

From the Kirk Session

January's Kirk Session meeting was mostly devoted to discussions about Sunday morning services. However, we also marked with thanks the long service of Sheila Haig, who has retired from the Kirk Session and become an 'elder emerita'; this new title has been introduced by the Church of Scotland to recognise that elders remain as elders, even if they no longer wish to be Trustees of the congregation, or take an active part in decision making – so, thank you, Sheila, for your service to this congregation over so many years.

The discussions on Sunday services revolved around the **monthly joint services** with Penicuik North (KIP services), and the format of Sunday services in general. After a lively debate, we concluded that joint services are a good idea, and perhaps should be based around, for example, high points of the church calendar like Palm Sunday, rather than on a strict monthly programme.

We are embarking on a new project, called **'Growing Young'**, run by the Church of Scotland to help us to grow our congregation (see the Minister's article elsewhere in this issue). As Penicuik North is also part of the 'Growing Young' project, it makes sense for the two congregations to come together from time to time over the next two years to share in learning (for example, from visiting speakers) and to exchange experiences as the project progresses.

As for the format of services, and the use of the church hall on a Sunday morning, a range of opinions and ideas was voiced. We have already agreed to hold our monthly Communion services in the hall. However, we might occasionally hold the service in the hall if there was a good reason; some of you will remember the 'discussion' services prior to the Union, and even earlier ones based on material from Presbytery, which were well received.

Some practical issues were raised, to do with seeing and hearing, and we'll look at how best to deal with them. We could do with a

team of people to help with the audio-visual side of things, both in the hall and in the church. Anyone interested? Please speak to me, Jim Paterson, or Vicky Nicolson to find out what we need, and what you could offer.

Looking beyond our congregation, we were made aware of a particular need at FFF (the foodbank in Penicuik) to upgrade its facilities; look out for opportunities to help with funding.

We also heard that the **'Try Praying'** project is raising funds for its latest outreach. It can get matched funding for any donations made before 14th February this year. Please help, if you can, by going to <https://do.trypraying.org/donate/> and making a donation. As a congregation, we'll be focussing on the 'Use it and Lose it' approach this spring – look out for details!

By way of news, we have started the process for getting approval to replace some of the pews in the church (the central section) with flexible seating (that means chairs!). The proposal has to go via Presbytery to the General Trustees, and we don't have any idea how long that will take and what conditions (if any) may be placed on our plan.

Finally, you may be aware that our Presbytery has joined with 3 others in the Borders to form a new, bigger Lothian and Borders Presbytery. We're still not sure exactly how this will affect us, and all the other congregations involved. The process of joining up Presbyteries to make a smaller number of large Presbyteries is happening all over Scotland; please pray for the new office bearers, staff and volunteers as they deal with new challenges.

As always, please let me have any comments and feedback – and offers of help to join an audio-visual team.

Neil Cape
(joint) Session Clerk, 674276 or tccsessionclerk@gmail.com

PRAYING, VISITING, FLOWERS *Margaret Webster*

FIND OUT HOW YOU CAN BE INVOLVED IN THESE AREAS OF PASTORAL CARE

IT'S BACK AGAIN!

- Do you have something you want to thank God for?
- Are you facing a difficult decision?
- Perhaps you're worried about a family member or friend.



We can always speak to God about anything that is on our minds in our own private prayers, but sometimes it's difficult to find the right words, and it can help to have someone else pray on our behalf. So we are re-introducing the opportunity for people to receive prayer on a Sunday morning for specific situations that are on their hearts and minds.

Each week following Sunday worship, two people from the Prayer Ministry team will be available, and anyone who would like to receive prayer for anything at all is welcome.

Prayer Ministry is very simple and gentle. And of course, the matters discussed for prayer will be treated in confidence by those praying for you.

Many people who receive prayer find it helpful, reassuring and refreshing, so don't hesitate to come and let us pray for you.

