By the Way Together

The Magazine of

St Augustine's Scottish Episcopal Church, Dumbarton and

St Mungo's Scottish Episcopal Church, Alexandria

Issue No 4 November 2014



Welcome

to the Revd Liz O'Ryan, our Associate Priest,

Licensed at St Augustine's on Saturday, 25th October 2014

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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!

A Hundred Hats for Woolly Hat Sunday

The amazing total of exactly 100 hats plus 3 balaclavas, 12 scarves and a pair of fingerless gloves will soon be going to The Mission to Seafarers, thanks to the knitters associated with St Mungo's and St Augustine's.

As well as from members of the congregations knitting has been received from Get Connected, The Richmond Fellowship, Dumbarton UR Church, Friday Soupers and Saturday morning Tea/Coffee Drinkers.

Well done everyone and if you need something on your pins Keeeep Knitting!

The photo shows hats, scarves etc that were doubly blessed by Kenny at the Wednesday Service in St Augustine's; many more have been added since.



Dementia Friendly

Before visiting Willox Park (see last month's mag) Morag and I sought advice from Barbara Barnes about how we could best connect with those residents who have dementia. Barbara gave us some handouts from which the following might be helpful.

- Communication is vitally important for people with dementia and those who support them.
- Speak slowly and clearly look directly at the person as you speak.
- When speaking to someone who has dementia, you may need to introduce yourself by name, even if the person knows you well.
- Assume a person can understand more than he or she can express. When a person has dementia it takes their brain longer to sort out information when talking with you.
- Slow down! People with dementia need much more time to make sense of communication and respond; make sure you allow the person time to understand what you are saying.
- Use short, specific, familiar words and simple sentences. Give clues to help make connections. "I'm Mrs Jones, we've had a good time playing bowls together for years."
- Ask only one question at a time. "Would you like a cup of tea?" "Would you like a biscuit?"
- There are lots of ways to communicate words are not always important.

- For many people with dementia nonverbal communication is more significant than words. Think about facial expression, tone of voice, posture and touch.
- Don't be afraid of silence.
- When someone's speech is confused, try to respond to the feelings first and foremost.
- Humour is crucial! Keep finding ways to laugh together.

Dementia friendly in church

- Explain where they are and who the people are.
- Support them discreetly through the service.
- Don't be embarrassed if they do/say the wrong thing.
- Try to make them feel that they are still part of church life.

Burning Bright

Sometimes I picture myself like a candle. I used to be a candle about eight feet tall - burning bright.

Now, every day I lose a little bit of me. Someday the candle will be very small. But the flame will be just as bright. Barb Noon, unpublished

For more information speak with Barbara Barnes or Linda Jenkinson at St Aug's or go to www.dementiapositive.co.uk and enter communication into the search box.

Heard on Radio 4

An on-line Christian web site recently held a poll to find the most inappropriate advent calendar. The "Badvent" competition sought to find the calendar "furthest from the meaning of Christmas".

3rd worst – 24 different nail varnishes to prepare your nails for the Holy Birth Day 2nd worst – adornments for a Barbie Doll Winner – an advent calendar from Anne Summers!

Need to know more? Go to www.ship-of-fools.com

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Coming Events...

Sunday 9th November, 12 noon

St Augustine's AGM Contact: Janette Barnes

Wednesday, 12th November, 7pm

Service of Remembrance for those who have died from Addiction, St Augustine's Church

Contact: Anne Dyer or Gavin Elder

Friday 14th November, 7pm

Christian Aid Annual Inter-church Quiz, St Patrick's Church Hall

Contact: Tim Rhead or Morag O'Neill

Friday 14th November (7.30 – 10.30, doors open at 7pm)

Dumbarton Acoustic Music Night, St Augustine's Church

Contact: Gina or Alistair (Bell Arcade Market)

21st November 6pm

Friends of St Augustine's

Secret Silent Auction with light supper, St Augustine's Community Hall

Contact: Janette Barnes or Linda Macaulay

Sunday 23rd November, 12 noon

St Mungo's AGM Contact: Pauline Dow

30th November, 7.30

St Andrew's Night Concert and Sing-along with the Allsorts Choir and others, St Augustine's Church, Contact: Ghislaine Kennedy or Sandra O'Neill

