

# CYPRIAN *Life*



**Saturday 25<sup>th</sup> February – 7.30pm – Violin-Harp Concert**

**Wednesday 1<sup>st</sup> March – 7.30pm – Ash Wednesday Eucharist**

**Saturday 25<sup>th</sup> March – 7.30am – Cello-Piano Concert**

**The Magazine of St Cyprian's Church, Lenzie Feb. & Mar. 2017**

## Scottish Episcopal Church Diocese of Glasgow & Galloway

### Bishop:

The Right Revd. Dr. Gregor Duncan  
Bishop's Office, Diocesan Centre  
5 St Vincent Pl., Glasgow G1 2DH  
① 0141-221 6911 fax 0141-221 6490  
email: [bishop@glasgow.anglican.org](mailto:bishop@glasgow.anglican.org)



**The News Magazine of  
St. Cyprian's Scottish Episcopal Church,  
Beech Road, Lenzie, Glasgow. G66 4HN**  
Scottish Charity No. SC003826

*The Scottish Episcopal Church is in full communion with the Church of England and all other churches of the Anglican Communion throughout the world*

### Rector

Revd. Les Ireland  
58 Waverley Park, Kirkintilloch, G66 2BP  
① 0141-776 3866  
email: [rector@stcyprianslenzie.com](mailto:rector@stcyprianslenzie.com)  
Day off: Friday

### Pastoral Assistant

Glennis Tavener ① 775 2895  
(also Regional Council Rep.)

### Music Team

email: [music@stcyprianslenzie.com](mailto:music@stcyprianslenzie.com)

### Church Office

① 776 0880

**Facebook**—search: St Cyprian Lenzie

### Vestry

**Rector**@ Revd. Les Ireland

**Lay Representative**@ Paul Hindle  
40 Gargababer Avenue, Lenzie G66 4LL  
① 776 3237

**Secretary**@ Mary Boyd, 9 Northbank Road,  
Kirkintilloch, G66 1EZ ① 776 2812

**Treasurer**@ Jacqui Stother,  
11 Fern Avenue, Lenzie G66 4LE  
① 776 5330

**Property Convenor**@ Adrian Clark,  
Solsgirth Lodge, Langmuir Road, Kirkintilloch  
G66 3XN ① 776 2160

**Elected Members** Judith Beastall,  
Gavin Boyd, Avril Critchlow, Eileen Ferry,  
Janet Faughey, Aileen Mundy (co-opt),  
Paulene Scarlett, Jill Taylor, Kevin Wilbraham

### Contacts

**Altar Guild**@ Anne Carswell 776 3354

**Alt. Lay Rep** Adrian Clark 776 2160

### Bible Reading Fellowship

Glennis Tavener 775 2895

**Fair Trade**@ Glennis Tavener 775 2895

**Gift Aid**@ Aileen Mundy 578 9449

**Hall Bookings**@ Gavin Boyd 776 2812

**Link**@ Rector 776 3866

**Magazine**@ Paul Hindle 776 3237

**MU**@ Maxine Gow 01360 310420

**Pastoral Visiting**@ Rector 776 3866

**Protection Officer**@ Aileen Mundy 578 9449

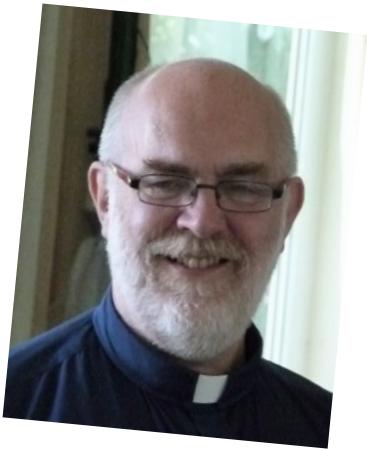
**Rotas**@ Gavin Boyd 776 2812

**Scottish Bible Society**@ Glennis Tavener 775 2895

**Sunday Coffee**@ Avril Critchlow 776 1404

@ These people can be contacted through email @stcyprianslenzie.com by using the job/group name before the @ without any spaces, e.g., link@stcyprianslenzie.com.

# From the Rector



## *Dear Friends,*

**For the size of our church, we are a very busy church. If you add in our regular worship and other activities, the many groups we host in our church hall, the fund-raising and social activities we organise and are involved with, it adds up to a lot of “doing!” As a church we are always very grateful to those who throw themselves into the life of our church, who are involved with running and supporting the activity of our church.**

You could say that our church has a lot of tasks it needs to fulfil, and we want to ensure, quite rightly, that we complete those tasks to the highest standard possible. I look at the things we do and we can say that – we do a great job! Many other churches would be envious of our Christmas Fair. The concerts we hold are about quality music being offered in a welcoming venue – and we achieve that. Our carboot sales we run to raise money and to serve the community. They do that very well.

Of course there are times when we get things a bit wrong, but generally when we set ourselves to a task, whatever that task may be, we complete it as well as we can, and

hopefully we complete to the glory of God – it is Him we are serving in our church.

I look to the life of Christ and see Him doing the task God his Father gave him, the task of being God in the world, the task of bringing salvation, the task of opening the door to the Kingdom of God, something he achieved in the profoundest way of all – through his death on the cross. Jesus had a task, and he completed it, and God is glorified by what he did.

With Jesus, it wasn’t just enough that he fulfilled the calling he had been given. For Jesus, we might say today, the process was equally important, equally special. The process he managed also to the glory of God, to the building of the Kingdom of God.

One of the things that happens when we feel we have many tasks, is that the important thing is to get the task completed, and the completion of the task becomes more important than anything else. That wasn’t the way with Christ – for Him the process was at least equally as important, and also a great opportunity for serving and glorifying God. With Christ, we see that he did two things in the process, over and above achieving the “success” of the task.

*Continued overleaf*

# Magazine & DNS Deadline

The next issue of *Cyprian Life* should be available in Church on Sunday 26<sup>th</sup> March 2017. The deadline for material is 19<sup>th</sup> March and the magazine will cover April 2017 only.

Please pass 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. Electronic format is preferred since this is usually quicker and more accurate.

Please let me know about what is important to you. It is great to be able to report family events and things happening in our local community. Thank you.

