St Augustine's as Anne was our MAP Facilitator from Day One. However, we must congratulate her on her new appointment, and we may feel safer that the training of new ordinands is now in her hands after a damning report from Inspectors fairly recently.

Anne will always have a special place in the hearts of St Augustine's folk, but with she, and her hubby Fred having such strong links with St Augustine's, I'm sure we will all see her again soon!

Kenny will miss her terribly!

Girl's Group - Get Connected

The Quiet Room is now complete ... thanks to **the Get Connected Team and the Ladies Sewing Group** we have a place to meet away from the businesses of the main hall.

The Girls Group set them self a challenge to refurbish the small room in the Church Hall allowing both clergy and hall users an opportunity to relax in a warm and cosy atmosphere. (have some quiet space for groups or individuals in need)

All items in the room were second hand and ready to be tossed in the tip until the group and their leaders started the task of up cycling. They then roped in Alternatives to paint the room and the Sewing Team to spruce up the cushions and before long the room was ready to go.

The Sewing Team had the honour of naming the room and decided it would be fitting to be called *The Haven* - which means a place of refuge or rest; a sanctuary



GET CONNECTED

FAIRTRADE COFFEE MORNING





Why not join us and go bananas for Fairtrade!

ST AUGUSTINE'S

CHURCH HALL

21st JUNE 2014

10 – 1pm

BE AWARE...

that you are likely to be fined £30 if you park with any of your wheels on the pavement anywhere near Dumbarton Town Centre. This includes outside the community hall where you also cannot park on the road between 8am and 6pm, Monday to Saturday.

Following complaints to the police there appears to be a clampdown on inappropriate parking in the town centre and surrounding streets. I know, I have been fined and I have discussed it in detail with Constable Blair! Fran

WOVEN

(Women of the Vale ecumenical network)

Meets on Friday the 6th of June
in Renton Trinity church at 7.30 for
coffees and a chat - 8pm start.

Our guest speaker is Barbara O'Donnell with
guest musicians The Bonhill Singers

All women welcome

From Alison

A story is told about the sculptor, Michelangelo.

Michelangelo was sweating as he manoeuvred a large rock down the street.

One onlooker standing

idly in a doorway asked why on earth he was expending so much effort shifting a lump of stone. "Because", came the reply, "there is an angel in there that wants to walk free."

It is a wonderful parable about life and what it is to be human. Inside each of us is something like Michelangelo's angel: the real 'you' who is longing to be free, to be all that you might be. There may be sides to ourselves we have not yet discovered, gifts or talents waiting for the opportunity to break out, there may be parts of ourselves we have had to close down because the demands and constraints of our lives mean there is no space for them.

We are people with huge potential to be and do much more than we actually achieve. And rather like Michelangelo wrestling and grappling with that rock it takes a lot of effort, sweat and tears to uncover the 'angel' - the true self - and not a few chips might need knocking off us before the 'angel' emerges. But the effort and passion we expend on ourselves and on helping others to unlock their true potential are worth it when we glimpse the 'angel' emerging.

Jesus also told parables about potential and transformation - this time about the Kingdom of God - how life can be when we live according to God's ultimate values of love, compassion and justice. It would be like a mustard seed that someone sowed - the smallest of seeds - and yet it becomes the greatest of shrubs and birds come and make their nests in it. Or it would be like the yeast that a woman mixes into flour until all of it is leavened. The little bit of love, the kind word, the concern we show for others can be

the start of something quite amazing, that grows way beyond its unassuming beginnings.

There is huge potential in all of life - in our own individual lives, in our communities, in our world - for transformation and change.

All it takes is the vision to see - be it the angel in the rock, the tree in the seed or the bread in the yeast - and the faith to bring it forth to reality.

See and set free today

Alison

EMU

Probably, few have heard of EMU! It was an important document signed by the Episcopal Church, the Methodists, and the URC, (EMU), about three years ago now which committed each other to sharing resources, and working more closely together.

At St Augustine's the URC Church meets every Sunday in our hall, and now that their building is about to change hands, we have rescued some treasures for St Augustine's. Things given in memory will live on, including some scraps from Holy Cross Knightswood, a local Episcopal Church which has closed.