6th December, 2 – 4 pm

Christmas Fair with the 3rd V o L Guides and St Mungo's SEC, St Mungo's Church Hall, followed by **Music and Carols** in St Mungo's Church, 5pm

Contact: Pauline Dow

Friday 12th December (7.30 – 10.30, doors open at 7pm)

Dumbarton Acoustic Music Night, In aid of Food for Thought, St Augustine's Church

Contact: Gina or Alistair (Bell Arcade Market)

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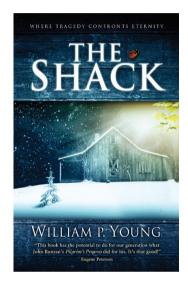
Call Alan Maille y 07710327999



No rest for Liz - second day at work and she's sorting food. By the way, thanks to monetary donations there are now shelves and big, mouse-proof boxes for food storage

Book Club News

The Shack by William Paul Young: A Review from The Book Club



The first book chosen by our new book club was "The Shack" by William Paul Young.

This book tells the story of Mack, whose youngest child is abducted on a family

camping trip. Evidence is found that indicates that Missy, the child, was brutally murdered in an abandoned shack in the wilderness of Oregon. Four years later, while in his "Great Sadness", Mack receives a note, apparently from God, inviting him back to that shack for a weekend.

Against his better judgement, Mack takes up this invitation and goes to the shack for the weekend. There he meets with God, or rather with the Godhead. Each member of the Trinity is present: Papa (God the Father) appears in the form of a large African-American woman; Jesus is a young to middle-aged man of Middle Eastern descent; the Holy Spirit, known as Sarayu (Sanskrit for air or wind) is a small and delicate woman of Eastern descent. Over the weekend, Mack learns how to deal with his "Great Sadness" and the pain and anger of the death of his child.

The book club found 3 main themes running through the story.

Forgiveness: how easy is it for us as humans to forgive others? Could you forgive someone who killed your child? Or partner? The book explores the theme of forgiveness, of how God forgives us and helps us to forgive others.

Our relationship with God: discussion touched on all aspects of relationship with God and how our relationship with God affects our relationships with others. Mack had to be shown by God that his relationship with one of his other children was being affected by his behaviour and had to learn how to restore that relationship. Getting to know God better gave Mack the emotional strength he required to help to comfort his other child.

The Trinity: the book gives a good understanding of The Trinity. Several people had been put off the book because they felt they didn't know enough about God, Father, Son and Holy Spirit. When they continued reading, however, they discovered that all the information required was actually there and the topic was dealt with in a relatively easy to understand way.

The majority of the group found this an interesting and enjoyable read and felt they would recommend it to others.

Our next meeting is on December 3rd at 7 pm in The Haven. This time we're going to look at "The Five People You Meet in Heaven" by Mitch Albom; a story about death only being the beginning for Ernie. Anyone who wants to join us will be very welcome.



Dear Friends,

There is nothing I like better than curling up on the sofa and watching stand up comedy on TV. Of course

there are comedians I don't find funny... some are downright irritating... some are offensive... But if you sit down to a good one that really makes you laugh - it's the best entertainment there is.

One comedian I do like is Milton Jones. Sure, he's on the scruffy side and a bit wacky... and because of his style of continual one-liners, he can be quite exhausting to watch for some time, but I like him. He is a committed Christian. which I respect, and I find many of his witticisms very clever! I have a wee book written by him at home called, "10 Second Sermons". It's got some thought provoking lines in it 'designed to help us think about our faith from a different perspective,' as it says on the back. To give you an example: "As we know, Jesus was a humble man - who said he was God!" Or.... "I think Heaven will be like coming home to a surprise party after a bad day"... That sort of thinking appeals to me.

As I idly perused this wee book the other day in a bored moment one sentence stuck more in my mind than any other...

"Going to church should be like walking to the edge of the Grand Canyon and saying...

'Ah!'"

Yeah. I like that. I know if I walked to the edge of the Grand Canyon (which, incidentally, is definitely on the bucket list!) I am sure that as I stared into the

majesty of the vastness in front of me I would say "Ah!" with wonder and awe and deeply felt praise... Wouldn't I? Wouldn't you?