Glasgow & Galloway Diocesan News is now up and running under the editorship of Susan Walker. I incorporate items that I hope might interest members of the congregation into this magazine. You can subscribe to the mailing list at news.church.scot, where you can also read the latest edition. The email newsletter takes the form of brief paragraphs with links to fuller articles on the Glasgow & Galloway Diocesan website and, where appropriate, other sites. The diocese is also on Facebook—search ‘Diocese of Glasgow & Galloway’. The diocesan website is now at church.scot, but [www.glasgow.anglican.org](http://www.glasgow.anglican.org) still works too.

Susan is also encouraging us to contribute by sending any items for the newsletter to her at news@church.scot. 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

## From the Rector

The first thing that Christ did was never stop loving and involving those around him as he carried out the task. He carried the disciples with him, as well as the wider party of his followers. He treated them with love. He helped them to be involved. He helped them to learn as they worked with him. Quite simply – through his task he never stopped loving those around him, loving those who didn’t understand, loving those such as Judas Iscariot and Thomas who found it difficult to accept what he was doing.

It is quite an example for us – that when we are pursuing a task, the process must also matter, and we never stop loving, and we ensure we keep loving those amongst whom we are going for the task. As God’s people, the process by which we do things should never be forgotten, and should always be in the context of love.

The other thing that Jesus did, as he was aiming to complete his task, was to draw into his circle of followers, into the circle of God’s

## Cover Photo

The picture shows the ‘windows’ that adorned the Rood Screen during Advent.

The ‘Craft and Chat’ meetings were held more frequently in Advent with the major project being to create the windows.

As Advent progressed the weekly themes were added. First were HOPE and PEACE. Then it was LOVE and JOY.

The final week was spent developing another unusual nativity scene, but you’ll need to wait till later in the year to see a picture of that. Craft and Chat continues. See the Kalendar for dates and times.

love, others from outside who may be seen as enemies or strangers, as those who might not be interested. Jesus drew in Romans, Pharisees, people from other lands, gentiles, women, the disabled, criminals – he drew them all into the circle of the love of God. Some stayed, others didn't, but what mattered was that the love of God was given out to those who felt themselves to be outside of the circle of God's people.

Again it is quite an example of God's love. In the process of what we do, how do we open the door for others to receive the love of God? In the tasks we run, in the events we organise, how do we allow people more and more to be touched by the love of God?

Elsewhere in this magazine there is information about Mission Action Planning. For me, the MAP process is simply asking that – in the tasks we have, how do we open the door for the love of God to reach others and invite them into the people of God? For me, a significant part of the MAPPING process this

year is to look at what we do, the tasks we set ourselves and ask – what do we need to do so the love of God spreads, and others want to join us?

At St. Cyprian's, we achieve amazing things. This year I invite us all to reflect – how in the doing of what we do, can we allow the love of Christ grow, and offer our invitation to more and more people to be part of the family of God in St. Cyprian's. After all, it was no more than Christ did.

*Best wishes*



## 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.

If you, or anyone you know, would like a visit from a priest or the opportunity for a confidential chat and a prayer, please contact the Revd. Les Ireland, who will be happy to help in any way he can.

St. Cyprian's also has a number of people who are authorised to visit and simply be a trusted friend who can be there to listen 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.

# A Trip on the West Highland Railway in Spring

(written on the train) by Pauline Morris



Let's take a trip to Oban  
Let's take the train we said  
Never mind the early rise  
By six we'll up from bed

The forecast isn't very good  
Fresh winds all day we're told  
But let's take a trip to Oban  
Let's wrap up against the cold

We board the train at Queen St  
Lucky there's place to spare  
For we forgot to book our seats  
Oh good we've found a pair

We have tea from the trolley  
And treat ourselves to cake  
Cherry and sultana slab  
A reputable bake

We'll glance at the dailies  
And perhaps the crossword try  
But we're really here to take the view  
On it we'll keep an eye

We've got as far as Helensburgh  
The route for us not new  
But suddenly a scenic gem  
As Loch Long comes into view

Garelochhead a stop to make  
Us notice and take in  
The hills around are tipped with snow  
Now populations thin

Steep hills reach down to waters edge  
Draped here and there with clouds  
Too many pine trees planted out  
In densely ordered crowds

Highland sheep search for food  
On pasture rough and friendless  
Higher still the mountains reach  
With Loch Long stretching endless

Some peaks hidden in the mist  
As further north we steer  
Loch Long now is left behind  
Soon Lomond will appear

The water in the loch is grey  
So is the sky grey too  
The bracken holds its autumn brown  
But look there's catkins new

New gorse it's yellow standing out  
A welcome patch to brighten  
Ardlui station now is reached  
As skies begin to lighten

Water tumbling over rocks  
Is always fascinating  
Its freshness and its purity  
A natural sight creating

Crainlarich here the train will split  
So check your destination  
Front two coaches Oban bound  
Back two for Mallaig station

Higher,higher rise the peaks  
Majestic proud and towering  
Thicker thicker lies the snow  
The beauties overpowering

Tyndrum passed and on we move  
Past streams in spate and stewing  
Yet it's the mountains all round  
That dominate our viewing

# This is My Life

St. Cyprian's Church has a lot of historical items and textiles, many of which are simply hidden in cupboards or the attic.

A couple of years ago, we displayed some of these in church. For the next couple of months, some of these items, plus some we didn't display for safety reasons will make up a small display in the Auld Kirk Museum on Cowgate - along with a couple of other larger exhibitions. We get a couple of display cabinets (one has the title above). If you are in Kirky - why not go and have a look - but check opening times first! It's usually open Tuesday to Saturday, 10am - 1pm and 2 - 5pm.



We now approach Dalmally  
And peeping between the trees  
On the nearside railway bank  
Primroses there to please

Except for pine and catkins few  
The trees are still in waiting  
Waiting for a warmer spell  
Before they start creating

Along Loch Awe a few cows graze  
Ah look the clouds are breaking  
Will we have a spring like day?  
Is spring here for the taking?

