

# CYPRIAN *Life*



Bishop Kevin's message  
– page 8

**Rt Revd Kevin Pearson becomes  
our Bishop on 1<sup>st</sup> July 2020**

**The Magazine of St Cyprian's Church, Lenzie July & August 2020**

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The News Magazine of  
St. Cyprian's Scottish Episcopal Church,  
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*The Scottish Episcopal Church is in full  
communion with the Church of England and  
all other churches of the Anglican  
Communion throughout the world*

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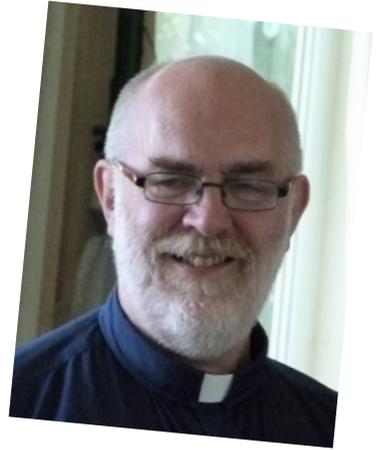
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# From the Rector



*Dear Friends,*

**I tend to write this letter a couple of weeks before publication, and generally this is not a problem. I started writing this on 13<sup>th</sup> June knowing that things may change in our country and our communities over the following couple of weeks. On Thursday, 18<sup>th</sup> June things did change as the government further eased the Lockdown restrictions. However, they did not change as much as many had hoped they would and my re-write as we go to print is rather small!**

One thing I have noticed is that, as the restrictions are changed, people seem to become more anxious, more uncertain, rather than less worried, and people want and sometimes demand more and more certainties.

Another thing I have learnt more and more through the lockdown period is how truly important our church building is to our faith, and our worship. I have always subscribed to the notion that the church is the people, not the building. I have always believed that a church doesn't need a building – where we gather is the church. I have always believed that buildings can be a huge burden on our life and we would be better without them (and have certainly experienced that in the past when, as

Vicar in Oldham, trying to raise half a million to save a pretty useless barn of a building!!!). I still believe all of those things! However, the church building is surprisingly important.

It is not so much about having pride in our stained glass, or love for our furnishings (although we are lucky with both). It is more about the familiar, the sacred place that is ours, our home where we can't go at the moment. And it is something I will take away from the Coronavirus Crisis.

However, the Crisis has also given us a tension symbolised in our building. We want to be back in our home, but we can't go there just yet! We want to worship together, be together, but it is still off the cards. The problem we face is that as lockdown restrictions change little by little (and it is little by little) so we have the hopes that we will return constantly dashed. Surely we will be back together by the end of June? It doesn't happen. The end of July? Maybe not.

It is a difficult time of waiting, waiting as we see our hopes unravel. It is not easy.

The day after the latest easing, (19<sup>th</sup> June) we received the latest guidelines from the House of Bishops on use of buildings. It had expanded from the previous week's 8 page document to 10 pages and it just covered what we should do if we want to open our churches

*Continued overleaf*

# Magazine & DNS Deadline

The next issue of *Cyprian Life* should be available on Sunday, 30<sup>th</sup> August 2020. The deadline for material is Sunday 23<sup>rd</sup> August, though it would be good to get things earlier, if possible. The magazine will be for September and October 2020.

Please email notes, articles, photographs and anything else that may be of interest to other members of the congregation to me by the deadline in order to give time for typesetting and printing. For the time being, electronic format is likely to be the only option.

Please let me know about what is important to you, especially if you have tips for coping with the Covid-19 situation.

I incorporate items into this magazine from the Glasgow & Galloway Diocesan News that I hope might interest members of the congregation. You can subscribe to receive the monthly news email from the diocese by going to [glasgow.anglican.org](http://glasgow.anglican.org), the diocesan home page, and entering your email address in the box at the bottom of the page. The email newsletter takes the form of brief paragraphs with links to fuller articles on the diocesan website and, where appropriate, other sites. The diocese is also on Facebook—search ‘Diocese of Glasgow & Galloway’.

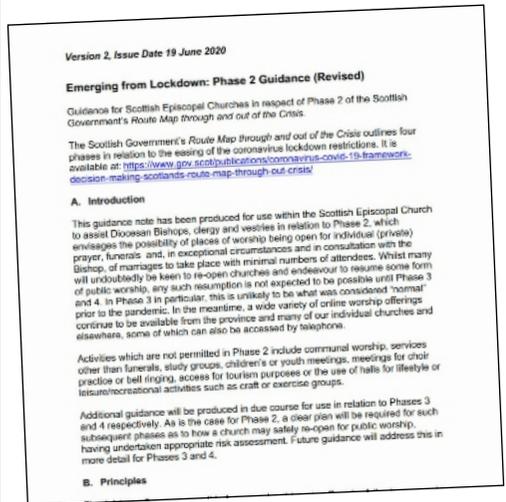
We are encouraged to contribute by sending any items for the email newsletter to [news@glasgow.anglican.org](mailto:news@glasgow.anglican.org). There’s no stated deadline, but they need to be in a few days before the email comes out (usually on the second last Friday of the month).

The views expressed in *Cyprian Life* are not necessarily those of the Editor or of the Scottish Episcopal Church.

**Paul Hindle**  
Magazine Editor

## From the Rector

for prayer a couple of hours a week, that is if the Bishop will let us. Even that small glimpse of hope is surrounded by Draconian guidelines that will stop many churches from even doing that. I’m pleased to say that I’ve had to do a further last minute rewrite because we now do



## Cover Picture

Since Bishop Gregor retired in October 2018, the Diocese has been cared for by the Primus, Rt Revd. Mark Strange, Bishop of Moray, Ross and Caithness.

After two rounds of the election process, the right to elect fell to the College of Bishops, who decided that the best course of action was to take the unprecedented step of 'translating' one of their own, the Bishop of Argyll and The Isles to the See. His is the face on the cover.

With lockdown in place the normal process of institution has been replaced by the Bishops separately signing the Deed.

have permission to allow people a time of prayer in our church and that, by the beginning of July, our church will be open for a couple of hours a week.

This is not easy! The waiting. The hopes dashed. The regulations and guidelines. This is a difficult time. But I want to say two things – one very practical. One about our faith.

Firstly, practical. As Rector I will not go beyond the guidelines we are given. Whatever my thoughts and feelings, whatever anyone else thinks about pandemics and restrictions, the guidelines rule! I know it will feel slow, but please do not try to move more quickly, or get me to move more quickly than our guidelines allow.

Secondly. I'm rather disappointed that this letter is more practical than about our God!

But a last thought. One of the great periods of waiting in the bible was the disciples waiting the ten days between Ascension and Pentecost. They had no sense of how long they would wait – a day, twenty years? Actually it

was ten days, but they did not know. But they did two things. They sorted business. And they worshipped; they waited on God.