So... what if people had the same reaction as that when they came to church, or when they met us, or when they saw how we related to each other, to strangers, to wee children or to today's outcasts,. What if they thought "Ah! Now I see. Now I understand a little more" all because they had spent some time with us and seen what we're like. What if we could make our liturgies, our outreach, our mission, our buildings, and even ourselves so transparent with God's love and joy, mercy and peace that all whom we met said "Ah! Yes. Now I see. Through you I have just had a glimpse of what God is all about!" Wouldn't that be something else? Wouldn't that be brilliant?

As I begin my ministry here in Alexandria and Dumbarton and begin to serve God amongst you, I hope that, together over the next few years, we can find a way to make that transparency known - to make God's love and mercy visible in all that we do and say, plan and organise... and in all that we are and will be. I am so looking forward to getting to know you all.

With love,

Liz

O Happy Day!

Licensing of Rev Liz
O'Ryan as Associate
Priest
25 October 2014

Thank you! Thank you! Thank you!

I wish to convey huge thanks to all who worked so hard to make this day such a successful and happy one! From those who set out chairs and tables... those who catered and served... those who printed and folded the orders of service... those who presented the symbols of ministry... our friends at Riverside for the use of the Hall... the visitors and clergy who attended... thank you one and all. Your hard work came together in an afternoon of joy!

I would also like to give thanks for the great welcome I have had from

everyone. I received so many hugs and words of encouragement on Saturday - all of which were much appreciated!!

It may take me a wee while to sort out everyone's name – but I am sure we will have many a laugh as we get to know each other.

I look forward to working with you and serving you in Christ's name and continuing to make St Augustine's and St Mungo's places where God can be found and experienced by all in both our communities











It was great to hook up again with Revd Ian Johnston who worked with me in Greenock!









St Augustine's and St Mungo's went to Millport

......for a weekend of fellowship, discussion and time together away from our parishes.

Using Paul's journey described in Acts chapters 16 and 17 for reference, Rev'd David McCarthy led us through various aspects of church development.

Leadership is not just about clergy. We agreed that we need to affirm what current leaders are doing, support emerging leaders, encourage each other and have the confidence to try out new things.

What do we do at present? This was a long list. It was recognised that in any church year there are ebbs and flows of activity, seasons of rest followed by activity, also that God/Holy Spirit should be the motivator for what we do and that ordained leaders help with reconciliation between different interests (usually preferring to invest in what will give them the energy to continue). We also agreed that it is easier to start activities than to stop them when they are running out of steam.

Where could contact be made within our communities? What is the organisation for non-members? What can we do to grow our fringe? As well as places in our communities where people gather, such as pubs and parks, we also thought about our existing contacts, the need to feed souls as well as stomachs for both members and non-members.

David pointed out that people who come into the orbit of the church can come closer and closer to God as it is God who is at work in people's hearts and minds. Our being interested in people has a huge



impact as does engaging with people. Then they can be drawn in by God.

Following Jesus is not easy (Acts 17, 1-9) for either individuals or the church membership.

Christians in our society are in the minority and the church is not liked for what it does when it challenges certain behaviours. However as happened in Acts, good circumstances will follow bad ones.

Christianity has always caused trouble and Jesus challenges us. Compared to our consumeristic/celebrity centred world the Church can really only offer one thing: the Love of Jesus.

We came away with a 'To Do' list

- Reach non members by thinking about: Who is our front line? Where do they meet? How do we speak with them about church? How do we live for Jesus?
- Organise pastoral teams
- Keep Jesus at the centre
- Prayer for leaders, prayer for all
- Understand that ministry to the poor is costly in many ways
- Encourage one another
- Be prepared for consequences (Acts 16, 16 36)

And finally we were asked to reflect and record: What has God been saying? and What will we take home?

Throughout our mission to gather folk from outside the Church (eg Friends events) we mustn't forget that we should acknowledge that prayer is important and is a part of everything we do! Build on what we have already going on, support and encourage others at all times. BE STILL.

At home more prayer time, less entertainment, be aware of God at all times

The need is great, the journey is long, but take your time and enjoy Me!

Pantheon: don't shut out the world. Hope, patience, encouragement

Be constant, stay supporting, team work and co-operation. STICK TOGETHER!

Personally consider of perception of role and potential; support new leaders; team work approach to supporting ordained leaders.

Prayers have been answered. God will continue to strengthen and bless in the joys and challenges ahead.

We do a lot. Do we need to do something new or just develop what we are already doing? Train and acknowledge ministry team and Remember where we've come from.

