

From the Manse

Dear friends

Harvest Service: Sunday 7 October 2018



This year we are joining in a specially themed service, in which we will be collecting non-perishable items for the two foodbanks we normally support, and joining in a campaign in which the Church of Scotland is involved along with other churches. End Hunger UK is calling for urgent

action from the UK Government to fix Universal Credit. You are asked to download the petition, or pick up one from the church, and start collecting signatures in the church, elder's district or in the local community – see www.endhungeruk.org/universalcredit

In areas where Universal Credit has been rolled out, foodbanks and other food aid providers report a surge in the numbers of people pushed into greater debt, destitution and hunger because of delays, errors, a lack of flexibility and adequate support. The National Audit Office's recent report on the rollout identified the hardship experienced by claimants and the increased burden being placed on third parties, including foodbanks, as a result.

National Day of Prayer: Saturday 3 November 2018



The General Assembly of 2017 issued a call to the Church of Scotland to come together in prayer, and this call was reissued by the 2018 Assembly. Together We Pray is a national initiative to support the Church in responding to that call to prayer. The intention is that people

will join in praying for each other, our communities and for the future of the Church of Scotland within the changing spiritual, political and cultural landscapes of Scotland and beyond.

As part of this initiative, a National Day of Prayer is planned for 3 November. We plan to have a special prayer event around the National Day of Prayer at **St Mungo's Church Hall from 10am to 1pm** on 3 Nov, timed around the normal Alpha prayer meeting. We are inviting the other Church of Scotland churches to take part.

John

Holy Communion - Sunday 28 October



Your invitation to join us for the Sacrament of the Last Supper on Sunday 28th October will be delivered by your elder shortly. We hope you will be able to attend. **All welcome.**

Mungo's Diary

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| 1, 15, & 29 Oct, 7.30pm | Monday Bible Study Group - Church Hall |
| 3 Oct, 10.45am | Friendship Circle - 15 Eskvale Drive. Phone Margaret 672347 for help with transport |
| 4, 11, & 25 Oct, 7.00pm | Alpha. St. James the Less, Church Hall. 7.00pm |
| 5 Oct, 10.00am | Rev Susan Brown visit to Food Facts Friends |
| 7 Oct, 11.00am | Harvest Thanksgiving Service. Church |
| 8 Oct, 7.30pm | Guild new season. Speaker Rev John Urquhart. Church Hall |
| 10 & 24 Oct, 7.30pm | Wednesday Bible Study / Housegroup 21 Mauricewood Bank. All welcome |
| 21 Oct, 11.00am | Hats Gloves Scarves display in the church. Church open Saturday 20. 10am -12noon |
| 27 Oct, 11.00am to 12 noon | Gift Day Donations gratefully received Minister and treasurer in the Church |
| 28 Oct, 11.00am | Holy Communion Church Service. Celebrating the Sacrament of the Last Supper. |
| 28 Oct, 4.00pm | Messy Church in the Church Hall |

Gift Day, 27 & 28 October

*How can I ever thank the Lord for all his gifts to me?
I'll raise salvation's cup, and call on God's name joyfully.*

*I'll bring you offerings of thanks,
call on the name of God;
fulfil my promises among the people of the Lord.
Psalm 116: 12-14 (Hymn 76)*

Dear friends,

Our giving is first of all out of gratitude to God for all his gifts to us, and supremely his gift of Jesus Christ, his Son. Through Jesus we can know friendship restored with God and become part of God's forgiven family.



We also make promises to God, at special times when we acknowledge God's goodness to us. In joining the church, we promise that we will give a fitting proportion of our time, skills and money to the church's work in the world. Just as the forgiven family have in turn to forgive others as Christ has forgiven them, so there are other obligations of being a Christian.

Our Gift Days are not only an important method of raising funds for St Mungo's, they are an opportunity for our gifts of gratitude and for us to fulfil our promises to God.

St Mungo's is really composed of the people who have worshiped here over many centuries. They have used several buildings over that time, but all needed to be kept in repair, and we are grateful to past generations for playing their part in this.

On this occasion, we would like to highlight how your donations enable us to keep our properties in a good, usable condition and to purchase any equipment that may be required. So far this year we have spent over £5,000 on repairs and equipment. We have had two fairly substantial bills: one for £2,568 for a hall roof repair and another of £1,200 to remove the chimney from the church boiler house, which was in a dangerous state. We have also had some minor roof repairs.

As members of St Mungo's, we need to ensure we have enough funds to enable us to continue to do these repairs and refurbishments. It's thanks to your generosity on these Gift Days, and your support through the Summer and Christmas Fairs, the sponsored walk and coin boxes, as well as your normal week-by-week giving, that we can pay these bills for the three properties for which we are responsible: the church, the hall and the manse.