This is still a period when we can worship, when we can wait on God. It may be we can't do what we would normally do, but we can wait on God, in prayer and worship. In our anxiety, it is important – wait on God, he has it in his hand. Worship God – our amazing all loving God who would send his Son Jesus to die for us.

Waiting and worshipping – two fundamentals for those who follow our God.

*Best wishes,*

*LES*

## The Link

**For the latest information about events at St Cyprian's, please check the *Link* each week in Church or on our web site:**

**[www.stcyprianslenzie.com](http://www.stcyprianslenzie.com)**

The Link and the colour version of this magazine can be downloaded in PDF format by clicking on the links on the Publications page (older copies of the Link are in Word format).

If you would like to add an event to the Link and/or the website, please email the details to [link@stcyprianslenzie.com](mailto:link@stcyprianslenzie.com) or phone the Rector on 0141-776 3866.

## Pastoral Care

**One of the important purposes of Christ's church is to provide the love and care we all need.**

In the current circumstances, we are having to change the way we work. Nonetheless, our Rector, the Revd. Les Ireland, is still available on the phone for a confidential chat and a prayer, please contact him. He will be happy to help in any way he can.

Other members of St. Cyprian's are also available to talk to if you wish. Les can put you in touch with an appropriate person that may be best qualified to help. Please telephone Les on 0141-776 3866.

# Message from Bishop Kevin

*Dear Friends,*

**I hope you are all well and that this lockdown is not too difficult for you, your families, and friends.**

I am very disappointed and sad that the pandemic means that Elspeth and I have not been able to move to Glasgow and Galloway in May as was planned. As you know, the enthronement service at the cathedral was arranged for 4 July and that too has had to be postponed. I will however take over as Bishop of Glasgow and Galloway as planned on 1 July and we will move to Glasgow as soon as we possibly can. We are so sorry not to be able to meet you all face to face at the moment, and we are very much looking forward to the time when we can do so, and to visiting you all in your churches. I would like to thank everyone in the Diocese who has been so helpful and supportive thus far, especially all the office staff, the Synod Clerk, and the Diocesan Secretary, Treasurer and Surveyor.

I have often been asked what my Strategy for the Diocese and my Mission Plan is. I attach my reflections and thoughts as I move towards the Diocese of Glasgow and Galloway.

After years of putting magazines together for congregations. After years of writing the Rector's letter and being told my efforts were worthy but a little dull. After years of finding theological articles of real depth and historical articles of real interest. After years I realised as I was leaving my last congregation what the choir really wanted came under the generic heading – Gossip. So here it is...

Having been born and brought up in the North East of England, Sunderland to be precise, I came to Edinburgh Theological College in 1976. My first degree was in History at Leeds and the attraction of Edinburgh was partly to come North properly, having gone south for my first degree.

During my time at Coates Hall I did get to know a former Bishop of Glasgow and Galloway, Francis Moncrieff, who was later a part of my reason for coming back to exercise ministry in Scotland. After College and the University of Edinburgh, I returned to the Diocese of Durham to serve my curacy in a mining village called Horden, at that time in the middle of the extensive Durham coalfields. I am the only member of the current College of Bishops to have been trained in and by the SEC.

Towards the end of my curacy, I was invited to become Chaplain to the University of Leeds, where one of my next-door neighbours was David Jenkins. As I was beginning to explore returning to a congregational ministry, + Richard Holloway asked me to come to Edinburgh to rescue St Salvador's Stenhouse, opposite the prison and in the middle of a social housing scheme. The congregation and building had been established by Francis Moncrieff for whom +Richard and myself had enormous respect. Time is too short for me to tell you of the burglaries, bricks through the windows, youth drugs project and endless efforts to raise money through jumble sales, tombolas and fêtes. It was all great fun and the Holy Spirit moved among us.

During my time there, I met and married Elspeth at St Salvador's. We often thank God that the congregation just allowed us to be ourselves and were never intrusive while being totally supportive, the SEC at its best.

At that time, I also became part time Diocesan Director of Ordinands for Edinburgh and then Provincial Director of Ordinands, appointed by the Primus + George Henderson. To illustrate how things have changed, I can tell you that the Primus's advice was not to put too much effort into selection and recruitment because the SEC 'is finished'. He was part of a generation who had lost confidence in the

church. The situation is now the opposite as many of us realise just how rich the sacramental life of our churches is. We have confidence that God is with us, that the Holy Spirit is moving among us and we are saying by our faithfulness – we have an experience of the living God. That confidence is what I personally know and experience and it is a confidence shared by the present College of Bishops and I believe, the Province.

Despite being Provincial Director of Ordinands and doing some, what would now be called, transitional ministry, I decided I wanted to return to having my own congregation and so I moved to St Michael and All Saints, Edinburgh. My intention always was to give up the vocational discernment work, but the Vestry were paid for my PDO time and so who would turn down a new Rector with a dowry?

Faithfulness is often interpreted as preservation, as keeping things as they always have been. My first years in the new charge were not always easy as we sought to discern the voice of the Holy Spirit in changing patterns and gender of ministry. I was probably the last Rector in SEC to have to deal with protests in the street. Fortunately, the worst was during an outdoor procession and so we just sang louder!

God is with us in so many ways we do not always realise. The years in Edinburgh, on reflection, were full of interference by the Holy Spirit. Students who were musicians came to sing with us, then found faith with us, made their home with us. Students came from the Theological Institute, spent time with us – I often wonder what happened to Kelvin Holdsworth.....

When I arrived in the congregation there seemed a lot of elderly people and when I left sixteen years later, there seemed a lot of elderly people and a lot of younger people and children.

And I was still trying to give up vocational discernment work. The regular meetings I had with the College of Bishops on vocation, meant I gained an invaluable sense of the Province and its potential through the Bishops and visiting every Diocese. The visiting was curtailed when I became Dean of Edinburgh, but that brought new challenges and new insights into Diocesan and Provincial life.

Then on to Argyll and the Isles. Fortunately, I love the sea and have enjoyed rough crossings in choppy waters. That could be the subject of many a sermon, but it has just been a fact of life for the past decade. It has been such an exciting time working with the Diocesan officers, the clergy and all the people to make real the building of the kingdom of God with limited resources, small scattered congregations, and vast distances. This we did together because of the commitment, energy, enthusiasm and faithfulness of the clergy and laity who recognise and know that God is with us.

Having limited resources, I knitted our own Mission programmes: 'Building the Vision' was like sending out a knitting pattern for a balaclava, and when we met at the Diocesan Conference Day, it was inspirational and great fun seeing what could be done with a balaclava. It is a great privilege to be a bishop and to be a small part of so many congregations where the Holy Spirit moves and encourages and blesses our efforts and vision.

The privilege of being Bishop of Glasgow and Galloway is indeed a challenge, but God is with us. I ask you all to pray for me and for Elspeth as we prepare to move. If you were to ask me what I need most as I become Bishop of Glasgow and Galloway, I would say I stand most in need of God's gift of Wisdom. Please pray that God will grant me Wisdom.