Fund Raisers

AUTUMN GLORY at ST MUNGO'S

On Friday 24th October, 60 people came from far and wide to St Mungo's for an evening of Flowers, Food and Fun. We all enjoyed a wonderful demonstration of floral art from Janette Tennant, a quiz and hot supper.

Not only did the event raise in excess of £400 but the most importantly everyone had a good time!

Big thanks to all

who made these events such a success.



50s JIVE NIGHT AT ST AUG'S

The Get Connected team (a.k.a. the Wee Friends) made over £1000 (and the Mum's Sewing Group made miles of bunting!). More stories and pics in the next edition of By the Way Together







St Mungo's Episcopal Church and 3rd Vale of Leven Guides

CHRISTMAS FAIR

Saturday 6th December, 2pm to 4pm

St Mungo's Church Hall, Alexandria

Entry £3 includes tea/coffee and cakes

Followed by Music and Carols in the Church at 5pm



Wait Till I Tell You.....

THE GOSSIP COLUMN, a tongue-cheek look at life.

Janette reports on some Autumn highlights at St. Aug's and looks forward to the Christmas challenge after an important Advent Wedding.

NOVEMBER – THE MONTH THAT LIKES TO SAY 'No!'

Hibernation is always foremost on one's mind as the dreaded 'No' month approaches with 'its vapours, fog and drizzly rain'- a description given by writer and politician, J. B Burges. So what's wrong with November 2014 with the sun still shining after the hottest Hallowe'en on record? The retail world is in turmoil since winter coats and woolly semmits are left on the shelves. No doubt we'll be hearing soon that Scottish Power has issued a profits warning! But before splashing out your winter fuel payment on designer sunglasses take heed of the warning in Alastair Reid's famous poem, Scotland. It ends with 'we'll pay for it, we'll pay for it and we'll pay for it!'

IT'S 1950 AGAIN AT ST. AUGUSTINE'S!

24th October was the night we had to admit that St. Aug's could be all things to all men (and wimmen!). Our founder fathers in 1873 could never have imagined dancers being thrown upside down into the air to a rock and roll beat while Carol coped with around 200 Hot Dogs in the Old Vestry kitchen. The Church was adorned with bunting, old 78 records and pictures of James Dean. Most important of all – it was packed! The organisation at the first Wee Friends' Event was superb – even down to reserving a good table for the 'old Friends' who managed without a cup of tea for the entire evening! Some were actually on the dance floor reliving their famous Burgh Hall days and sharing all those memories. So, thanks Wee Friends – we loved it and congratulations on an excellent financial outcome of over £1000 – all for the Church!

AT THE HEN RUN.

On 1st November strange sights were witnessed in the High Street. No, it was not the remnants of Hallowe'en, it was Gillian's friends and family - birds of all ages- getting ready for the Hen Run to Renfrew for her traditional pre-nuptial bash. On arrival at the Normandy Hotel, the crowd scenes were reminiscent of the Normandy Landings! Over 400 ladies jostled and queued to experience the night of their lives. But first there was the group photograph. Gillian was resplendent in a tutu, wings, L plates, wig and veil, the Golden Girls were cute in pink ribbons and Sharon was in glorious Technicolor – so much so that you needed sunglasses just to look at her. We were encouraged by the compere to introduce ourselves by screaming and shouting loudly. We were table number 25 and I was tempted to yell 'Church Outing' to differentiate us from the plethora of 'bottlings' and 50th birthday party for Big Senga. TBag O'Neill was searched by the bouncer. He found nothing in her designer handbag but a box of Tetley's and a cat flea collar! The mother of the bride and I arrived with large ASDA poly bags but went through unchallenged. They only contained our raincoats and implements for the ceremony – the chanty, the candle, the salt and the dolly – all to ensure Gillian would enjoy a lifetime of heat, light, food and fertility! The friendly party at our neighbouring table was well prepared with a selection of accoutrements from their local branch of Anne Summers. Their large, plastic, blown up man inspired Margaret H to consider blown up parishioners as a solution to falling numbers at today's services. Perhaps they wouldn't be

any less responsive than some of our 'live' models! Aye, I could see that the parish conference at Millport had given her food for thought! The official entertainment was an Abba Tribute Group – that got all the young chicks as well as the old hens up and dancing. Margaret Swan had a close encounter (or a wee burl) with the only stray man. He escaped - terrified! At the midnight hour, like Cinderella, we all staggered back to our bus to be counted numerous times by Sharon. It was a 'rerr wee night' and we all arrived home eventually after Chrissie and I had organised the High Street Taxi queue. Next morning at the Eucharist, however, only the old birds flew in for worship. So now –it's on with the nuptials, good job we've still got a few weeks to recover!

