

CYPRIAN *Life*



He lets me rest in fields of green grass
and leads me to quiet pools of fresh water. He gives me new strength.
Psalm 23:2,3a

The Magazine of St Cyprian's Church Lenzie July/August 2007

Scottish Episcopal Church Diocese of Glasgow & Galloway

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**The News Magazine of
St. Cyprian's Church,
Beech Road, Lenzie, Glasgow. G66 4HN**

*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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Summer Blues

By the time we get to this point in the year, most people are in need of a holiday. They're tired, they could do with some sunshine and they'd love a break from their usual routine.

In the busy, demanding world in which we live, a holiday can provide a welcome respite from responsibility and enable us to be restored and renewed in body, mind and Spirit. So much so, that when we return home, we both look and feel different, ready to face the challenge of the season that lies ahead.

That is, of course, provided the holiday works out okay, there are no major transport difficulties, accommodation problems or family crises. If it all goes well, it can make a world of difference restoring our energy levels, giving us a greater sense of perspective, helping us rejoice in being human. If it doesn't, it can be disastrous and we can get back even more worn out than we were before we left.

I do hope that your holiday plans work out well and that you do benefit from some "downtime". Even if circumstances don't allow you

to get away, try to create some time and space for rest and relaxation.

You may be amazed to learn that even the Lord Jesus didn't work 24/7. He wasn't always proclaiming the Kingdom, feeding the multitude or engaging with those around him. He spent time with his family. He "bunked off" with his friends, he had time on his own. For him these occasions were restorative and renewing, enabling him to carry out the tasks the Father had given to him—the tasks that led to the restoration and renewal of the whole world.

Those self-same occasions can be restorative and renewing for us as well. They can enable us to carry out the tasks that God our Father has given us—they can help us rediscover the energy and insight to proclaim the Kingdom, feed the multitude and engage with those around us. They can help us be an Easter People with "Alleluia" as our song.

So enjoy the summer, rejoice in all the good things God has given us and be thankful.

Revd Canon Tom Montgomery
St. Margaret's, Newlands

Monthly Prayer Corner

Over the summer please pray especially for:

African members recently admitted to the MU in Glasgow who hope to start their own branch.

The eleven priests recently ordained in the Diocese of Gothenburg as they continue their journey in ministry.

Everyone at St Bartholomew's, Gourrock, as they celebrate their 150th Anniversary the weekend of 24th-26th August.

Magazine Deadline

The next issue of *Cyprian Life* should be available on Sunday 2nd September. Please pass notes, articles, photographs and anything else that may be of interest to other members of the congregation to the editor by 19th August in order to give time for typesetting and printing. Electronic format is preferred since this is usually quicker and more accurate.

Thank you.

Paul Hindle

Kevin ♥ Fiona



The picture shows Kevin and Fiona Wilbraham after their wedding at Dryburgh Abbey in the Borders on Saturday 21 April 2007.

We wish them every happiness in their life together.

Diocesan News

This magazine incorporates selected items from the Diocesan News. Those articles have the heading style of this item. It is published 10 times per year by the Scottish Episcopal Church, United Diocese of Glasgow & Galloway.

If you would like to read all the available news, it can be downloaded from the diocesan website: www.episcopalglasgow.org.uk.

After seven years Marilyn Pope has decided to hang up the “DNS Editor’s Hat”. As yet a new editor has not been appointed. If you think you could help with Diocesan News, please get in touch with Revd Ali Chesworth, Convenor of the Diocesan Information and Communications Group, tel: 0141 959 3730 or

e-mail: dns@allsaints-holycross.com or c/o Glasgow & Galloway Diocesan Centre, 5 St Vincent Place, Glasgow. G1 2DH ☎ 0141 221 5720/2694. Any copy for the next issue can also be sent to Ali who will forward it to the new editor. The deadline is Monday 13th August 2007.

I would also like to encourage members of the congregation to 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.

The views expressed in Cyprian Life and the Diocesan News are not necessarily those of the Editor of either publication or the Diocesan Information and Communications Group.

Paul Hindle



mothers union
Christian care for families worldwide

New African Branch in Glasgow

At the recent MU Festival service in Bearsden the MU in Glasgow & Galloway was delighted to admit 11 new members who come from many different countries within Africa.