Ben Cruchuan is a mighty peak  
Inside are generators  
Powered by water rushing down  
Electricity creators

More green now as we move west  
More primroses now are showing  
More sheep with lambs in pasture good  
More sign of life growing

Taynult now is left behind  
Now Connel Ferry nearing  
Along Loch Etive is our route  
With Oban soon appearing

Although the hills still roll around  
The high peaks falling back  
As towards the sea we move  
Along the railway track

In comfort we have Oban reached  
Let's eat then take the air  
Along the sea front promenade  
Then relaxing sit and stare

Stare as ferries come and go  
Or scan the sea for seals  
Look on the beach for pretty shells  
Indulge in tasty meals

The journey home to see again  
The beauty by the track  
Next when summers dressed the view  
We'll certainly be back

*Sent in by Pauline's children,  
Sherril, Tony and Sarah*



# An unknown writer and a colossus of a hymn . . .

**The reformation in the early to mid 16<sup>th</sup> century was about conflict between the protestant churches in all their forms, and the Roman Catholic Church. A particularly difficult time for the English Protestant church was the reign of Queen Mary who was a supporter of the Catholic Church and persecutor of others. As a result, many protestant ministers and church members fled to the continent.**

One of these was William Kethe, who was part of the exiled church in Frankfurt in 1554. Nothing is known about William Kethe before that date – there is nothing about when and where he was born or his family, although some suggest on flimsy evidence that he was Scottish.

In Frankfurt, there was a different controversy, centred on the two great figures of the reformation. On the one hand was the party centred on Martin Luther (who was himself dead by then). This group was open to much of Catholic ritual and happy to sing hymns and carols. At the Reformation, Martin Luther had not rejected ritual, rather he wanted to call Christians back to purity of life and faith, and felt he could only do that by rejecting the Pope. On the other hand were the Calvinists, centred on John Calvin, based in Geneva. The Calvinists were much more puritan in their style, throwing out all ritual, church adornments, teaching that Christians should only sing scripture for fear of their doctrine being perverted.

Needless to say – the controversy was virulent and violent! The Calvinist group left for Geneva, William Kethe with them. By 1556, Kethe was a minister of the English speaking church in Geneva.

In Geneva, Kethe had two important tasks. Firstly Calvin believed that everyone should be able to read and hear the Bible in their own language. The authorised version of the bible didn't come into being until 1611. Kethe was part of the group that translated the Bible into English for the English speaking church.

Secondly, Calvin wanted Christians to sing the psalms. Kethe turned about 25 psalms into versions that could be sung. One of these was Psalm 100. It was put to music by a French composer, living in Geneva at the time, called Loys Bourgeois.

Mary died in 1558. Kethe returned to England in 1661. Many others returned, bringing both the Bible translated into English and the songbooks created in Geneva. From these song books, the one hymn for which Kethe is remembered entered church culture and is still a hugely significant hymn today.

After his return from Exile, Kethe was made Rector of Okeford Superior, in the parish of Child Okeford, Dorset, where he remained until he died about 1608. During those years in Dorset, he travelled with two armed forces to France as chaplain. He was also a pamphleteer, writing polemical leaflets against the Catholic church, most of which have been lost in history.

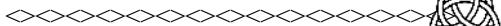
There is so much that unknown about him. Apart from his roots, was he married? Did he have children? At what age did he go into exile (he must have been quite young)? When and where did he get ordained? The life of William Kethe may be almost completely unknown. His most famous hymn is very famous indeed:

All people that on earth do dwell,  
sing to the Lord with cheerful voice:  
him serve with mirth, his praise forth tell,  
come ye before him and rejoice.

# Celtic Prayers for the Morning

You may find these helpful.

May I arise this morning  
feeling your warmth  
embracing me,  
conscious of your love  
forgiving me,  
knowing your peace  
within me,  
feeling your Spirit  
strengthen me,  
hearing your whisper  
encouraging me.



I enter this day with joy  
knowing you are with me  
every step of the way,  
knowing there is a purpose  
to each breath that I take,  
knowing there is a hope  
toward which I walk.

I enter this day with faith  
knowing you are the strength  
which I depend on,  
knowing you are the love  
that is all embracing,  
knowing it is your peace  
which calms my soul.

The Lord, ye know, is God indeed;  
without our aid he did us make:  
we are his folk, he doth us feed,  
and for his sheep he doth us take.

O enter then his gates with praise,  
approach with joy his courts unto;  
praise, laud, and bless his Name always,  
for it is seemly so to do.

For why? the Lord our God is good,  
his mercy is for ever sure;  
his truth at all times firmly stood,  
and shall from age to age endure.

I enter this day with praise  
knowing that I worship  
with service as with voice,  
hoping that my words  
might reveal your truth,  
hoping that your grace  
might touch another heart.



Guiding God,  
be with us  
in our going out  
and coming home,  
in our journeying  
and returning,  
in our decision making  
and organising.

Guarding God,  
be with us  
through the calm  
and through the storm,  
be our comfort  
when we're hurting,  
be our helper  
when we're falling.

Gracious God,  
walk with us  
every moment  
of this new day.



I do not fear this day,  
for you are with me  
wherever I might go,  
your light to shine ahead,  
your footsteps to lead the way.  
I do not fear this day,  
for your word will be my guide,  
your strength will sustain me,  
your love revive me,  
this day and all days.  
I do not fear this day,  
for you are with me.



**Many thanks to everyone who came to our Christmas lunch in December. It was a lovely meal and your generous donations raised an amazing £175 for the MU Christmas Appeal. My thanks to everyone who contributed food that day.**

Our lunchtime meeting in January had two parts. Initially, we held our Branch AGM, which was short as there are no changes in our Office Bearers this year – I am continuing as Branch Leader, Aileen Mundy is our Treasurer and Sally Hadden and Kath Potts are our Secretarial Team. We then had Debbie Harper from Applebays who told us a little of what they do when the children come to the hall before and after school. They ‘open’ for business at 7.30am and can provide breakfast for up to 40 children before they go off to school. After school, they have a homework/quiet area in the choir vestry, and plenty of activities to keep them occupied in the main hall – putting on plays/sketches seem to be popular just now! Everyone will then be picked up by 6pm.

In February (8<sup>th</sup>) we are going to focus on the charity ‘Smalls for All’. They collect ladies and children’s underwear which is sent to

Livingston before being shipped to Africa. Underwear is a luxury some people can’t afford, and although giving bra’s and pants may seem a small thing to us, it can make a huge difference to the lives of these women and children. If you would like to help us, please pick up a pack of pants next time you go shopping, or have a look through your underwear drawer and find a ‘gently-worn’ bra and pop them into the collection box at the back of the church. If you would like to know more about the charity have a look at their website - [www.smallsforall.org](http://www.smallsforall.org).

Jill Cameron – who is our MU Diocesan President – will be coming to talk to us at our March meeting on the 8<sup>th</sup>. She will give us an insight into what the Diocese is focusing on this year, so that should be an interesting evening.

As always I would like to invite everyone in the congregation (and beyond) to any of our meetings – you don’t need to be a member, and we welcome men as well. Now that the colder months are, hopefully, behind us, our meetings will start at 7.30pm in the main hall. Please come and give us a try.