*May God bless and keep you*

+ Kevin

# Thoughts from 54 Pinewood Ave

**Many years ago, before I trained as a pastoral assistant and worship leader, we had very bad weather over Christmas. I could not make it to my sister's and Paul's godmother could not make it to the Hindle's, so I took Barbara's place at the Hindle's and Barbara went to a neighbour.**

A few days later, we both made it to our respective destinations. So it happened, because the weather got worse, I was locked inside my sister's house unable to get to church for my birthday Communion on the Sunday. There was a communion service on the television. Beryl and I discussed this, we decided we would have bread and wine handy – just enough for ourselves. When the priest offered the bread and wine, we did the same – when the bread and wine was offered to the congregation, we offered our bread and wine to each other. It felt right, it felt blessed.

Several years later, we found we were wrong. The rules were that the communion blessing and giving had to be in one place by the people in the church ordained or licensed to give the bread and wine.

Another side to this came through discussions on when and what circumstances need to be in place before the service of communion could be put into place. Before the service of communion and the giving of bread

and wine could take place, the bread and wine must be consecrated by the priest and given directly to you. Even with reserved sacrament, it should be given to the recipient as soon as possible after consecration and recognized as part of a main service attended in the church.

If the priest does not have people to share the communion with, the communion must be cancelled.

Now this set me thinking. God is with us all. He is around us all. With new technology, we can see a service on the screen and be part of that service. We can feel His presence. I have felt His presence during the lockdown in all the communications on the screen: Les' reflections, the Episcopal Services on YouTube, the services on BBC1 on Sunday mornings and many other occasions.

God is with us all. He transcends all. Why cannot it be that he blesses our bread and wine at home as the priest speaks the consecration words on the television, on YouTube, etc. Could not new technology give us an opportunity to share God's presents.

His gifts are there for us to take. Why not his gift of the sacrament? Should not our liturgy experts explore these avenues?

I stress these are my own thoughts, but I wonder if the rules of the church should be modernized to allow for God's gifts to transcend technology.

**Glennis**

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## How weird is your right foot????

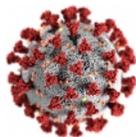
### **An orthopedic surgeon suggested you try this!**

Without anyone watching you, while sitting at your desk, or computer perhaps, lift your right foot off the floor and “draw” clockwise circles with it.

While making the clockwise circles draw a number six in the air with your right hand.

Your foot will change direction! And there is nothing you can do about it!!!!!!





# Corona Virus – Tensions from Lockdown

**People will know that I am a great fan of Facebook, and I think Facebook is important to our future. But I also realise that Facebook is a very blunt instrument, and is a place where people can post and share some very nasty stuff, a place where people can vent their frustrations, and vent them too quickly at times.**

As Christians, we will have frustrations, feel angry, feel upset, and be tempted to express those feelings by sharing other people's comments, or sharing articles, or expressing our views very strongly and personally.

I am writing this the weekend the controversy about Dominic Cummings broke out, and as yet have no idea how this is going to work out in the end. Already, all over Facebook are a lot of horrible comments. Not comments that say I don't agree with what he did – that would be fine. But all sorts of personal and vile comments about him, which may, but certainly are not (at least wholly) true. The sadness is that many of those comments are from Christians.

I do not understand why Christians can be so utterly condemnatory, and at times vile in their comments, on a forum like Facebook. Well maybe I do – it's following the crowd, it's venting our feelings, it's using other people's writing because that is easier than using our own voice.

I'm never sure what to do. Do I publicly disagree? It would be a full-time job! Truth is, I generally ignore them.

But I do want to say this to anyone who might be listening. Stop. Stop doing it. Disagree? Of course! But there is nothing, absolutely nothing, which stops us loving



everyone, and that includes Dominic Cummings. Added to that, we are a people of forgiveness, in a culture that doesn't embrace forgiveness. We are a loving people. We are all about love. Love is the essence of our faith. And then we should love again. Too often we sound very unloving indeed.

There is a tension here. On the one hand, we do feel frustrated, and we do need to express our frustrations. On the other hand, we are a people of love and forgiveness. How do we resolve that tension? Truth is, in the end, there is no tension. Love and forgiveness have to win.

**At My Lowest:  
God is my hope.**

**At my Darkest:  
God is my light.**

**At my weakest  
God is my strength**

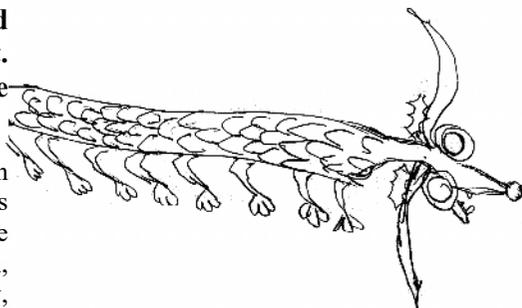
**At my saddest  
God is my comforter.**



the comfort of our own homes, while chatting and asking questions about the gardens as we went along. Aileen also had us drawing monsters – same instructions to everyone but, of course, they all looked very different.

**The last meeting of our programmed year is usually an outing of some sort. This year, we had planned to have afternoon tea in Sally’s garden.**

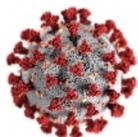
Although we have had a similar afternoon in the past, everyone agreed that it was definitely to be repeated. So, although we couldn’t actually go to the garden in person, we had a virtual afternoon tea instead! Sally, Jill and Judith all have amazing gardens and had provided a short video of their one to show us. Apart from a minor technical problem (by me!), it proved to be very interesting and a bit different, as we all had tea and cake in



Although we don’t have meetings over the summer months, we are already planning next year’s programme, which would normally begin in September with a joint service with our sister Branches in Bishopbriggs and Cumbernauld. Depending on how quickly ‘lockdown’ is relaxed, that may well be a virtual service.

One of the regular commitments we have as MU members is to take part in Midday Prayers. At this time, we remember others around the world spending a little time





# Corona Virus – Tensions from Lockdown

**There is so much we are missing during lockdown. I know most are missing Sunday mornings; those times we get together with our church family to worship; those times we gather to receive bread and wine; and those times we gather to hear God’s word, and to share a cup of tea. In the DNA of churches is music, and I know people are missing music, and hymn-singing.**

One of the tensions we have is that we are still trying to worship using the internet, but somehow it isn’t the same, and a lot of what we like about worship, we can no longer do.

I have to say that, personally, it feels a bit strange leading worship and preaching stood behind my “Kindle” propped on a candlestick, held in place with a couple of clothes pegs! Stood on my own in church by the door to the vestry – it is the only place I can get a good internet signal in church!

Somehow, it doesn’t feel like “the real thing!” But what to make of it?

Well, we can complain, and ask for the impossible, not recognise the limitations of the technology, or the people using the technology. Or maybe there is a different and better way of seeing it, and embracing it. And it leads me to a word that is sort of out of fashion in the church these days – sacrifice.