They are hoping to start a new branch with the help of their minister Revd. Lucas Njenga. Their church is affiliated with the Anglican church (at present they worship in Glasgow Caledonian University) and they run the 'Chat House' in Maryhill Road, a prayer and Christian outreach centre. Their choir lifted our worship and the spectacle of everyone in their national dresses



Hilary Moran

New Branch for St Cyprian's?



As reported last time, the Vestry has agreed to explore whether we might establish a branch at St Cyprian's. As part of this process, on Monday 14th May, there was an evening of fun and fellowship led by Enid and Geoff.

The display shown here symbolises the worldwide nature and work of the MU. It is now has branches in 78 countries and has 3.6 million members. A diverse range of MU projects meet the needs of individuals and families every day and MU policy work challenges root causes of injustice. All MU work is underpinned by members Christian faith.

Please let Enid know if you are interested.

My Dad

This is a tribute to Ben Bently written and read at his Memorial Service on 29 June 2007 by his son John. Our prayers remain with Pam and the family at this time of sadness and yet celebration of the life of a person who has been a positive influence in so many other lives.

You would squeeze out my tiny hands, saying your fingernails aren't dirty they're black and wooden nail brush them back to pink.

My earliest memories are you at your paper engrossed, me drawing, mum tinkling the crockery ivories up at the sink.

Cold cold the cheek I brush with one last warm kiss in the chapel of rest, dressed in your newest of socks and your old Sunday best. My father my son, his own future children somehow and all of the forefather fathers before us till now. What is there left of my father and quite what has gone? I'll be one day myself in that box with my son looking on.

It's not just the memories left behind tho; not just that flesh of my flesh stuff either, it's who you were in the world and how you changed it subtly with your life, like in science fiction when you travel back in time and stand on a blade of grass and when you return Neil Kinnock was prime minister after all?

Music you gave us;

music in your heart stole away the bleakness of those post war years. Got you out of the war and into your life and away from the pain of your childhood: Mother dying when you were eight in India and you back in the grandparents bakery in Dover, short trousers little suitcase, evacuee, train steaming to be off, no mother to wipe away the tears or wave goodbye or wait for you or write you letters of



love.

After that start you knew what you wanted in a wife. Married my mum when she was only a girl and stayed with her all of your life.

First car grey Austin Cambridge Germany 1964 red leather seats smelt of England far away somehow, damp sandwiches tomato and chicken paste. Dripping butties, bubble toad and stew; in those days nothing went to waste, yesterday's bread made into sweetest pudding in the land of make and do.

Military 'tache black to grey to white over the years, a million crosswords done and dusted in your delicate mind traipsing all over the shrivelling empire carrying home in your heart always, your family. So many uniforms to be smart in: you could darn a sock, tho you couldnae boil an egg, but lickspit a shoe till it shone your nose and pop a tune down in cryptic squiggles like it was that simple, decoding all the aural universe into subtle sucks and blows.

Punishment: a disapproving look.

My mum the lady with the Bendy Stick. After shave in your coffee April fools day

your favourite trick. Nervously, we would await your daily jest; a bowl of custard on my brothers head without warning; pretend thrashings, you would steal my Beano every Thursday morning. Those stories you told us at bedtime that went on forever, Mowbley and Dick, ride a cock horse on your knee and the mouse from a handkerchief trick.

Watching you on stage in charge of all that brass and noise, conducting energy and re-employing hither and thither sounds and swells, swiping time with your white stick would make me cry with pride and the pure joy of sound and I'm still like that when I listen to music.

Open minded and accepting of people no matter what, unless they were jumped up or social climbing or talking rubbish, then a

withering ignoral beating, a silent retreat into crosswordland.

Even at the end, suffering so much so uncomplainingly, thrice weekly dialysis and a fridgeload of drugs, he kept his back straight and a twinkle in his eye; knowing more than anyone I've ever met what not to say. How to suffer, how to sing taught me black and white and grey.

At our last meeting I held my father tight as he retched and plumped the pillow holding up his weary head, shared a joke and kissed his brow as we all see you later said, but I could feel all the care and worry passing into dust; answers vague with the mist of memories of far away.

The hovering nurses politely disappeared when I said goodbye to my father today

Dear Friends at St. Cyprian's,

I would like to say thank you to all those who acknowledged and treated Bernard with kindness and respect during his illness. And a thank you from me for all the sympathy and concern shown to me after Bernard's death.

His life was complete and it would have been unkind and selfish of me to ask him to stay any longer.