**Maxine Gow**  
Branch Leader

# BEM for Ann



**Congratulations to Ann Glenesk of St James the Less Church Bishopbriggs, although known to many of us at St. Cyprian's, who has received a British Empire Medal in the New Year's Honours in connection with her work at Low Moss prison.**

Ann has said:

"The British Empire Medal in my name represents the willingness of a host of folk to come together, to have fun and at the same time do a wee bit of good - often difficult to quantify, but reassurance comes in spades from the most unlikely sources. Victims of crime deserve justice, perpetrators of crime deserve punishment from courts. Rehabilitation, support for families in prisons can be aided by a friendly smile, chat and a willingness of us all to notice and respect our neighbours in whatever context."

Thanks to Scottish Episcopal Church, Mother's Union and the amazing Low Moss Volunteer Group and staff of HMP Low Moss x"

# Help our MU collect



Show us your knickers and help us collect new pants and 'gently worn' bras for this pantastic charity.

They collect and distribute underwear to women and children in Africa. Their website - <http://www.smallsforall.org> – gives lots of information about what they do.

If you want to help us support this cause pop into a shop and pick up some pants or raid your bra drawer. Here's what we need:

New ladies' pants size 8 – 16

New children's pants age 3 – 15

New or 'gently-worn' bras

Please pop your donation into the collection point at the back of the church

**Thank You**



**Harvest Festival saw Les using some home cooking to illustrate his sermon. He made a fine biriani which everyone there had to taste!**

*Photo: Kevin Wilbraham*

# Mission Action Planning

All of the churches in the diocese have been invited to develop a Mission Action Plan (MAP). It is something that evokes a lot of different responses, including for some fear, for others cynicism, for others hope. As a church we have had a small group of people, along with a facilitator, developing a plan, which hopefully will be endorsed at a service at St. Cyprian's in the near future. At present, it is a still a draft, and might change a bit as the vestry looks at it and hopefully accepts it.

There are two parts to a MAP. First there is a lot of reflection on where we are as a church, and our relationship with our community. Secondly there is the MAP itself, suggesting things we need to consider and develop within the life of our church. In the near future, we will put the first part on a noticeboard at church. I have put below our draft for the second part.

## DRAFT MISSION ACTION PLAN

On one level, it may not seem an awful lot! Perhaps it isn't! But our MAP has to be achievable, and perhaps move us a step forward to building bridges with the community, reaching out with God's love, inviting people to join our family.

We are, for our size, a busy church. A large part of our MAP is about asking – how can we use what we do more to reach people with God's love. It is NOTHING to do with how we can raise more money!!!! We want everyone to ask and share how they think we can use our existing activities to build our church in terms of outreach, love, prayer, worship.....

The second part of our suggestions is about things we already do – how can we further enhance our grounds to make them a welcoming spiritual place where people can find peace. Secondly – we want to ensure that our Craft and Chat group gets well established.

Please see below our draft MAP. Tell us what you think!!!

## Introduction

Over many months our MAP group, guided by our facilitator, has spent a lot of time reflecting on our church, our environment and our life together. There is a huge amount of written work recording impressions, as well as factual information, about our church – if you want to read this please ask! From all this work, we have developed our Mission Action plan, and this is it!

We have considered the different strands to look at, as defined by the diocesan MAP strategy, and have chosen two – “Imaginative Outreach to the Community” and “Prayer and spirituality.”

Mapping asks us to set out a number of goals for our charge over the coming year or two. These are the goals we have chosen:

- 1. Looking at different ways of worship and expressing spirituality.**
- 2. Continuing to improve how we communicate with those outside of the church.**
- 3. Continuing to improve the physical state of the church.**
- 4. Continuing to develop existing activities.**
- 5. Continuing to identify and develop community links.**

We are asked to identify actions – achievable steps - towards these goals. Actions which we believe will help us to move forward towards our goals:

### **Reflecting on what we already do ..**

- The vestry will reflect on the many events we already run, to see how we can reach out more to our community through these events, to share the Christian faith more with our community, and invite more people to share the life of our church..
- At each vestry meeting over the coming year we will reflect on the major events we hold, one per meeting (eg, car boot sales, concerts, christmas fair).
- We will hold a congregational meeting before the end of the year to seek views from the wider congregation on our fund-raising events, and how they can be more effectively used for outreach.
- (Note: this is NOT, NO-HOW, NEVER about how we can raise more money from these events!)



### **Developing Our Church Environment:**

- Install suitable seating in our church grounds.
- Install a “Stations of the Cross” in the grounds.
- Investigate the viability of installing a prayer labyrinth in the grounds.
- Continue to develop the wild-life friendly nature of the grounds.
- Work with user groups to develop the play area at the back of the church.

### **Establish Our “Craft and Chat” Group:**

- Advertise the group effectively.
- Set dates for the year.
- Identify activities the group could do together, as well as offering a wider range of individual opportunities



# Opening the Door to Opportunity

**Many of you know that from the end of 2009 until the end of 2013, I was living in Bangladesh setting up a College for training Nurses and Midwives. Working in partnership with Glasgow Caledonian University and the Nobel Laureate Professor Mohammed Yunus from Bangladesh.**

We targeted young women from the deprived areas aiming to give them a career opportunity, provide a means of earning a living and assist in meeting the health needs of poor communities. I retired in 2014 and the college is going from strength to strength, with almost 400 students, under the leadership of the new Bangladeshi principal.

Although retired, I am now working with Partnerships in International Medical Education (PRIME), a Christian organisation that supports medical education and training in many different countries, promoting Christian values in the curriculum and training

programmes. Nurses, doctors and other health related professionals volunteer their services and pay their own travel costs to and from the country where they are running the courses. All in-country expenses are covered by the local hosts. For more information about PRIME please check out the web site: [www.prime-international.org](http://www.prime-international.org).

I have been asked to assist in setting up a College of Nursing on the same lines as the one I established in Bangladesh. I am not living in Pakistan this time but rather making two to three visits each year to support the local team setting up the college. We are targeting deprived communities in the North of the country and in particular we are aiming to support young Christian men and women to take up nursing as a career. Many Christian communities are extremely poor and suffer from discrimination from the majority Muslim society. Young women often marry Muslim men as they see this as a way out of their poverty, however this sometimes leads to abuse and violence against them.