We need to understand what sacrifice is. In our Christian context. Recognising the amazing sacrifice of Jesus Christ. Sacrifice is NOT just giving something up. It is NOT simply accepting that something has been taken away. Sacrifice is leaving something, so that we can find God in a new way. It is accepting loss, so that we can be filled with new riches of God.

So yes – we have to accept the worship as it is under lockdown isn’t the same. It is a sacrifice. BUT – it is a time for us to bring something creative and new to our worship. To ask questions about what we do when we gather, and what matters. To see God and Jesus in new ways as we gather in Zoom.

concentrating on specific areas of the world, all of whom are coping in the best way they can with the current crisis. Midday Prayers are being streamed live on Facebook at 12noon each day, where one of the Headquarters staff or a volunteer leads the prayers – you are all welcome to join in. If you can’t make it at noon, you can view them later on Facebook or YouTube (search Mothers Union).



Many thanks to Les and Paul for hosting all of the Thursday coffee and chat sessions, and our Sunday services. Hopefully, we will be able to meet face to face in the not too distant

future – socially distanced, of course.

Stay safe and keep in touch

**Maxine Gow**  
Branch Leader

# It all Came out of Lockdown, and a bit of spare time.... Make a Prayer Desk . . . ! Make a Prie Dieu . . . !

As a hobby, I up-cycle old pallets into all sorts of things – garden planters and seats, post boxes, stools, planters in the shape of aeroplanes, and boats, and lorries, and trains; book racks, hall racks, candle sticks, dominoes . . . . . But then, thinking, having run out of inspiration, I hear a “voice!” Make a prayer desk. Out of a pallet.

Just like Noah had to build an ark not knowing what it was all about, you make a prayer desk. Well, it is an idea, so I start, and wonder why I am doing it . . . . But in the making, the thoughts rolled in!

I have always been uncomfortable being part of a church that worships God in buildings full of riches. Like the saying says – we worship the Son of Man, who had nowhere to lay his head, in buildings filled with gold! Churches generally have a lot of prayer desks, mostly taken for granted, used regularly, made of beautiful oak, or pine, or beech, or . . . . . beautifully carved, beautifully constructed by amazing craftsmen. The cheapest I could find online cost £336, and that was definitely the budget model! Generally they were a grand plus! In our church I can think of at least three . . . . . So why make another one? Well maybe we can say – we don’t need expensive stuff to have beauty . . .

The church has become really concerned over recent years by the environment, and the overuse of the world’s resources. For many people re-cycling has become incredibly important. Not only do we do it, we expect others to do it. Maybe there is a way to make a statement about re-cycling; not just recycling, but up-cycling . . . . .

It is very easy as churches to become



precious about the things we have, the beautiful things that are part of our buildings, and left in our buildings. Sometimes our desire to protect that beauty means that the things we have are only permitted to be used in special ways, in safe ways. What if we had furnishings that could be simply used as is practical?

So the voice said – make a prayer desk. Out of an old pallet, and think – if it is being used, the statement you will be making.

We will be telling the world that we don’t need riches to worship, we can worship just as profoundly and deeply from something that is poor, humble, something that is the work of our own hands.

We will be telling the world that we are concerned about the environment, and believe in recycling, and up-cycling, and creating our own things . . . . . ►

**Sometimes there are stories that I simply find encouraging. This is one of those.**

**There is an annual award called the “Sandford St. Martin Trustees Award for contributing to the public’s understanding of Religion”. You may not have heard about it, but it is an important award. In the past, it has been won by people such as Joan Bakewell, the Chief Rabbi, and Michael Curry, the presiding Bishop of the Episcopal Church in the USA. This year’s award has just been announced. And I am thrilled at the winner.**

The biggest name in Music in the UK at the moment is a rapper, who has won three Brit Awards as well as headlining the Glastonbury Festival with one of the most amazing shows ever seen at the festival (I watched it on the telly!). Rap music has a reputation for being aggressive, for being counter cultural, for being, at times, quite nihilistic. The rapper here is called Michael Ebenazer Kwadjo Omari Owuo Jr, who is 27. He is better known as Stormzy.

Stormzy is a rapper, but also campaigns on human rights, on building inclusive communities. To quote the trustees: “.....they decided Stormzy should receive the award, not because he believes in God, but because of how his faith has informed his efforts to foster a public conversation and to build a sense of community that has united

► We will be telling the world that we aren’t bothered to protect what we have. We will come and worship and pray wherever we have the chance, irrespective of what we have.

And the voice said – Les – the prayer desk you make out of that old blue pallet, the pallet simply made to be thrown away, means you’ll be saying all that! And a lot more beside!

Does anyone want a prayer desk made out of an old blue pallet . . . . . ?

Photo: Frank Schwichtenberg  
<https://commons.wikimedia.org/w/index.php?curid=80526859>



thousands of fans across cultural, class, generational and religious boundaries.”

The chair of the trustees (the Bishop of Ripon) said of the award: “The openness and clarity about which Stormzy speaks and sings about his faith, and the efforts he has made to translate that into action resonates with people around the world who have heard his music . . . . .”

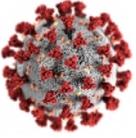
But my favourite quote is by Stormzy himself who said on receiving the award: Every award I’ve ever collected, whatever achievement I’ve ever had, I’ve always been vocal about the fact that its not possible without God. He’s the reason why I’m here today. He’s the reason that I’m able to have a career . . . . . a lot of times I get non-believers saying ‘Don’t thank God, this wasn’t God,’ and I know this wasn’t all me. This was God.”

Why does the story make me feel good?

Firstly, I think it is great that someone who is a Christian in what can be a very “anti-Christian” world can be such a witness, and is something we should all thank God for, and someone we should pray for.

Secondly, I’m pleased that our church can recognise someone so different from the traditional heroes of the church, and see and support them in the witness they provide.

Altogether it makes me feel good and feel encouraged.



# Lockdown Bard . . .

## MEMORABILIA

The latest instalment from our Lockdown Bard, Roy, prompted a response from Glennis. Hope you enjoy them both!!