It will be important for the URC Church folk who worship with us from time to time, to be able to touch and see the roots of their past.

In Alexandria, there is at present the exciting prospect of working with the Methodists in creating a "Fresh Expressions" Church.

There will be some money there, and personnel help in getting this off the ground. Fresh Expressions is new to this Diocese, but is supported by Bishop Gregor. People come together, during the week, for a common purpose, and "do" church outwith Sunday Services.

There is some hope that a gardening project might evolve in St Mungo's, but who knows? We will let the Spirit lead us to where we need to be led!

If this all works out, then Dumbarton and Alexandria will be trailblazers, and a fine example of how interchurch relations can happen and grow.

Rotas for St Mungo's

Date	Cleaning	Flowers	Sidesmen	Read/Int 11am
01/06/14	Jean/Fiona	Jim	Jean B	Jean/Pauline
08/06/14	Eveline	Finella	Alicia	Jim
15/06/14	Finella/Jean	Finella	Tom/Ian	Jean/Celebrant
22/06/14	Iona/Mary	Pauline	Jean B	Pauline
29/06/14	Margaret	Pauline	Alicia	Pauline
06/07/14	Jean/Fiona	Jim	Tom/Ian	Jim
13/07/14	Eveline	Jim	Jean B	Jean/Celebrant
20/07/14	Finella/Jean	Finella	Alicia	Pauline
27/07/14	Iona/Mary	Finella	Tom/Ian	Jim
03/08/14	Margaret	Pauline	Jean B	Pauline/Celebrant

Websites

High on the agenda at the moment, is a total re-vamp of St Augustine's and St Mungo;s Websites. Please do not underestimate the importance of Websites. People go online to choose a church, even when they are on holiday!

We need you all to contribute with news, pictures of yourselves and others, and lots of things which will make both our parishes more attractive to newcomers! Help!

From St James the Least of All

(St Jame's is a mythical parish somewhere in the UK. Fr Eustice is an Anglo-Catholic older priest, who monthly writes to his nephew Darren, who is Curate at a happy-clappy church in the Diocese. Please don't take these letters too seriously!)

The Rectory
St. James the Least

My dear Nephew Darren

Your remark that you rather liked the silence we keep before starting Services gave me pause for thought. I suppose all things are relative. I know that the noise your congregation makes before worship resembles a packed stand on the football terraces any Saturday afternoon, but the days seem long-gone when I could expect our congregation to sit in real silence for ten minutes.

There's the sound of the treasurer counting the previous day's jumble sale takings, of the ladies at the back asking each other when the fish van will next come round, and of Major Hastings's deafening whisper as he comments some women's choice of hats. Add to this the weekly competition between the organist and the bell ringers to see who can make the most noise, the roar from the choir vestry as they all complain they don't like my choice of hymns and the sound of books, umbrellas and collection money being dropped. I sometimes suspect that an informal rota is arranged whereby people volunteer to drop heavy objects in rotation, thus maintaining a constant clatter, for which no single person can be held responsible.

There is also the weekly ritual when the verger – always waiting until the church is full – goes round each microphone, giving them a bash and bellowing "Testing, testing" and relishing the echo as it bounces off the walls.

The only time the noise level drops significantly is if the congregation see Miss Simpson sidle up to me to have one of her confidential little chats about someone in the village. Everyone knows that her information will provide more than enough to keep gossip flourishing for the following week.

Equally, periods of silence during Services are rarely welcomed; some find them threatening, but the majority simply assume it means I have lost my place. I gave up after one occasion when, on announcing we would say the Lord's Prayer and then leaving a time of silence for recollection, a choirman leaned over to me and whispered helpfully: "It begins 'Our Father'"

Your loving uncle,

Eustace

3rd Vale of Leven Guides

AFTERNOON TEA

St Mungo's Alexandria

Saturday 7th June 1.30pm to 3.30pm

Entry £3 includes tea/coffee and cakes

Entertainment by Guides

Come and see what the Guides are growing around St Mungo's!



"Well, no, I'm not dressing like this to create common ground with today's youth culture – I've always worn a hoody."