VISITING

Members who are housebound, unwell, bereaved, in residential care, or cannot come to church for some reason often appreciate a visit. The fact that their church family is thinking about them means a lot -this is especially true with elderly housebound people and people who have been bereaved.



It would be good to have more people involved as visitors in what is often a rewarding experience for everyone concerned. If you think this is something you would like to help with, please contact Margaret Webster (billandmags@talktalk.net; tel. 01968 672347).

FLOWERS

Each Sunday in church there is a display of flowers – as well as being appreciated during worship, they are also taken to people we know of to mark special occasions or to show that we are thinking of them in sad or difficult times. If you would like to contribute flowers on a particular Sunday or if you can help deliver flowers, please get in touch with Margaret Barry (07413 766002).



Trinity Community Diary

5, 12, 19, 26 February 7.15 pm	Sunday evening Prayer Meeting - Church Hall
6, 13, 20, 27 February 7.30pm	Monday Bible Study Group - Zoom. Details from Capes 674276
6 February 2.00pm	Guild:- Pilgrimage Walk. Rev John Urquhart & Nick Bowry. Church Hall
8,15, 22, 29 February 10.00am	Wednesday Bible Study Group - Church Hall (committee room)
2, 9, 16, 23 February 10.00am to 12 noon	Coffee and Chat (Warm Spaces) - Church Hall
19 February 2.00pm	Guild - Scottish Air Ambulance. - Church Hall
20 February 7.30pm	Ecumenical Prayer Meeting: Sacred Heart Church - MicscAA
26 February 3.30pm to 5.30pm	Messy Church - Church Hall
1 March 10.45am	Friendship Group - Church Hall. For Transport contact Margaret Webster 672347



You can read this newsletter at Penicuik Trinity Community Church website <https://www.penicuiktrinitycommunity.church>. To sign up for an eCopy of this newsletter to be sent direct to your inbox each month, saving paper and other resources, just send a request email to penicuiktrinitycommunitymedia@gmail.com

Church mouse

From the mouse of
Editor's PC



As we head toward spring your church is embarking on a variety of new ventures.

Our lead article from John is 'Growing Young', which we, together with churches from our new Lothian and Borders presbytery area will explore how to make young people a priority in church life.

Margaret Webster updates us on Pastoral care work and how you can be involved, in her Praying, Visiting and Flowers article.

Neil Cape our joint Session Clerk reports use of the Hall, joint monthly services, changes to the pew layout in the sanctuary and more.

Messy Church is back with a new theme for the first three months of the year exploring the women in Jesus' genealogy.

I look at safeguarding changes to protect all those in our church.

Agnes Ovenstone reports on Guild activities and new initiatives.

Hope you enjoy this issue

Jim Paterson
Newsletter Editor
penicuiktrinitycommunitymedia@gmail.com

Pastoral Care

Please remember that we are always here for church members and for anyone in the community, and you are welcome to phone (in confidence) at any time for a chat, prayer, or to source other help or to request a visit; Either: John Urquhart (01968 382116); Margaret Webster (01968 672347 or 07761 096 472) or Wilma Wilson (07719 665505)

Growing Young

GROWING YOUNG

6 Essential Strategies to Help Young People Discover and Love Your Church.



The joint service with Penicuik North Kirk in March 2023 will be an introduction to Growing Young..

Twelve churches in the new Presbytery of Lothian and the Borders (including groups from Trinity Community Church and PNK) are just about to start on a two-year course on Growing Young. This particular course is aimed at churches with few or no young people. We wanted to share this news with all of you.

There are six core commitments of churches aiming to grow young. These involve things which change what is sometimes the unconscious culture of the local church. Simply expressed, these are:

- enabling others to take responsibility, rather than keeping all authority in the hands of a few;
- seeking to empathise with the young people of today, rather than judging or criticizing them;
- taking Jesus' message seriously and welcoming young people into a Jesus-centred way of life;
- becoming a warm community, aiming to have good relationships with each other and friendships between generations;
- making young people and their families a priority in church life, through supporting, resourcing, and involving them in all aspects of our congregation;
- enabling young people to be good neighbours locally and globally, rather than simply condemning the world outside our walls.