Tae commemorate a' they weeks o' tedium  
Shug thocht he'd create a COVID museum  
Comprisin' some wee artefacts  
Which might help tae bring folks memories back  
He gie'd some thocht how tae begin  
An laid it a' oot wan efternin  
Findin' an auld kitchen table  
He wrote oot a few wee labels  
First up were his an' Maggie's walkin' shoes  
Gey weel worn and a guid bit chewed  
In many weeks they'd each gone near 300 miles  
By streets, lanes, fields an' country stiles  
An then twa auld bottles o' sanitising gel  
Which made yer hauns nip and fingers swell  
But they helped tae keep the bugs at bay  
When they were used maist everyday  
Then the fancy hats they'd used together  
Tae keep oot the sun, the rain, an' weather  
An helped Shug's herr noo long an' flowin'  
Fae lookin' like it wis owergrowin'  
They thocht a picture o' a rainbow should be in  
Which stood for hope through thick and thin  
An'for a' those folk at the sherp end  
Who must hae been near roon the bend  
Then there wis ther' auld temple bell  
Each Thursday nicht' ye could here its knell  
Jinin' in wi' the clangers an' clappin hauns  
For a' they medics who made a' stau  
A set o' binoculars wis next along  
No that they were Peepin Toms  
They just gied a'view o' far away  
O' places they micht return wan day  
So they hoped that this collection  
Wid enable a wee bit retrospection  
On things folks did tae keep gaun' calmly  
When they could easy hae been driven bammy

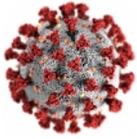


No need to impress  
No need to get clean  
For who can be seen.  
There's no one to tell  
And there's no one to smell!

Then what happens next -  
You could write your own text.  
Yes there goes the bell  
Oh what the hell  
Distancing a blessing  
No need for confessing  
As they all know my joints hold me  
back  
so they wait in their tracts  
I get into my dress  
no time for the rest  
I have got to the door  
leaving nighty on floor.

Thank goodness for trolleys  
in front of me there  
below that trolley is my affair

I think I have exhausted  
my thoughts for today  
Just wanted to spend  
a little time to display  
How bad are my poems  
Not as good as your own  
But it gives you a chance to have a  
good GRRRRROWN!



# Corona Virus

## – Tensions from Lockdown

**In the last few weeks, I have been in a number of online meetings, both in the church and out of it, talking about, and trying to organise the future, the way we come out of lockdown. We might have more of a picture of how it is going to happen when this magazine is printed than when I am writing this!**

I think the truth is most of us simply want to go back to the good old days before the crisis (when all we had to worry about was Brexit!!!!!!!), before everything changed.

Talking about the future is a tension. On the one hand, we want to see the way forward, how we need to plan, what we will need to do. On the other hand, we feel we don't have enough information. How is lockdown going to end? When can we go back into our churches? When will we be able to meet together, to share tea and coffee together? When will we be able to hold concerts again? Will we have a Christmas Fair? On the one

hand, "we need to know . . . . ." On the other hand, "there isn't enough information!"

People react in different ways to this. People try to over-organise. People demand more information, knowing more isn't available. They blame politicians, and "experts." People block the future out of their thinking. It is yet another source of anxiety.

As Christians, we always have words, Christian ways to bring to these sorts of debates. The word I want to bring here is "trust." Christians are people who trust.

And it is simply put. We trust God because he has our future in his hands. Of course, we want to see the future, but it is not ours to see. It is ours to walk towards knowing God has it in his hands.

I reckon that is the best way of looking at it. Block it out, and we are in fear of doubts breaking in. Plan and talk about it and we increase our level of anxiety. Trust in God, and we will have the strength of His Son Jesus Christ walking with us. I'll take that. Trust.

---

### **Did you know there are names for all sorts of things . . . . .**

The space between you eyebrows is called a glabella.

The way it smells after rain is called petrichor.

The cry of a new born baby is called a vagitus.

The day after tomorrow is called overmorrow.

The wired cage that holds the cork in a bottle of champagne is called an agraffe.

The "na na na" and "la la la" which don't really have any meaning in the lyrics of any song are called vocables.

When you combine an exclamation mark with a question mark (like this: ?!) it is referred to as an interrobang.

The armholes in clothes where the sleeve is sewed is called armscye.

The condition of finding it difficult to get out of bed in the morning is called dysania.

Illegible hand-writing is called griffonage.

The device used in a shoe store for measuring your feet is called a Bannock Device.

# Time with My Dad

I had spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself and asked:

*“Dad, why don't we activate your internet banking?”*

*“Why would I do that?” He asked . . .*

*“Well, then you won't have to spend an hour here for things like transfer. You can even do your shopping online. Everything will be so easy!”*

I was so excited about initiating him into the world of Net banking.

He asked, *“If I do that, I won't have to step out of the house?”*

*“Yes, yes!”* I said. I told him how even groceries can be delivered to the door now and how Amazon delivers everything!

His answer left me tongue-tied.

He said, *“Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now.*

*You know I am alone . . . this is the company that I need. I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave.*

*Two years back I got sick, The store owner from whom I buy fruits, came to see me and sat by my bedside and cried.*

*When your Mom fell down few days back while on her morning walk. Our local grocer saw her and immediately got his car to rush her home as he knows where I live.*

*Would I have that 'human' touch if everything became online?*

*Why would I want everything delivered to me and force me to interact with just my computer?*

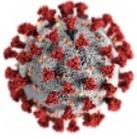
*I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of Relationships.*

*Does Amazon deliver all this as well?”*

Technology isn't life . . .

Spend time with people . . . Not with devices.

*Writer: Unknown*



# Corona Virus – Tensions from Lockdown

**I'm writing this as lockdown is beginning to be eased. I'm really pleased that the area of Kirkintilloch where I live has not all rushed out and gone mad, socialising! But as we begin to come out of lockdown, it seems to have revealed two attitudes to what is happening, attitudes that have always existed, but have much more come out into the open.**

On the one hand, there is the sense we have to stick with this, and be as cautious as possible. We have to follow the rules. For some, we take this attitude out of fear, fear of the virus, fear of being seen as socially wrong. For others, we take this attitude because we know we have to make sacrifices to overcome the virus.

On the other hand, there is the sense that the rules are overbearing, and surely we can use common sense, and be careful. It goes along the lines of "Yes, I know that is what we

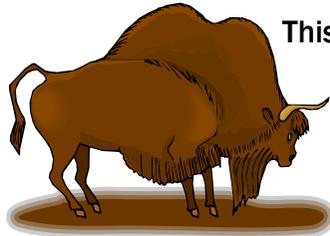
are told, but surely what I'm doing won't do any harm . . . . ." An example? "Yes we are told not to drive more than 5 miles, but surely as long as I don't get out of the car, I can have a drive out around the Trossachs . . . ."

The decisions we make are our own, and obviously I leave those decisions to each one of us.

However, that tension between what I ought to do, and what I want to do, is part of human experience. For example, Jesus himself faced that tension, at its most extreme in the Garden of Gethsemane. Should he leave, go his own way, do what he wanted. Or should he stay as he ought to, to be arrested tortured, killed? We know what Jesus chose.

For me, it is this. There is a simple choice, but how do we do the choosing? Jesus did it in prayer. In dealing with his Father. We make choices, but perhaps prayer is the part we leave out when the choices have to be made. If praying when facing the choice was right for Jesus, then sure it is right for us, to bring God himself into that choice.

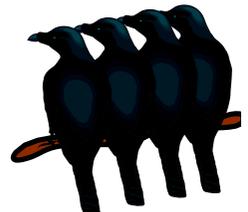
**Polce toay  
have sa  
they are  
nvestgatng  
a strng of  
ID thefts.**



**This is true – by the Rector!**

too quickly it is easy to miss a letter. Put that together, and we almost had the music at our streamed worship for "Be thou my Bison . . . ."