BELLSMYRE REVISITED.

Between Bill Heaney's excellent newspaper articles on Old Dumbarton and the interest. created in the social networks when someone invokes a Dumbarton memory, it's clear that there's quite an air of nostalgia around. I must admit though, that the almost 100 replies from folk who could still remember their mother's store number was just a trifle tedious! After all, our first steps into numeracy was learning this vital number just like our introduction to foreign languages began with reading the label on the HP sauce bottle at dinner time! Remember 'cette sauce de haute aualite...? Now who admits to having a sauce bottle on the table? But I digress. Discussing Bellsmyre with Betty Gordon at the weekend was enlightening. The scheme, when I moved there in 1952 was SSHA and had the highest rents in the whole town. It was the subject of a parody to the tune of 'Bonnie Strathyre' with the following clever lyrics:

They cam frae the Newton, they cam frae
Brucehill
And they cam frae the High Street tae gang up
the hill.
But they don't feel sae glad when they sit roon
the fire
And think o'the rents that they pey in
Bellsmyre.

They woke up wan mornin' they thought life a joke

They're no' there a year till they're nearly a' broke.

So they gether up totties and muck oot a byre They huv tae dae somethin' tae stey in Bellsmyre.

Oh, the scenery's grand but it's nae use tae eat

And the climb up the hill taks the bits aff your feet!

While the braw hoose lies empty, nae cots by the fire

The wifes are oot workin' tae stey in Bellsmyre.

The men huv stopped smokin', they never get tight

And the nee'bours are freen'ly, they've nae time tae fight.

They've forgot a' the hymns that they learnt in the choir For they work ev'ry Sunday tae stey in

Bellsmyre.

I have a clear recollection of it being performed at a variety concert staged in the Burgh Hall!

And Bellsmyre was home to a large number of our congregation – Carman View in particular was awash with Episcopalians which made pastoral visiting easy for the clergy. I remember my mother being particularly bemused when a young enthusiastic curate, surveying the street, enquired 'now …are they one of us?' I'll not reveal her answer.

THE TOWN CENTRE ACTION PLAN.

It was gratifying to be advised by the great and the good that our suffering town centres should now be showing signs of improvement. *Whit?* Does that include Dumbarton? Is the new one way traffic system tempting you down to the Charity Shops, the Moneylenders or the Bookies?

THE SECRET, SILENT AUCTION.

The November Friends' Event scheduled for Friday 21st at 6pm is now being organised. Desirable items will be attractively displayed in the Community Hall while a light supper is

served. Participants will be given a secret identity so that they can bid for an item and watch who else is bidding for it. Items will be priced from £1. It will be a fun night with the aim of raising funds for the Church. Cost of entry, including supper, is £3. If anyone has any item that they think would sell please contact any of the Friends' Executive – such donations would be greatly appreciated. A reserved price will be put on every item and unsold treasures will be used for future raffles or tombolas. Please see our notice in the Community Hall.

CHRISTMAS AT ST. AUG'S.

I hate to mention it but the shopping day count has begun. So, for a little oasis of calm and

pleasure why not come to our Christmas event on 21st December. It's in the Church and entitled 'Cupcakes, Cava and Carols'. And it's free and everyone's welcome. Watch out for further details in our Christmas magazine!

THAT'S ALL FOLKS.

Keep up to date with all the gossip, events and nonsense! Remember 'Wait till I Tell You' is available only from 'By the Way Together'. And there must be some gossip in the Vale? What are the McBrides up to? Places like the 'Boolin' Clubs' can be dodgy, Helen!! Until next month......

Janette

Food for Thought

Food for Thought is St Aug's and St Mungo's response to the demand for emergency aid in the 6.5 days per week that WD Foodshare do not operate within St Aug's. This is a referral only service.