Providing a career opportunity for these young people gives them hope. To enter a government training programme is very difficult as most programmes only admit 5% Christians on the course. Private training programmes are expensive and few Christian families can afford to support their child in undertaking nursing education privately.

We are working in collaboration with YUSRA Medical and Dental college in Islamabad to set up a Nursing degree programme leading to a BSc in Nursing. We have been promised that we can admit up to 50% of the students from the Christian community. In order to support these students we are setting up a fund that will provide them with a loan. The loans will be paid back once they have found a job on completion of the course. This is the same model that we have used in Bangladesh. A Social Business Model



Barbara with students from GCCN



where we can recycle the funds and benefit more students in the future. The cost of education for each student over the four year programme is £16,000, £4,000 per year. This amount covers all their costs, course fees as well as accommodation, food, uniform, laundry etc.

During my last visit in November I worked with the accountants and the newly appointed Principal and we prepared a fully costed financial plan for the college. We are currently

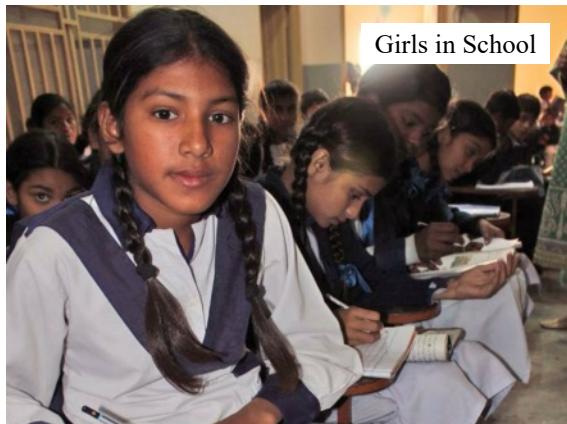
applying for Trust status so that we can be independent of other institutions and ensure that all our funds are retained within the College.

This is an exciting new venture and I believe can help make a difference to many lives in Northern Pakistan.

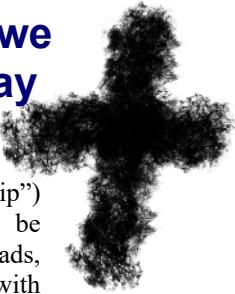
I hope that you will continue to pray for me and those with whom I work. We pray that this venture will bring a high level of skills and education to the young people undergoing the course so that they in turn will be able to contribute to improving the health and well being of their communities. We also pray that this programme will strengthen their faith and enable them to demonstrate the values of love and care that Jesus showed us.

If you wish to know more about this programme or you feel you can assist by contributing financially towards the support of one of the students then please do not hesitate to contact me on [babsparfitt@hotmail.co.uk](mailto:babsparfitt@hotmail.co.uk)

**Professor Barbara Parfitt**



# Ash Wednesday is on March 1<sup>st</sup>, and we will be having our service on that day at 7.30pm. Please come along.



**Ash Wednesday is the first day of Lent, a day when as part of our worship we receive the sign of the cross made with ash on our foreheads.**

On a practical level, by tradition we should burn our crosses from the previous Psalm Sunday (from 2016) and use that ash for the process. In practice people either treasure their palm crosses too much to give them up, or have lost them over the previous 11 months, so we tend to burn palm crosses we have available in church. It is fair to say this is not an easy task – it can be quite difficult to get palm crosses to burn at all, and even when they do, you have to use quite a few crosses to get enough ash!

In our tradition we normally make the sign of the cross on the individual as we ash people in our service. However, this is not the only way it may be done. The rubrics (our “stage

directions for worship”) allow for the ashes to be sprinkled on people’s heads, as well as for signing with the cross. In the early church, maybe up to the reformation in the 16<sup>th</sup> century, it appears that ashes were sprinkled on the heads of men, but the sign of the cross made on the forehead of women so their head-coverings didn’t get covered with ash. Today the Pope still sprinkles ashes on Ash Wednesday. We are allowed to do either.....

I quite like the idea of sprinkling ash – the sense that the purification from God and cleansing covers all of us. But then I like the idea of signing with the cross to remind us it was the death of Christ which cleanses our lives. But in our church we will sign with the cross. Why? Because it will take a lot more ash to sprinkle it, and I don’t want to hoover up the carpet after.....!!!!

## E.mail to the Rector

I sometimes get E-mails, which I find interesting and/or encouraging, and if appropriate like to publish them in our magazine, if I can. I recently received this E.mail. I've crossed out names in it:

*Dear Reverend Ireland*

A few weeks ago we received a note through our door advising us your church would be praying for people in the streets where we live (for us XXXXXX Park) and to request any special prayers. I asked (anonymously) if you could pray for my husband who has been waiting for an operation for his serious lung condition. He was accepted on a clinical trial many months ago and we had almost given up hope that it would ever happen. Then last Monday out of the blue he received a phone call telling him that a date

had been arranged for his surgery. It's happening tomorrow and I dropped him off at the Golden Jubilee Hospital in Clydebank this morning. As this is fairly leading edge clinical trial surgery no-one can be sure how successful it will be for him but they have had some good results with this procedure so we are cautiously optimistic.

I just wanted to say thanks for your prayers and for caring for people you don't even know.

Kind regards  
XXXXXXXXXXXXXX

# **Book Review: “Taking My God for a Walk” by Tony Collins (Monarch)**

**Someone gave me this book recently because they had enjoyed it so much. They thought I would enjoy it as well, and I did. It was a great read – easy to read and a really good “tale.”**

In many ways it was a good typical travel tale. Tony Collins was approaching retirement and wanted to reflect on his life, and where he should go next, as well as make sense of his life in the past. He chose to walk the pilgrimage route from the French border to the great centre of pilgrimage Santiago De Compostela in Northern Spain, in total 490 miles after a friend had suggested it.

Firstly the book was a good description of the route, the places he stayed, the towns he visited (both the attractive and less attractive parts) the people he met and travelled with on the way, as well as a brief introduction to the

history and politics of Northern Spain which was very turbulent in the past, and still lively today. It is also a good description of blisters and aching feet and the struggles to climb hills and the trials of rain .....

What makes this book unique, however, is that Tony Collins is a Christian who had worked most of his life in Christian publishing, and encountered both the good as well as less healthy manifestations of the Christian faith.

With great generosity of heart, simplicity and wisdom he reflects on different aspects of the Christian faith, as well as his own journey of faith, and the insights he gains from both the struggles and delights of the pilgrimage he makes.