B and V are next too each other on the qwerty keyboard – easy to hit the wrong key. Sometimes when you try to type



**Just saw a groups of birds all stuck together. I think they were velcrows . . . .**

# Anglican & Diocesan Cycle of Prayer

The Cycle of Prayer now includes congregations and clergy in the Diocese of Argyll & The Isles, the former diocese of our new Bishop (in post from 1<sup>st</sup> July 2020).

## JULY 2020

### Daily Prayers

- 1<sup>st</sup> The protection of human rights
- 2<sup>nd</sup> Safety for all travelling by air, land or sea
- 3<sup>rd</sup> Those struggling with mental illness, especially those who have difficulty with necessary social isolation
- 4<sup>th</sup> An end to homelessness in Scotland

## Sunday 5<sup>th</sup> July

### Fourth Sunday after Trinity

#### ANGLICAN

The united Church of Pakistan: The Most Revd Humphrey Peters - Bishop of Peshawar & Moderator of the Church of Pakistan

#### DIOCESAN

St James-the-Less, Bishopbriggs (Paul Watson, Harriet Oxley, Kennedy Fraser)  
St Cyprian's, Lenzie (Les Ireland)  
All Saints, Inveraray (Diocese of Argyll and The Isles)

- 6<sup>th</sup> Chaplaincy teams in the armed forces
- 7<sup>th</sup> The Evangelical Lutheran Church of Finland
- 8<sup>th</sup> The work of Cancer Research UK
- 9<sup>th</sup> Our stewardship of the creation
- 10<sup>th</sup> The work of the Glasgow City Mission
- 11<sup>th</sup> Support and understanding for released prisoners

## Sunday 12<sup>th</sup> July

### Fifth Sunday after Trinity

#### ANGLICAN

The Anglican Church of Papua New Guinea: The Most Revd Allan Migi, Archbishop of Papua New Guinea

#### DIOCESAN

Holy Name, Cumbernauld (Vacancy, Ray Gascoigne)  
St Matthew's, Possilpark (David Wostenholm, Stewart Wood)  
St Columba's, Bridgend, Isle of Islay (Diocese of Argyll and The Isles)

#### Daily Prayers

- 13<sup>th</sup> Those in the grip of depression
- 14<sup>th</sup> Those affected by extreme poverty
- 15<sup>th</sup> Stobhill Hospital
- 16<sup>th</sup> Scottish Episcopal Church: Brechin (Bishop Andrew Swift).
- 17<sup>th</sup> Companions of Our Lady & St Mungo (Ellen Barrett, Alison Joy Whybrow).
- 18<sup>th</sup> All those on our prayer list and in the book at back of Church

## Sunday 19<sup>th</sup> July

### Sixth Sunday after Trinity

#### ANGLICAN

The Episcopal Church in the Philippines: The Most Revd Joel Atiwag Pachao, Prime Bishop of the Philippines

#### DIOCESAN

St Bride's, Glasgow (Kevin Francis, Gregor Duncan).  
St Andrew's, Milngavie; (Andrea Hagenbuch, Fraser Gold).  
St Paul's, Kinlochleven (Diocese of Argyll and The Isles).

#### Daily Prayers

- 20<sup>th</sup> Porvoo Link: The Church of Ireland

# & Daily Intentions

21<sup>st</sup> All who work in Kirkintilloch Health and Care Centre

22<sup>nd</sup> All the GP services in Kirkintilloch and surrounding areas

23<sup>rd</sup> Effective support for victims of alcohol addiction

24<sup>th</sup> Abbeyfield, Lillyburn and Birdston

25<sup>th</sup> Diocesan Chancellor (Bruce Erroch);  
Diocesan Registrar (Ronald Inglis)

## Sunday 26<sup>th</sup> July

### Seventh Sunday after Trinity

#### ANGLICAN

The team responsible for preparing the Lambeth Conference, which was due to be taking place now – please pray for them as they consider the implications of its postponement in light of the Covid-19 pandemic

#### DIOCESAN

Cathedral Church of St Mary, Glasgow (Kelvin Holdsworth, Oliver Brewer-Lennon, John Riches, Matthew Little, Ellen Barrett).  
Cathedral Church of St John the Divine, Oban and Cathedral Church and College of the Holy Spirit, Millport, Isle of Cumbrae (Diocese of Argyll and The Isles)

#### Daily Prayers

27<sup>th</sup> The Cathedral Chapter

28<sup>th</sup> The agricultural community

29<sup>th</sup> All those acting as care attendants to the old and infirm

30<sup>th</sup> Those experiencing major changes in their life

31<sup>st</sup> Vestry members and office-bearers in our congregation

## AUGUST 2020

1<sup>st</sup> SEC Youth Groups across Scotland

## Sunday 2<sup>nd</sup> August

### Eighth Sunday after Trinity

#### ANGLICAN

The new Province of Alexandria – created from the former Diocese of Egypt with North Africa and the Horn of Africa in the Episcopal Church of Jerusalem and the Middle East.

#### DIOCESAN

St Mungo's, Alexandria (Vacancy)

St Augustine's, Dumbarton (Vacancy)

St Finan's, Kinlochmoidart and St Mary's, Strontian (Diocese of Argyll and The Isles)

#### Daily Prayers

3<sup>rd</sup> Porvoo Link: The Evangelical Lutheran Church of Iceland.

4<sup>th</sup> Strength to proclaim our Christian convictions

5<sup>th</sup> Relief from famine and hunger in Africa

6<sup>th</sup> Christian Stewardship

7<sup>th</sup> New mothers and their firstborn child

8<sup>th</sup> The new-look Lenzie Churches Holiday Club

## Sunday 9<sup>th</sup> August

### Ninth Sunday after Trinity

#### ANGLICAN

The Province de L'Eglise Anglicane au Rwanda: The Most Revd Laurent Mbanda, Provincial Archbishop & Bishop of Shyira

#### DIOCESAN

All Saints, Bearsden; (Kirstin Freeman)

St Michael & All Angels, Helensburgh (Dominic Ind, Pat Smith, Kevin Boak)

Christ Church, Lochgilphead (Diocese of Argyll and The Isles)

#### Daily Prayers

10<sup>th</sup> School teachers and head teachers

11<sup>th</sup> Our school children as they return after many months away

# Anglican & Diocesan Cycle of Prayer

- 12<sup>th</sup> The work of the “Mothers’ Union”
- 13<sup>th</sup> Working families trying to make ends meet
- 14<sup>th</sup> Children acting as head of the family
- 15<sup>th</sup> A safe exit from the Covid-19 crisis

## Sunday 16<sup>th</sup> August Tenth Sunday after Trinity

### ANGLICAN

Our own Scottish Episcopal Church: The Most Revd Mark Strange, Primus & Bishop of Moray, Ross & Caithness