This was identified last year and after the Christmas dinner Roberta Mailley suggested that we use the left over cash to buy food. This was facilitated by Ghislaine and Ricky with



occasional help from me. Initially we were only able to support a few families and individuals and it became increasingly clear that this was not enough.

Demand often outstripped supply and it was during a coffee break after Wednesday church service that this was discussed and Food for Thought was born.

Both congregations responded magnificently. This has now snowballed to include the Christian



community in Dumbarton and surrounding areas, Langeraigs & Dalmuir care homes, The 45%'s and DU Football teams, who have contributed many hundreds pounds of much needed food. Individuals like wee Anna, who come every week as do many people, like Stuart who has given enough tins of totties for all. We thank you wholeheartedly.

We have a wonderful team of volunteers who turn out every week to stock check and bag the food. Special thanks to Agnes and Helen who have been with us since the start.

Presently we are in the wonderful position that we can respond to individuals and families in need, referred by agencies, probably until Christmas.

A huge thanks to all involved.

Caroline Marsland, Family Support Worker, FABi Team, Circle

More October Pics





Riley Murdoch, with parents Martin and Mhairi and very proud great grandmother Betty.



Meeting for the first time after 53 years, cousins Margaret and Margaret enjoy coffee together after an 11am service at St Augustine's.



Janette Tennant with some of the wonderful arrangements created at St Mungo's

At Millport we were given time - to sing together (thanks Ricky and Ghislaine), to explore, to contemplate in the labyrinth







Rotas for November

St Mungo's

Sunday November 2nd

11am Eucharist Reader: Jean Brown

Intercessions: Jean Brown Chalice: Tom Marshall Sidesperson: Alicia Steele

Sunday November 9th

11am Eucharist Reader: Pat Brooks

Intercessions: Pat Brooks Chalice: Tom Marshall Sidespersons: Tom & Ian

Sunday 16th November

11am Eucharist

Reader: Jim Murdoch Intercessions: Jim Murdoch

Chalice: Tom Marshall Sidesperson : Alicia Steele

Sunday 23rd November

11am Eucharist

Reader: Jean Brown

Intercessions: Jean Brown Chalice: Tom Marshall Sidespersons: Tom & Ian

Sunday November 30th (Advent)

11am Eucharist

Reader: Pauline Dow

Intercessions: Pauline Dow Chalice: Tom Marshall Sidesperson: Alicia Steele

Flower Rota

2nd Nov Pauline 9th & 16th Nov Jim 23rd Nov Finella

Cleaning Rota

9th Nov Iona/Mary 16th Nov Margaret 23rd Nov Jean 30th Nov Eveline 7th Dec Finella

Kenny has now stepped down as Editor of the Magazine, and material should be sent to Revd Liz O'Ryan.

St Augustine's

Sunday November 2nd

Readers: Liam McLarnon & Sharon Rowatt

Intercessions: Evelyn O'Neill

Chalice: Fran Walker & David Rowatt

Sidespersons: Chrissie Ashman & Roberta Mailley

Flowers: Fran Walker

Sunday November 9th

Readers: Linda Macaulay & Janette Barnes

Intercessions: Margot Rhead

Chalice: Tim Rhead & Janette Barnes

Sidespersons: Margaret Swan & Kevin Mason

Flowers: Linda Macaulay

Sunday November 16th

Readers: Fran Walker & Tim Rhead

Intercessions: Sharon Rowatt

Chalice: Margaret Hardie & Barbara Barnes Sidespersons: David Ansell & Liam McLarnon

Flowers: Margaret Hardie

Sunday November 23rd

Readers: Barbara Barnes & Ghislaine Kennedy

Intercessions: David Rowatt

Chalice: Tim Rhead & Janette Barnes

Sidespersons: Ronnie Blaney & Linda Jenkinson

Flowers: Barbara Barnes

Sunday November 30th (Advent)

Readers: Evelyn O'Neill & Margaret Hardie

Intercessions: Fran Walker

Chalice: Margaret Hardie & Tim Rhead

Sidespersons: Chrissie Ashman & Roberta Mailley

Sunday December 7th

Readers: Morag O'Neill & Sharon Rowatt

Intercessions: Evelyn O'Neill

Chalice: Barbara Barnes & David Rowatt
Sidespersons: Margaret Swan & Kevin Mason

If you cannot do a Sunday for any reason, please ask someone to replace you or do a swap!