This is a delightful and easy to read book, and I thoroughly recommend it. And if you ask nicely, I would even lend you my copy .....

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## **Our Rector – Les Ireland has produced a new book! It's Called “Stuff and Guff.”**

**It is a book of his thoughts and writings. Hopefully thought provoking, fun, readable, interesting.... It is available in church and available from Les himself – his contact details are on page 2! All proceeds go to St. Cyprian's Church.**

You can have the book for nothing! It is free! Costs zilch! But this is what is written on the cover:

Cost: this is what makes the book unique! You want a book? Just ask for one and you'll get one – we will even send it to you.

If you want to know a suggested price (some people like that certainty) then it's £3 plus cost of the postage if it is sent to you. All

proceeds will go to St. Cyprian's Church, Lenzie.

HOWEVER – if you want to try something different, and fun – you can pay whatever you want. Not just money! Send a gift instead. A CD. A block of cheese. An autograph of Bob Marley. A gold sovereign. A black spot. Whatever you think would be nice to send in payment, then please send it! It would be a bit mean-spirited to send nothing, but there will be no judgement on you or chasing you if you decide to send nothing!!!!

If you want extra books to pass on to others we'll send them to you free, as long as you tell them the spirit of the book!

You gotta get your copy!!!!

# Anglican & Diocesan Cycle of Prayer

## FEBRUARY 2017

- 1<sup>st</sup> For Christian Stewardship
- 2<sup>nd</sup> Our Diocesan Registrar, David Ballantine
- 3<sup>rd</sup> All those involved in Social Care
- 4<sup>th</sup> Thanksgiving for companions on the journey of faith

(Vacancy, Beryl Scott, Richard Stephens, Brian Woodburn)

### Daily Prayers:

- 13<sup>th</sup> For all whose ministry is expressed in healing
- 14<sup>th</sup> For St Cyprian's Mothers' Union
- 15<sup>th</sup> All young couples on their journey through life together
- 16<sup>th</sup> For all "Maggie's" Cancer Care centres in Scotland
- 17<sup>th</sup> Development Team for Missional Leadership and Jane Ross
- 18<sup>th</sup> For all those on a study course

## Sunday 5<sup>th</sup> February Fifth after Epiphany

### ANGLICAN

Lomega (Loryko, Sudan): The Rt Revd Paul Yugusuk

### DIOCESAN

St Francis of Assisi (Greyfriars), Kirkcudbright; St Mary's, Gatehouse of Fleet (Stephen Hazlett)

### Daily Prayers:

- 6<sup>th</sup> Our Christian neighbours
- 7<sup>th</sup> Our own St Cyprian's Vestry
- 8<sup>th</sup> For purity in all our loving relationships
- 9<sup>th</sup> For the Aberlour Child Care Trust
- 10<sup>th</sup> Our Primus, the Most Rev David Chillingworth
- 11<sup>th</sup> Safety for all young adults, at home and abroad

## Sunday 19<sup>th</sup> February Seventh after Epiphany

### ANGLICAN

Mahajanga (Indian Ocean): The Rt Revd Jean Claude Andrianjafimanana

### DIOCESAN

St James-the-Less, Bishopbriggs (Vacancy, Bryan Owen, Kennedy Fraser, Geoff Scobie); St Matthew's, Possilpark (David Wostenholm, Stewart Wood)

### Daily Prayers:

- 20<sup>th</sup> The Fairtrade Foundation and Harriet Lamb
- 21<sup>st</sup> For all whose ministry is in the voluntary sector
- 22<sup>nd</sup> For Health Visitors and District Nurses
- 23<sup>rd</sup> The Evangelical Lutheran Church of Iceland
- 24<sup>th</sup> For sincerity, truth and love in all our relationships
- 25<sup>th</sup> For the SEC Provincial Board

## Sunday 12<sup>th</sup> February Sixth after Epiphany

### ANGLICAN

Lusaka (Central Africa): The Rt Revd David Njovu

### DIOCESAN

St John the Evangelist, Dumfries (Vacancy, James Clark-Maxwell, Andrew MacKenzie, Paul Burbridge, Ann Shukman, Steven Ballard, John Simmons, Gordon Warwick, Richard Starkey); Christ Church, Dalbeattie



# & Daily Intentions

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

### Sunday before Lent

#### ANGLICAN

Malek (Upper Nile, Sudan): The Rt Revd Peter Joh Mayom

#### DIOCESAN

St Mary's Cathedral (Kelvin Holdsworth, Cedric Blakey, John Riches); Cathedral Chapter

#### Daily Prayers:

- 27<sup>th</sup> The Diocesan Property Committee
- 28<sup>th</sup> Kirkintilloch and Lenzie Action of Churches Together

## MARCH 2017

- 1<sup>st</sup> The spirit of St David and the people of Wales
- 2<sup>nd</sup> All African church leaders
- 3<sup>rd</sup> The work of Quarriers Homes
- 4<sup>th</sup> The Diocesan Treasurer (Robert Burgon)

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

### First Sunday of Lent

#### ANGLICAN

Marathwada (North India): The Rt Revd Madhukar Kasab

#### DIOCESAN

East End Team Ministry: St John the Evangelist, Baillieston; St Kentigern's, Dennistoun; St Serf's, Shettleston (Malcolm Crook, Lucy Ireland)

#### Daily Prayers:

- 6<sup>th</sup> The Lusitanian Church of Portugal
- 7<sup>th</sup> All mothers of young and grown children
- 8<sup>th</sup> Those addicted to drugs or alcohol
- 9<sup>th</sup> Worldwide crop producers and providers of food

10<sup>th</sup> For continued peace in Ireland

11<sup>th</sup> The Lusitanian Church of Portugal

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

### Second Sunday of Lent

#### ANGLICAN

Maseno South (Kenya): The Rt Revd Francis Abiero; Maseno West (Kenya): The Rt Revd Joseph Wasonga

#### DIOCESAN

Holy Name, Cumbernauld (Moira Jamieson, Ray Gascoigne); St Cyprian's, Lenzie (Les Ireland)

#### Daily Prayers:

- 13<sup>th</sup> The Rt Revd Dr Gregor Duncan, our Bishop
- 14<sup>th</sup> The staff and volunteers of Community Centres
- 15<sup>th</sup> Faithfulness in adversity
- 16<sup>th</sup> The Evangelical Lutheran Church of Finland
- 17<sup>th</sup> The People of Ireland
- 18<sup>th</sup> Development Team for Imaginative Outreach and Kenny Macaulay