His funeral service was a true Celebration of His Life. The church looked even more lovely with all the floral decorations. I have had many comments from the mourners who do not normally attend St. Cyprian's saying, "What a welcoming beautiful church it is." Bernard and myself have attended St. Cyprian's ever since we moved 'North of the Border' 33 years ago; I shall continue to do so.

I take this opportunity to say another special thank you to Geoff for conducting Bernard's funeral service with efficiency,



kindness and sympathy. Also thank you to all those who attended to pay their respects to my husband.

Yours sincerely,

Audrey Groom

Strawberry Fayre

The Fayre held on 23rd June was voted a great success despite the weather making strawberries rather more scarce than would be expected at this time of year.

The pictures provided by Moira Jamieson give a flavour of the day's happenings.



Above: who's that with the purr-fect face—Dorothy Paterson of course!



Right:
"I'll just have one more!"

Right: the chocolate fountain—a great source of amusement.



Left: The Teddy Raffle



Family Barbecue

It was a beautiful evening on Friday 1st June when this event was held (was it the first and last for June this year?). As we had hoped, a number of people from beyond the congregation came along to enjoy the food and fellowship.

There was ample evidence that lots of cooks (right) do not spoil the broth or anything else! Our cover photograph also comes from the barbecue. A big thank you to all those involved.



Members of St Cyprian's raised a total of £777.98 in the door to door collections taken during May. The "Lenzie churches together" Christian Aid coffee morning held in St Cyprian's on 16th May, gathered £405.40. The Traidcraft stall held during Christian Aid Week raised £93.75.

Earlier in the year, in March, the Spring Fair held at St Mary's church hall raised £3,037, a tremendous total.

The picture above shows a scene from the tree planting that took place in Woodhead Park on 6 May. This fits in with the theme of this years Christian Aid Week and also marked the retirement of Arthur Aked (centre pointing) as local organiser.

Many, many thanks to all those who contributed to the success of these events. It makes a real difference to people living in poor communities throughout the world.



Eileen Ferry

Lenzie Churches' Holiday Club

**6th to 10th
August 2007
2 - 4pm**

The Lenzie Churches' Holiday Club is organised by volunteers from the three Lenzie Churches and meets during the last full week before the children go back to school after the summer break.

The club is based at Lenzie Union Parish Church New Hall and is open to **all** children who will have just completed, in June, any of the school years from Primary 1 to Primary 7.

The aim of the club is to provide a fast-moving, fun and action-packed holiday club programme in safe and welcoming surroundings, with leaders who care about what happens to young people.

The activities this year will follow the theme of Scripture Union's Wastewatchers. It's their latest holiday club resource only published this year. It explores the wonder of God's creation and reminds us that we should be looking after what God has made! It draws attention to the mess caused by disobeying God and helps us to celebrate how Jesus can transform our lives through what he has done for us!

The format of the afternoon is well tried and tested over the years, but it only works because lots of people are prepared to help.

If you feel you could help in any way, we would love to hear from you. Since we are



only a month away from the beginning of the week, please give me a ring as soon as possible.

We'll be preparing the decorations for the club in St Cyprian's Hall on 2nd August at 2pm. Please come along and wear old clothes—there'll be lots of paint about! There will be a briefing for all volunteers at 7.30pm that evening in Lenzie Union New Hall.

The Holiday Club is an experience not to be missed. Do come and join us. You will find it so worthwhile.

Aileen Mundy, ☎ 578 9449

NB. All club leaders over 18 years of age are required to be vetted by the Scottish Criminal Records Office.

Race for Life

This year I took a freaky and decided I wanted to do the 'Race for Life' with the 'Cally Dollies'; a group of ladies from all aspects of the University Family.

The leader of this group is Cathy Bain, the receptionist in the Britannia Building. She is holding the flag (*below*). We had raffles and the usual sponsor sheets and money from people we knew who saw us as we walked by.

Knowing I could not walk that far, I took a loan of the wheel chair within the department of health where I work.

It was so much fun with the training around the university, including an occasion when I fell down a drain and a poor Japanese gentleman who did not speak English came to help



me thinking I was disabled and in need of a wheelchair. He could not understand that I was just going too fast and lost control going down hill!.

On the day, I had three helpers

to push me on the flat. I

walked up and down the hills with the help of the wheelchair. It was so much fun being

pushed by the road side because I saw several people who knew me and they all gave me some money in retrospect.