### DIOCESAN

Drumchapel Ecumenical Partnership

All Saints, Jordanhill (Sydney Maitland)

St Bride’s, Onich (Diocese of Argyll and The Isles)

### Daily Prayers

- 17<sup>th</sup> Scottish Episcopal Church: Edinburgh (Bishop John Armes).
- 18<sup>th</sup> The sanctity of marriage
- 19<sup>th</sup> Protection of children and vulnerable adults
- 20<sup>th</sup> All those affected by Alzheimer disease and dementia
- 21<sup>st</sup> The Balmore Trust and the venture at Gavin’s Mill, Milngavie
- 22<sup>nd</sup> Christian homes and family life

## Sunday 23<sup>rd</sup> August Eleventh Sunday after Trinity

### ANGLICAN

The Church of the Province of South East Asia: The Most Revd Melter Tais, Provincial Archbishop & Bishop of Sabah

### DIOCESAN

St Aidan’s, Clarkston (Nicholas Taylor)

St Margaret of Scotland, Newlands (Vacancy, Maggie McTernan, Charlotte Methuen)

St Columba’s, Poltalloch (Diocese of Argyll and The Isles)

### Daily Prayers

- 24<sup>th</sup> The Diocesan Mothers’ Union and Diocesan President, Jill Cameron
- 25<sup>th</sup> Diocesan Architect (Rebecca Cadie); Diocesan Surveyor (Elliott Glenesk)
- 26<sup>th</sup> The Prince and Princess of Wales Hospice
- 27<sup>th</sup> Porvoo Link: The Church in Wales.
- 28<sup>th</sup> Boldness in speaking of God’s love for all people
- 29<sup>th</sup> Victims of domestic violence and abuse

## Sunday 30<sup>th</sup> August Twelfth Sunday after Trinity

### ANGLICAN

The united Church of South India: The Most Revd Dharmaraj Rasalam - Moderator of CSI & Bishop of South Kerala

### DIOCESAN

St Oswald’s, King’s Park (Vacancy)

St Ninian’s, Pollokshields (Paul Romano, Eamonn Rodgers, Kenneth Roach)

Holy Cross, Portnacrois (Diocese of Argyll and The Isles)

### Daily Prayers

- 31<sup>st</sup> Diocesan Property Committee (Gordon Fyfe)

## SEPTEMBER 2020

- 1<sup>st</sup> Strength in faith and commitment to our Lord
- 2<sup>nd</sup> All those living with, and in remission from cancer
- 3<sup>rd</sup> Porvoo Link: The Lusitanian Church of Portugal.
- 4<sup>th</sup> All those who are physically and mentally challenged
- 5<sup>th</sup> All mothers and primary carers

# & Daily Intentions

*continued*

**Sunday 6<sup>th</sup> September**

**Thirteenth Sunday after Trinity**

**ANGLICAN**

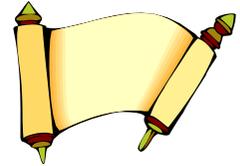
The Anglican Church of Southern Africa: The Most Revd Thabo Makgoba, Archbishop of Capetown and Primate of Southern Africa

**DIOCESAN**

Good Shepherd & Ascension, Hillington; Holy Trinity & St Barnabas, Paisley (Deborah Davison).

St Paul's, Rothesay, Isle of Bute (Diocese of Argyll and The Isles).

## Sunday Readings



**Fourth Sunday after Trinity**

*5<sup>th</sup> July 2020*

Zechariah 9:9-12

Psalms 145:8-14

Romans 7:15-25a

Matthew 11:16-19, 25-30

**Seventh Sunday after Trinity**

*26<sup>th</sup> July 2020*

1 Kings 3:5-12

Psalms 119:129-136

Romans 8:26-39

Matthew 13:31-33, 44-52

**Tenth Sunday after Trinity**

*16<sup>th</sup> August 2020*

Isaiah 56:1, 6-8

Psalms 67

Romans 11:1-2a, 29-32

Matthew 15:21-28

**Fifth Sunday after Trinity**

*12<sup>th</sup> July 2020*

Isaiah 55:10-13

Psalms 65:9-13

Romans 8:1-11

Matthew 13:1-9, 18-23

**Eighth Sunday after Trinity**

*2<sup>nd</sup> August 2020*

Isaiah 55:1-5

Psalms 145:8-9, 14-21

Romans 9:1-5

Matthew 14:13-21

**Eleventh Sunday after Trinity**

*23<sup>rd</sup> August 2020*

Isaiah 51:1-6

Psalms 138

Romans 12:1-8

Matthew 16:13-20

**Sixth Sunday after Trinity**

*19<sup>th</sup> July 2020*

Isaiah 44:6-8

Psalms 86:11-17

Romans 8:12-25

Matthew 13:24-30, 36-43

**Ninth Sunday after Trinity**

*9<sup>th</sup> August 2020*

1 Kings 19:9-18

Psalms 85:8-13

Romans 10:5-15

Matthew 14:22-33

**Twelfth Sunday after Trinity**

*30<sup>th</sup> August 2020*

Jeremiah 15:15-21

Psalms 26:1-8

Romans 12:9-21

Matthew 16:21-28

# Kalendar

## JULY 2020

**Thu 2<sup>nd</sup>** 10am **Coffee Time** chat and prayer via Zoom (see back page)

**Fri 3<sup>rd</sup>** **Thomas, Apostle**

**Sat 4<sup>th</sup>** 10am-12noon Church open for Private Prayer (see back page)

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**Sun 5<sup>th</sup>** **Fourth Sunday after Trinity**

anytime YouTube worship compiled by Les

10.30am **Service of the Word** via Zoom (see back page)

premier at 11am SEC Provincial Service on Facebook and YouTube

**Thu 9<sup>th</sup>** 10am **Coffee Time** chat and prayer via Zoom (see back page)

**Sat 11<sup>th</sup>** 10am-12noon Church open for Private Prayer (see back page)

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**Sun 12<sup>th</sup>** **Fifth Sunday after Trinity**

anytime YouTube worship compiled by Les

10.30am **Service of the Word** via Zoom (see back page)

premier at 11am SEC Provincial Service on Facebook and YouTube

**Thu 16<sup>th</sup>** 10am **Coffee Time** chat and prayer via Zoom (see back page)

**Sat 18<sup>th</sup>** 10am-12noon Church open for Private Prayer (see back page)

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**Sun 19<sup>th</sup>** **Sixth Sunday after Trinity**

anytime YouTube worship compiled by Les

10.30am **Service of the Word** via Zoom (see back page)

premier at 11am SEC Provincial Service on Facebook and YouTube

**Wed 22<sup>nd</sup>** **Mary Magdalene**

**Thu 23<sup>rd</sup>** 10am **Coffee Time** chat and prayer via Zoom (see back page)

**Sat 25<sup>th</sup>** **James, Apostle**  
10am-12noon Church open for Private Prayer (see back page)

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**Sun 26<sup>th</sup>** **Seventh Sunday after Trinity**

anytime YouTube worship compiled by Les

10.30am **Service of the Word** via Zoom (see back page)

premier at 11am SEC Provincial Service on Facebook and YouTube

**Thu 30<sup>th</sup>** 10am **Coffee Time** chat and prayer via Zoom (see back page)

## AUGUST 2020

**Sat 1<sup>st</sup>** 10am-12noon Church open for Private Prayer (see back page)

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**Sun 2<sup>nd</sup>** **Eighth Sunday after Trinity**

anytime YouTube worship compiled by Les

10.30am **Service of the Word** via Zoom (see back page)

premier at 11am SEC Provincial Service on Facebook and YouTube

**Thu 6<sup>th</sup>** **THE TRANSFIGURATION OF THE LORD**

10am **Coffee Time** chat and prayer via Zoom (see back page)