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

### Third Sunday of Lent

#### ANGLICAN

Mbale - (Uganda) The Rt Revd Patrick Gidudu

#### DIOCESAN

St Augustine's, Dumbarton (Kenny Macaulay, Liz O'Ryan); St Bride's, Kelvinside (Kevin Francis, Kenneth Roach)

#### Daily Prayers:

- 20<sup>th</sup> An end to terrorism
- 21<sup>st</sup> The people of Bangladesh
- 22<sup>nd</sup> Grameen Caledonian College of Nursing

# Anglican & Diocesan Cycle of Prayer & Daily Intentions

*continued*

- 23<sup>rd</sup> A forgiving spirit
- 24<sup>th</sup> Thanks for the Eucharist
- 25<sup>th</sup> Rejoice in the free gift of salvation in Jesus

- 29<sup>th</sup> Youth Action Network
- 30<sup>th</sup> The people of Japan
- 31<sup>st</sup> Survivors of tragedy, accident and serious illness

## APRIL 2017

- 1<sup>st</sup> Gentleness and a loving spirit

### Sunday 26<sup>th</sup> March Mothering Sunday

#### ANGLICAN

Mexico (Mexico): The Rt Revd Carlos Touche-Porter

#### DIOCESAN

St Michael and All Angels, Helensburgh (David Cook, Kevin Boak); St Mungo's, Alexandria (Kenny Macaulay, Liz O'Ryan).

#### Daily Prayers:

- 27<sup>th</sup> Wisdom for world leaders
- 28<sup>th</sup> The whole of the Christian Church

### Sunday 2<sup>nd</sup> April Fifth Sunday of Lent

#### ANGLICAN

Mityana (Uganda): The Rt Revd Stephen Kaziimba

#### DIOCESAN

St Silas', Glasgow (Martin Ayers, Chris Brett, Ros Brett, Michael Reader-Harris)



## Music at St Cyprian's Winter Music Series 2016-17

**MCOPERA**

Music Co-OPERAtive  
Scotland



**Saturday 25<sup>th</sup> February 2017 at 7.30pm  
Violin-Harp-Scotland**

This duo comprises violinist Angus Ramsay and Harpist Saïda de Lyon. The fusion of the plucked and bowed strings produces a beautiful, serene, soothing and intimate quality of sound.

**Saturday 25<sup>th</sup> March 2017 at 7.30pm  
Sarah Harrington ('Cello) and Stephen Adam (Piano)**

Tickets: £10 (children free) - usual refreshments at the interval

For more info, visit: [mcopera.com/2016/06/20/mcopera-at-st-cyprians-church-lenzie/](http://mcopera.com/2016/06/20/mcopera-at-st-cyprians-church-lenzie/)

# Sunday Readings

## Epiphany 5

*5<sup>th</sup> February 2017*

Isaiah 58.1-9a,(9b-12)

Psalm 112.1-9(10)

1 Corinthians 2.1-12(13-16)

Matthew 5.13-20

## Epiphany 6

*12<sup>th</sup> February 2017*

Deuteronomy 30.15-20

Psalm 119.1-8

1 Corinthians 3.1-9

Matthew 5.13-20

## Epiphany 7

*19<sup>th</sup> February 2017*

Leviticus 19.1-2,9-18

Psalm 119.33-40

1 Corinthians 3.10-11,16-23

Matthew 5.13-20

## Sunday before Lent

*26<sup>th</sup> February 2017*

Exodus 24.12-18

Psalm 2 or Ps 99

2 Peter 1.16-21

Matthew 5.13-20

## Lent 3

*19<sup>th</sup> March 2017*

Exodus 17.1-7

Psalm 95

Romans 5.1-11

John 4.5-42

## Mothering Sunday

*26<sup>th</sup> March 2017*

1 Samuel 16.1-13

Psalm 23

Ephesians 5.8-14

John 9.1-41

## Lent 2

*12<sup>th</sup> March 2017*

Genesis 12.1-4a

Psalm 121

Romans 4.1-5,13-17

John 3.1-17 or Mt 17.1-9

## Lent 5

*2<sup>nd</sup> April 2017*

Ezekiel 37.1-14

Psalm 130

Romans 8.6-11

John 11.1-45

## Altar Guild

5 <sup>th</sup> February	Anne Hemming & Mary Boyd
12 <sup>th</sup> & 19 <sup>th</sup> February	Anne Carswell
26 <sup>th</sup> February	Eileen Ferry & Judith Beastall
*Lent. Brasses Only	
5 <sup>th</sup> & 12 <sup>th</sup> March	* Judith Beastall
19 <sup>th</sup> & 26 <sup>th</sup> March	* Anne Carswell

## Leave Your Mark

Jacqui Stother, our treasurer, mentioned at the Annual General Meeting that over the previous year we had received a small legacy from a former member of our church who had died.

She suggested that members of our church might consider leaving a legacy to the church in their wills, something I whole-heartedly endorse. Legacies are helpful – most of our normal income from giving, fund-raising and rentals on our hall go towards the running costs of the church. Legacies often give us the opportunity to do something special, or make a special purchase, that will enhance the life of our church.