If you decide to give in this way, please put your name and address in your Gift Day envelope, if St Mungo's can claim Gift Aid on your donation. You can bring your gift to the church between 10am and 11am on Saturday or to worship on Sunday.

Thank you for your support.

John Urquhart, Minister, and Frank Duns, Treasurer.

Cuppa for a Cure - 13 October

There will be a coffee morning held in St. Mungo's Church Hall on Saturday 13th October from 10am -12noon in aid of the Leprosy Mission.



There will be a home baking stall and a craft stall with goods which have been made at home and abroad. Do come along and spend a pleasant morning having a chat with friends, knowing that with your donations you are helping people who still suffer in this day and age with leprosy.

Tickets are priced £2 and can be purchased at the door.

Christian Aid

Many many thanks to all the generous donors to the Kerala Floods Appeal. St Mungo's was able to send **£500** to help the victims of this disaster. A superb response from our congregation.

Thank you all very much!



October 2018

Mungo Messenger

monthly newsheet from St. Mungo's Church Penicuik

You can sign up to an extended "e" version of this newsheet, with full length features, and colour photos which will be delivered to your email each month, saving paper and other resources. Use "eSignup" on St. Mungo's website www.stmungos.freeuk.com

Church mouse

From the mouse of Editor's PC



As we are now officially in Autumn the nights start to draw in and the temperatures drop.

Tougher time for those experiencing hard times, be it food poverty, loneliness or loss of friends.

This issue highlights all these issues, Equal Futures befriending, End Hunger and food poverty, Hats Gloves and Scarves for when the cold bites, and help for the Leprosy Mission.

It is good when the lives of others improve when we hold out the hand of friendship and help .

John's service on 16 September delivered a powerful sermon. 'Faith



is dead without Action'.

A good samaritan does not cross the road, but helps the poor, weak, and helpless.

Good news as well to make you smile.

Jim Paterson
Newsletter Editor
stmungos@freeuk.com

Equal Futures - 23 September Story - Jim Paterson

The Spotlight talk during the service on Sunday 23 September featured Sarah Murphy from Equal Futures, a local charity that aims to reduce social isolation for people with disabilities, by reconnecting communities and building social networks.

Sarah opened by commenting how well she was welcomed into our church, and how our members also welcomed each other. How one small moment can mean so much to one person, especially if that might be the only time they speak to a person in a whole day.

Equal Futures is a small disabilities charity, set up by a group of parents who had children with disabilities, and they were worried for the future of their children when they could no longer be there.



To create that future Equal Futures groups create circles of friends, unpaid people who want to be in that persons life. Sarah went on to explain that Equal Futures helps that person, the focus person, by facilitating through a connector who links that focus person to their community, helping them to make friends.

The Scottish government are attempting to reduce socialised isolation, and Equal Futures works on other social isolation barriers that affect people with disabilities. By creating a relationship map linking family, friends, and paid people e.g. shopkeepers, who come in an out of our lives. For disabled people the relationships often end up being only family, and those with no family, have no one to talk to them.



Sarah asked that if anyone in our church has a couple of hours a week that they could give to somebody, to help them get out of their house and meet your friends, meet people that they once knew before they 'slipped off the radar' and lost touch with, would make such a big difference to their lives.

She finished by relating a story of a young man with autism, with support workers, a busy mum, and visit to a day centre twice a week. Outside of that he does nothing else. Equal Futures has matched him with a helper that will teach him how to get on a bus himself, use a mobile phone etc, providing the independence he is lacking in his life.

Sarah joined us for coffee after the service, chatting with many of the members, who took leaflets and asked more about this helping charity.

If you can offer 2 hours to help someone, then contact Sarah at

smurphy@equalfutures.org.uk,
07879 982292

For more information www.equalfutures.org.uk/



Pastoral Care if you would like to have a visit, please contact Margaret Webster 672347 or fill in a card (on top of the box on the table in the church vestibule) and pop it into the box.

Moderator to visit Foodbank - 5 October

This issue focuses on hunger poverty and equal futures for those disabled or in distress in our community.

As you may be aware, St. Mungo's plays host to the Food Facts Friends charity, which every Monday and Friday holds a foodbank and drop in centre for those suffering from the ravages of food poverty and seeking help. The charity offers a place where they can meet in a welcoming, supporting, non judgmental environment.



A number of St. Mungo's members support Food Facts Friends as volunteers, who along with our minister Rev John Urquhart, create food parcels and give their time to speak with the visitors, who are often lonely or distressed. The charity also offers guidance to connect people to other supporting agencies and charities in our community.