I hope over time we will unpack the meaning of these commitments.

John Urquhart

Safeguarding – a New Year Jim Paterson

The new year brings changes in our church community and safeguarding of those in our church is also making changes to keep in step with the wider church.



At the Sunday 20 November service I spoke in church about my role as Safeguarding coordinator, helping those wishing to work with children and/or vulnerable adults to obtain a Church of Scotland safeguarding certificate. I briefly mentioned that, like most things these days, the application process had moved online. That is now fully operational, making the process simpler, and hopefully faster to complete.

The Trinity Community Safeguarding Register which I keep up to date has now combined the registers of St. Mungo's and South Kirk & Howgate. This will form the basis of our annual return at the end of April.

Training

Keeping up to date with the rules and process of safeguarding for our volunteers and Kirk Session is something myself as Coordinator and our Trinity Community Safeguarding Panel need to be watchful. We are reviewing the status of all the volunteers on the register to assess training needs. Covid having put much on hold over the past couple of years. Some volunteers may wish to stop their activity and be removed from the register, similarly new volunteers have been added. Training has to be refreshed every 3 years so most will be at or approaching that point.

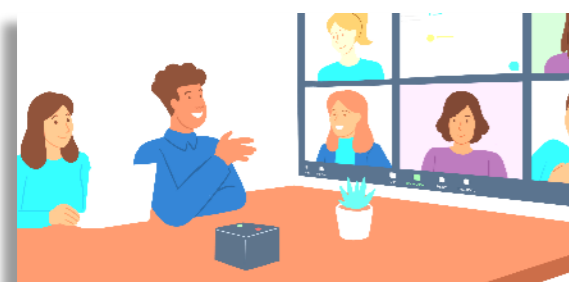


Presbytery boundaries impact

Delivery of training has also moved on following Covid days, as have Presbytery numbers, reducing from 43 to around 12. During lockdown your church meetings were all online, using video conferencing on the 'Zoom' application, a term that has now crept into our daily vocabulary. This has now been extended to Safeguarding training, which overcomes the need to gather physically at a central point within the Presbytery area. This is also advantageous as Lothian and Borders Presbyteries join bringing together Duns, Jedburgh, Melrose and Peebles into the new Lothian and Borders Presbytery. Travel over such a wide geographical area to a central point for training is both difficult to organise and costly to everyone apart from the carbon footprint we create getting too and from the event in cars etc.



Hybrid not just for cars



Your church in Penicuik recently tested the viability of a 'hybrid' training session, with a number of the church Kirk Session gathering in the church hall joining into a 'Zoom' meeting which had trainers and other Kirk Session trainees from across Scotland online. Neil Cape arranged a projector, camera and microphones so we could see and hear others, as well as viewing training slides on screen, and

everyone else across Scotland could see and hear us. Feedback after the event was positive and is to be offered to other presbyteries as a way to bring local trainees together with the wider audience online. Multi 'hybrid groups' should be possible joining together with individuals as a 'single training event'.

Making technology work to improve the running of our church, and be socially responsible, is a challenge that we can all embrace.

Watch our Safeguarding service <https://youtu.be/mG795SK7eu4>

Guild - 9 January: Harm Reduction - An Approach to Drugs Dependency

Turning Point Scotland specialises in supporting people facing the most complex and challenging situations. Anna Hunter joined the Guild meeting on Jan 9th to talk about her work with people suffering from Substance misuse.



Anna explained how they offer a wide range of adult harm reduction and recovery focused services across Scotland. This includes assertive outreach, initial engagement, community and residential crisis and stabilisation.

Scotland has the highest rate of drug deaths in Europe

They recognise that people and families can be on the receiving end of stigma. Scotland has the highest rate of drug deaths in Europe and access to effective services is more important than ever. Turning Point Scotland firmly believes in the quality of its services in making a difference in people's lives.