**If the prohibition on gathering is lifted during the currency of this magazine, we'll update our website and advise those who receive the Link by email of changes to the Kalendar. The Link can be downloaded from:  
[link.stcyprianslenzie.com](http://link.stcyprianslenzie.com).**

<b>Sat 8<sup>th</sup></b>	10am-12noon	Church open for Private Prayer (see overleaf)
<hr/>		
<b>Sun 9<sup>th</sup></b>	<b>Ninth Sunday after Trinity</b>	
	anytime	YouTube worship compiled by Les
	10.30am	<b>Service of the Word</b> via Zoom (see overleaf)
	premier at 11am	SEC Provincial Service on Facebook and YouTube
<b>Tue 9<sup>th</sup></b>	<b>Columba of Iona, Abbot, 597</b>	
<b>Thu 11<sup>th</sup></b>	<b>Corpus Christi</b>	
	10am	<b>Coffee Time</b> chat and prayer via Zoom (see overleaf)
<b>Sat 15<sup>th</sup></b>	<b>Mary the Virgin</b>	
	10am-12noon	Church open for Private Prayer (see overleaf)

<hr/>		
<b>Sun 16<sup>th</sup></b>	<b>Tenth Sunday after Trinity</b>	
	anytime	YouTube worship compiled by Les
	10.30am	<b>Service of the Word</b> via Zoom (see overleaf)
	premier at 11am	SEC Provincial Service on Facebook and YouTube
<b>Thu 20<sup>th</sup></b>	10am	<b>Coffee Time</b> chat and prayer via Zoom (see overleaf)
<b>Sat 22<sup>nd</sup></b>	10am-12noon	Church open for Private Prayer (see overleaf)

<hr/>		
<b>Sun 23<sup>rd</sup></b>	<b>Eleventh Sunday after Trinity</b>	
	anytime	YouTube worship compiled by Les
	10.30am	<b>Service of the Word</b> via Zoom (see overleaf)
	premier at 11am	SEC Provincial Service on Facebook and YouTube
<b>Mon 24<sup>th</sup></b>	<b>Bartholomew, Apostle</b>	
<b>Tue 25<sup>th</sup></b>	Consecration of the Bishop of Brechin, 2018	
<b>Thu 27<sup>th</sup></b>	10am	<b>Coffee Time</b> chat and prayer via Zoom (see overleaf)
<b>Sat 29<sup>th</sup></b>	<b>The Beheading of John the Baptist</b>	
	10am-12noon	Church open for Private Prayer (see overleaf)

<hr/>		
<b>Sun 30<sup>th</sup></b>	<b>Twelfth Sunday after Trinity</b>	
	anytime	YouTube worship compiled by Les
	10.30am	<b>Service of the Word</b> via Zoom (see overleaf)
	premier at 11am	SEC Provincial Service on Facebook and YouTube

## **SEPTEMBER 2020**

<b>Thu 3<sup>rd</sup></b>	10am	<b>Coffee Time</b> chat and prayer via Zoom (see overleaf)
<b>Sat 5<sup>th</sup></b>	10am-12noon	Church open for Private Prayer (see overleaf)

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<b>Sun 6<sup>th</sup></b>	<b>Thirteenth Sunday after Trinity</b>	
	anytime	YouTube worship compiled by Les
	10.30am	<b>Service of the Word</b> via Zoom (see overleaf)
	premier at 11am	SEC Provincial Service on Facebook and YouTube

# Church Re-opening

**As this edition of Cyprian Life went to print, we heard that we can open the church building for private prayer starting on Saturday 4<sup>th</sup> July between 10 am and 12 noon.**

As Les wrote about in his letter in this magazine, there are guidelines that have to be followed, risk assessments to be undertaken and precautions taken to prevent the spread of the coronavirus. We've come a long way and we need to be cautious about a second wave of the virus.

Following on from the Scottish Government's easing of the lockdown to the extent that it is possible in some circumstances to open churches, the Vestry met to discuss the matter. It decided, after considering the SEC guidelines and the risk assessment and

mitigation proposed by Les, that we could open and that we would apply to the Bishop for permission as required by the guidelines.

We now have that permission. The proposed opening times are in the Kalendar on the previous two pages.

It should be noted that only the church building itself will be open. There will be no access to the toilets. All soft furnishings such as pew runners and kneelers as well as all liturgies and Bibles have been removed in preparation. Visitors must wear a face covering in order to be admitted. Please remember to bring one with you. Everyone must wash their hands on entry and exit.

It is to be hoped that next stage allowing us to worship together will not be too long in coming, but that will depend on the progress of defeating the virus.

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## Sunday Worship & Coffee Time

**While the church building is closed, Les is providing a Service of the Word via Zoom every Sunday morning and an opportunity to join in a chat and prayer time every Thursday morning also via Zoom.**

The Sunday service is led by Les from the choir in the church and has music pre-recorded by Mary and readings and intercessions given live by members of the congregation. There's an opportunity to chat after the service too, just like we were there together at the church.

The Thursday event is more chat based with a short reading and a time of prayer before we leave.

If you are subscribed to the Link email, you will receive invitations to both. Usually the emails go out one or two days before. All you need to do to take part is to click on the link in the email and follow the prompts on the screen

to download the Zoom App (if you haven't already got it) and then join the meeting. To take full part you need a device with a microphone, speaker and camera. Most laptops, tablets and phones have them already built in. If you need any help, please phone the Rector or Paul Hindle.

If you have not subscribed to receive the Link by email, you can do so via our website at [stcyprianslenzie.com](http://stcyprianslenzie.com). The sign-up form is on the right hand side of each page. We only ask for your first name and email address. Also the joining instructions and liturgy for the Sunday service are on a special page of our website.

It is now possible to join on the phone so you don't even have to have internet access. Just ring Les a couple of days before for the details you need. The phone number you call is an Edinburgh number, so normal landline charges apply (free if you have enough inclusive minutes in your phone contract).