The Right Rev Susan Brown, currently the Moderator of the Church of Scotland will visit the charity on Friday October 5 to see for herself the work that is being carried out. Over 40 people and families a week are visiting the service for help and support.

I'm sure Susan will feel like returning home, as she grew up, went to school, and worshipped God in Penicuik, in her early years.

She will meet clients, and some of the suppliers, individuals and organisations, such as Costco, Tesco, Asda, Lidl, M&S, Greggs, Cala Homes, that give food and financial support. She will hear what projects the charity is involved in and the fundraising programme that allows purchase of foods that are not donated, storage and overheads to be met. In the past 18 months some 5 tonnes of food have been handed out to over 700 people, and the numbers just keep on growing. So much so that the charity are working with Midlothian Council to open another centre in Dalkeith.

She will also meet our local councillors, provost, Regional MSP, and Midlothian MP, all who support the work the charity does, and who help 'oil the wheels of bureaucracy'.

Representatives from St. Mungo's and the other churches in Penicuik have been invited.

Together we can help End Hunger and poverty in our community, if we all work together, and support each other. 'Reaching Out' to the poor and weak, as Christ taught us.

Hats, Gloves and Scarves Shoebox appeal

A gentle reminder that the items will be on display in the church on **Sunday 21st October.**

Earlier date this year to allow time for Blythswood Care to sort and fill the ever increasing numbers of boxes, and the time to transport them to Eastern Europe.

If you do not knit you can buy and donate woollen items to the project

If you could have your items brought to the church on Saturday 20th, 10am to 12 noon please, before we display and deliver them to Blythswood Care and onward to Romania and Eastern Europe. For more information speak to our coordinator Christine Jackson



Alpha - Starts Thursday 4 October

Penicuik Alpha is being held in St James the Less church hall at the top of Broomhill Road. It will be on Thursday evenings (7.00pm) for eight weeks (with a break for school holidays), starting on 4 October and finishing on 29 November. more information, please contact Bill Webster (07955 234849 or billandmags@talktalk.net) – or just turn up. You'll be very welcome.



Guild New Season - Starts Monday 8 October

The new session of St Mungo's Guild begins on Monday 8th October in the Church hall at 7.30pm. The speaker at this meeting is our own minister Rev John Urquhart who is coming to tell us about his family holiday in Peru. Everyone is welcome. The full syllabus will be available shortly. This is a very special year as it is the 90th anniversary of our guild.



Contact Agnes Ovenstone 672387.

End Hunger UK Campaign by Rev John Urquhart

Background to the End Hunger UK Campaign

'We are called to play the good Samaritan on life's roadside; but that will be only an initial act. One day the whole Jericho road must be transformed so that men and women will not be beaten and robbed as they make their journey through life. True compassion is more than flinging a coin to a beggar; it understands that an edifice that produces beggars needs restructuring.'
Martin Luther King Jr, 4 April 1967 'Beyond Vietnam' address, Riverside Church, NY

As many as 8.4 million people across the UK are living in households that struggle to put enough food on the table, and we are one of the world's wealthiest countries.



Worshiping communities across the UK are responding to this hunger crisis by helping to run food banks, lunch clubs, community larders and more. In Penicuik alone, there are three food banks and a Christians Against Poverty project, all based at local churches.

These are important practical responses, providing essential support to people facing tough times. But food aid in and of itself isn't a long-term solution to food poverty. To do that, we also need to ask why people are going hungry in the first place.

Every person who experiences food poverty has a different story to tell. However, there are also common factors that underpin many of their experiences. One factor is the squeeze in incomes that many families have experienced over the last decade, particularly since the global financial crisis. The economy has become increasingly characterised by stagnant wages, a growth in insecure jobs and a less generous social security system.



The UK has some of the highest housing costs in Europe, and consumer food prices have increased sharply since 2007. This squeeze is undoubtedly worse for low-income households, which can face additional costs averaging £490 a year for basic goods and services including energy, furniture, financial services and funerals.

This context means it is increasingly difficult for low-income families to meet their regular essential outgoings. However, living with poverty – particularly for prolonged periods of time – also makes it much harder to overcome relatively common challenges, whether that's loss of a job, a broken washing machine or a bereavement. Adverse life events like these are often the 'last straw' that force people who are otherwise 'just about getting by' to turn to food aid to help feed their families.