They engage with individuals, assessing people's needs, which is key to their approach. Their strengths and ambitions are what matters most to Turning Point Scotland.



We underpin our approach through our commitment to Citizenship. This helps to measure the strength of an individual's connection to their rights, responsibilities, roles, resources, and relationships within society.

We encourage individuals to create a community identity and build a sense of value and purpose throughout their recovery journey to provide opportunities for local inclusion and build a sense of belonging within their community.

Anna, who now works for the NHS, provided an interesting insight to the work she, Turning Point and NHS are involved which was an eye opener to many in her audience.

Soup Lunch Sunday starts 19 March Agnes Ovenstone

Agnes Ovenstone announced the introduction of a new Soup Lunch Sunday at the service on Sunday 20 January. On the third Sunday each month from March there will be a soup lunch in the church hall after the morning service.



If you are able to help with the preparation and serving of the meal, would you please contact Agnes Ovenstone, Kathleen Downey, Christine Jackson or Margaret Black

FEBRUARY FOREST CHURCH SUNDAY 26th FEBRUARY 2.30 p.m.



You are invited to join us for a walk to the Musical forest to play the instruments and then gather round the firepit for a time of reflection.

Messy Church: January 29th - Report by Joan Cape

Our topic for the first three months of the year is the women in Jesus' genealogy as shown in Matthew's gospel.

This month our focus was on three women whose lives were messy, who made some bad (even wrong) choices and yet played very important roles in helping to fulfil God's purposes. In the course of her troubled life, Tamar (Genesis 28) demonstrated what it means to have hope, even in the darkest times. Bathsheba tells us much about what it is to love and be loved (2 Samuel 11, 12; 1 Kings 1, 2) and Rahab about the peace that comes from putting one's trust in the right places – in the people of God, and then in God himself.



We homed in on the story of Rahab and the spies (Joshua 2): as we made spies from wooden spoons and scrap materials, we thought about why the spies came to Jericho (to spy out how safe it might be for Joshua to try to capture it, as part of the fight to win back the promised land).



We practised using codes, and learned that many things are codes: the red rope which Rahab used as a sign reminded the Israelites of God's faithfulness shown at the Passover, and points ahead to Jesus dying for us on the cross.

Using cake, biscuits, shredded wheat and jelly babies, we created replicas of Rahab's house, complete with spies hiding in the corn on the roof.



A game of "find the spy" – hiding inside one of a number of paper cup "houses" -provided lots of fun, and opportunity to talk about the story, as did building a "wall" round our houses using marshmallows and spaghetti. Making signs for our windows helped us to think about what we want to tell people about us, while making trumpets for our celebration gave another opportunity to chat about how Joshua did, with God's help, take the city and keep Rahab and her family safe. A great tale of trust!

Our celebration included singing, led by Andrew Dunsire: Our God is a great big God and Jesus' love is very wonderful provided lots of fun as we tried to do the actions, as well as tying in very well with the theme running through the session – that God loves all of us, regardless of who we are and what we may have done, and wants us to grow to know and love him too.

Telling and acting out the story brought things all together: our assorted team of seven priests marched round the "city" and blew their trumpets with great enthusiasm! Rae closed our celebration by leading us in a prayer activity in which everyone got involved, young and old alike.

A seasonal meal of haggis, baked potato and cheese, followed by apple pie and ice cream, provided the usual opportunity to sit and chat, sharing what the session had meant to people, or what their week had been like, before going our separate ways home.



Do pray for the families who come along: each of them has particular needs, each of them finds real blessing in the times we spend together, and it's our prayer that they will gradually come to know and love our Lord. And pray too for our dedicated team of helpers, for their willingness to reach out in this way.

Next time round we look at the story of Ruth (whose husband Boaz was the daughter of Rahab).



Gather on the Green Valentine Pancakes : Sunday 12 February 2-4pm at Foster Road beside the play park. Free tea/coffee/soft drinks will be available