# Kalendar

**FEBRUARY 2017**

- |                            |  |  |
|----------------------------|--|--|
| <b>Thu 2<sup>nd</sup></b>  | <b>Presentation of the Lord</b>              |  |
|                            | 10am   | Holy Communion in the Vestry   |
| <b>Sun 5<sup>th</sup></b>  | <b>Fifth after Epiphany</b>                  |  |
|                            | 9.15am                                       | Holy Communion (said)  |
|                            | 10.30am                                      | Sung Eucharist   |
|                            | 3pm  | Service at Lillyburn   |
| <b>Wed 8<sup>th</sup></b>  |  | 7.30pm   |
|                            |  | Mothers' Union, <i>Smalls for All</i> in the Vestry                    |
| <b>Thu 9<sup>th</sup></b>  |  | 10am   |
|                            |  | Holy Communion in the Vestry   |
| <b>Sun 12<sup>th</sup></b> | <b>Sixth after Epiphany - (Septuagesima)</b> |  |
|                            | 9.15am                                       | Holy Communion (said)  |
|                            | 10.30am                                      | Sung Eucharist   |
| <b>Thu 16<sup>th</sup></b> |  | 10am   |
|                            |  | Holy Communion in the Vestry   |
| <b>Sun 19<sup>th</sup></b> | <b>Seventh after Epiphany - (Sexagesima)</b> |  |
|                            | 9.15am                                       | Holy Communion (said)  |
|                            | 10.30am                                      | Sung Eucharist   |
|                            | 3pm  | Afternoon Service  |
| <b>Thu 23<sup>rd</sup></b> |  | 10am   |
|                            |  | Holy Communion in Vestry   |
| <b>Sat 25<sup>th</sup></b> |  | 7.30pm   |
|                            |  | <b>Music at St Cyprian's Concert</b> - Violin-Harp-Scotland            |
| <b>Sun 26<sup>th</sup></b> | <b>Sunday before Lent - (Quinquagesima)</b>  |  |
|                            | 9.15am                                       | Holy Communion (said)  |
|                            | 10.30am                                      | Sung Eucharist   |
| <b>Mon 27<sup>th</sup></b> |  | 1-3pm  |
|                            |  | <i>Craft and Chat</i> with Glennis                                     |
| <b>Tue 28<sup>th</sup></b> | <b>Shrove Tuesday</b>                        |  |
| <b>MARCH 2017</b>          |  |  |
| <b>Wed 1<sup>st</sup></b>  | <b>Ash Wednesday (David of Wales)</b>        |  |
|                            | 7.30pm                                       | Holy Communion with Imposition of Ashes                                |
| <b>Thu 2<sup>nd</sup></b>  |  | 10am   |
|                            |  | Holy Communion in Vestry   |
| <b>Sun 5<sup>th</sup></b>  | <b>First Sunday of Lent</b>                  |  |
|                            | 9.15am                                       | Holy Communion (said)  |
|                            | 10.30am                                      | Sung Eucharist   |
|                            | 3pm  | Service at Lillyburn   |
| <b>Wed 8<sup>th</sup></b>  | <b>Ember day</b>                             |  |
|                            | 7.30pm                                       | Mothers' Union with Diocesan President, Jill Cameron,<br>in the Vestry |
| <b>Thu 9<sup>th</sup></b>  |  | 10am   |
|                            |  | Holy Communion in Vestry   |

**Please see the Link for changes to the Kalendar. If you missed getting a copy at Church, it can be downloaded from: [link.stcyprianslenzie.com](http://link.stcyprianslenzie.com).**

**Fri 10<sup>th</sup>** Ember day

**Sat 11<sup>th</sup>** Ember day

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**Sun 12<sup>th</sup>** Second Sunday of Lent

9.15am Holy Communion (said)

10.30am Sung Eucharist

**Thu 16<sup>th</sup>** 10am Holy Communion in the Vestry

**Fri 17<sup>th</sup>** Patrick of Ireland

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**Sun 19<sup>th</sup>** Third Sunday of Lent

9.15am Holy Communion (said)

10.30am Sung Eucharist

3pm Afternoon Service

**Mon 20<sup>th</sup>** Joseph of Nazareth

**Thu 23<sup>rd</sup>** 10am Holy Communion in the Vestry

**Sat 25<sup>th</sup>** The Annunciation of the Lord (Lady Day)

7.30pm Music at St Cyprian's Concert - Cello-Piano-Duo

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**Sun 26<sup>th</sup>** Mothering Sunday (Fourth Sunday of Lent)

9.15am Holy Communion (said)

10.30am Sung Eucharist

**Mon 27<sup>th</sup>** 1-3pm Craft and Chat with Glennis

**Thu 30<sup>th</sup>** 10am Holy Communion in the Vestry

## **APRIL 2017**

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**Sun 2<sup>nd</sup>** Passion Sunday (Fifth Sunday of Lent)

9.15am Holy Communion (said)

10.30am Sung Eucharist

3pm Service at Lillyburn

## **Fair Trade**



St Cyprian's is a Fair Trade Church and is therefore committed to using Fair Trade products wherever practical. We also run a fair trade stall, but because so much Fair Trade produce can be purchased in our local shops and supermarkets, we have now reduced the frequency. The next stalls will coincide with the Easter Festival.

# Sunday Duty Rota

Date	9.15 am				10.30 am				Counting
	Server	Crucifer	Server	Old Testament	New Testament	Intercessions	Sides Persons	Coffee	
5 Feb	Sally Hadden	Paul Hindle	Adrian Clark	Maxine Gow	Anne Carswell	Mary Boyd	Kevin Wilbraham & Maxine Gow	Kathryn Potts	Paul Hindle & Adrian Clark
12 Feb	Adrian Clark	Jackie Barker	Mary Haigh	Kevin Wilbraham	Kathryn Potts	Mary Haigh	Eileen Ferry & Andy Robb	Eileen Ferry	Paulene Scarlett & Gavin Boyd
19 Feb	Bill Watt	Adrian Clark	Paul Hindle	Gavin Boyd	Janet Faughay	Maxine Gow	Gavin Boyd & Jill Taylor	Aileen Mundy	Avril Critchlow & Jacqui Stother
26 Feb	Adrian Clark	Paul Hindle	Jackie Barker	David Taylor	Jacqui Stother	Gavin Boyd	Eileen Ferry & Maxine Gow	Jackie Barker	Kevin Wilbraham & Janet Faughay
5 Mar	Bill Watt	Jackie Barker	Adrian Clark	Mary Boyd	Eileen Ferry	Jacqui Stother	David Taylor & Kevin Wilbraham	Maxine Gow	Judith Beastall & Paul Hindle
12 Mar	Adrian Clark	Adrian Clark	Paul Hindle	Jill Taylor	Maxine Gow	Mary Haigh	Andy Robb & Jill Taylor	Anne & George Carswell	Gavin Boyd & Avril Critchlow
19 Mar	Sally Hadden	Paul Hindle	Jackie Barker	Kathryn Potts	Kevin Wilbraham	Aileen Mundy	Maxine Gow & Gavin Boyd	Jill Taylor	Eileen Ferry & Paulene Scarlett
26 Mar	Bill Watt	Sally Hadden	Adrian Clark	Anne Carswell	Adrian Clark	Mary Boyd	Kevin Wilbraham & Andy Robb	Mary & Gavin Boyd	Jill Taylor & Janet Faughay
2 Apr	Bill Watt	Adrian Clark	Paul Hindle	Janet Faughay	Gavin Boyd	Maxine Gow	Jill Taylor & Maxine Gow	Avril Critchlow	Kevin Wilbraham & Judith Beastall

If you change duty with another person, please update the rotas posted in the Hall Vestibule and at the back of the Church