Many people assume that in such circumstances the social security system would provide a safety net to prevent people from going hungry. However, the experience of people experiencing poverty often paints a different picture. These stories are backed up by figures collected by the UK's largest food bank network showing that problems with the social security system, including payment delays, sanctions and challenges in navigating the system are the biggest single immediate factor driving people to use their services. **This means that instead of protecting people against life shocks, the benefit system can often compound an already difficult situation.**

Based on: *An Introduction to the End Hunger UK Campaign for Churches*



Will you step up to the plate?

The government needs to take action to end hunger – and they need to understand the scale of the problem.

This October, MP's will discuss whether to start measuring household food insecurity in the UK. You can help make sure they take action.

Fix Universal Credit to Prevent More People Going Hungry: support the petition

We all rely on the welfare safety net being there for us in times of financial stress or hardship. But Universal Credit is currently failing in that task.



In areas where Universal Credit has been rolled out, foodbanks and other food aid providers report a surge in the numbers of people pushed into greater debt, destitution and hunger as a result of delays, errors, a lack of flexibility, and inadequate support.

Add your voice to the petition <http://endhungeruk.org/ucpetition/>

Life and Work magazine - 2019

Subscriptions for the 2019 issues commence January. £28 for the year, payable yearly or monthly.

To ensure your copy please contact Sheila Haig to place your subscription request now. Penicuik 672094



Sophie McDonald Recital - 14 September Report by Jim Paterson



Many of you may know Graham McDonald who occasionally plays our church organ for a Sunday service when Eileen is on holiday.

Graham's daughter, the talented 16 year old singer and clarinetist Sophie McDonald filled Penicuik South Church with song and clarinet music for her recital on Friday 14 September 2018. The audience were in for a musical treat indeed as Sophie entertained us with two acts opening with songs modern, jazz and classical. Following a short break and we were being treated to some of the most beautiful clarinet music written. Sophie was joined by her father Graham McDonald accompanying her on piano.

The concert was Sophie's idea to help raise funds, through audience donations, to contribute towards the cost of her continuing classes into second year, at the Junior Royal Conservatoire in Glasgow.

The concert started the first Act with Sophie singing a selection of songs. Opening with 'Music for a while' by English composer Henry Purcell (1659 - 1695).

Sophie told us what she had been doing in her first year at the Conservatoire, including a televised BBC Christmas Eve service at Crichton Church, performing with her fellow students. Watch it here <https://www.bbc.co.uk/programmes/p05r30gz>

The recital continued with another Purcell Baroque piece 'Oft she visits' from the opera Dido and Aeneas.

Something completely different Mr Snow from the Rodgers and Hammerstein musical Carousel. Next we were treated to a piece by Johannes Brahms An Die Nachtigall. Let Sophie tell you the story. This was followed by Christoph Willibald Gluck (1714 - 1787) composition, 'O del mio dolce ardor' (Oh, of my sweet passion). O del mio dolce ardor

As a huge fan of musical theatre Sophie turned to Les Miserable for her next song,



I dreamed a dream, and then from the recent musical Hamilton, by Lin-Manuel Miranda 'Burn' Continuing the musical theme we turned to the English composer Armstrong Gibbs (1889 - 1960) and his song for piano and 'The Cherry Tree'



For Sophie's final song in Act 1, she called on her young sister Anna to accompany her in the duet 'For Good' from the Broadway musical Wicked by Stephen Schwartz, from the book by Winnie Holzman.

A great selection of refreshments were available during the interlude, before we gathered again for Sophie's selection of music for clarinet.

Act 2 commenced with an introduction by Sophie of the first movement of Franz Krommer, a prolific composer, and court composer (1759 - 1831), ranked with Mozart and Haydn 'Concerto in E Flat Major'. This was followed by Sophie introducing a sonata by the French composer Francis Poulenc (1899 - 1963) 'Clarinet Sonata' written for clarinetist Benny Goodman. This was the last piece Poulenc wrote before his death.

A change to a more contemporary style, Sophie played us the well known Acker Bilk 'Stranger on the Shore' which she told us was a favourite from her time in primary school.

Time to bring in a bit of jazz clarinet, with three pieces for unaccompanied clarinet, giving Graham on piano a rest, written by composer Paul Harvey, Professor of Clarinet and saxophone at the Royal Military School of Music.

Inspired by George Gershwin. We listened to 'I got Rhythm'

For her final piece Sophie played a selection by William Hurlstone (1876 - 1906) an English composer who died young, before his potential could be realised. As Sophie said, a real 'What if?' character. The four pieces include a ballad, lullaby, intermezzo and scherzo

After the applause subsided Sophie thanked those who helped her put on the recital, and the support of all those who turned out to listen. Sophie McDonald is a name we will hear again in the future as her musical studies continue.

You can hear all Sophie's Recital songs, and clarinet pieces on our website www.stmungos.freeuk.com