I have managed to raise £450 for cancer research with the raffle and the collection (incidentally two of the top prizes went to my tickets). The combined *Cally Dolly* total was just over £11,000. Because of Ruth Torrance's walk, I did not push the event too much in the church, but if you, too, feel in retrospect that you could give me something for Cancer Research, I would be very grateful and so would the organisation. Thank you to all members of the congregation who did and perhaps will sponsor me. I would not have missed the event for the world.

Glennis Tavener



St Cyprian's Online

The St Cyprian's website continues to grow. We now have three pages and more are planned. The content is updated regularly so it is well worth checking out www.stcyprianslenzie.com.

This magazine and the last one are now available for download in full colour and the weekly Link service sheet is also available for the last few weeks. Kathryn Potts normally

uploads it to the website on Saturday or sometime late on Friday.

Adverts for events are also available (at least they are if someone tells me in time!) as is the rota for Sunday duties, so if you can't find your paper copy of the magazine, you can get the rotas without having to download the whole magazine.

Paul Hindle

SATURDAY 8 SEPTEMBER
2007

**GLASGOW CHRISTIAN OUTREACH
CELEBRATING**

**FREEDOM
IN CHRIST**

**Live Music
Testimonies
and more**

**"It's for freedom
that Christ
has set us free"**

Galatians 5 v 1 - Holy Bible

"STOP HUMAN TRAFFICKING"
An opportunity will be given to sign a petition

Christian Witness
**GEORGE SQUARE,
GLASGOW 2 - 6pm**

CONTACTS - Rev Lukas Njenga - 0141 945 0606, mob : 07985 505 797
Email - lukas@heartforthecity.co.uk

heart for
the city

Enid Scobie, President of M.U. Diocese of Glasgow & Galloway
0141 772 2907 Email - gscobie@ntlworld.com

People With A Mission Ministries, 28 Glasgow, Rd Perth
01738 639792 Email - office@pwamm.com

Supported by a number of Christian Churches in Scotland

Romania Today

The Lenzie Action Group of the Scottish Bible Society recently held its *Romania Today* event at St Cyprian's on 13 May. It started with a choral Evensong led by Concordia, the local ecumenical choir with Fred Gunnee at the organ.

Evensong was a completely new experience for most of the choir members, but they had practised well, so it was a lovely service.

We then adjourned to the hall for refreshments followed by a talk given by Jim McNair, East Dunbartonshire Coordinator for SBS. He had recently visited Romania so was able to give an insight into the problems facing communities there. In particular, illiteracy is a significant problem which means that written bibles are of limited use to a large proportion of the population. SBS has a project to put a Romanian bible onto Megavoice, a solar powered digital player. Jim is seen below demon-



strating the device.

Emilia Badescu (*above with Jim*) is a worker for the Romanian Bible Society. She has organised the distribution of bibles in Romania and was able to give us an idea first hand of the problems people face and how much hope the possession of a bible brings. Many have never even held one before.

It was an excellent and informative evening and I would like to thank everyone involved.

Glennis Tavener



Liturgy

In the aftermath of a General Synod, there is always something to report about Liturgy. In recent years this has nearly always been about liturgical revision and new forms of services. In 2006 the Liturgies for Baptism and Affirmation of Baptismal Faith were finally authorised after eight years of experimental use and revision. This year it was the turn of Marriage.

This has been a more difficult period of experimental use, which began in 2002, because it is probably the liturgy which is used least in our congregations. Despite this, there was a lot of comment from clergy over the years via the questionnaires and bits of the service were “tweaked” in response.

However, over this last twelve months the Liturgy came up against criticism that shocked those of us involved with Liturgy. One diocese even brought a motion to General Synod proposing that after 5 years the service was far from ready to be authorised for use in our Church. Thankfully this failed convincingly and the SEC now has the Marriage Liturgy 2007. For now that concludes the work on new liturgies—work which is carried out only at the request of the Faith and Order Board.

All the Anglican liturgy committees in these islands are now turning their attention to Liturgical Formation and you will be hearing a lot about this in the coming years. “So what is this new and exciting venture?” I hear you ask! Liturgical Formation hopes to equip members of the church to understand what liturgy does for us as individuals, as members of the Christian Community and as people called to mission. This year, members of General Synod were asked to consider a number of questions including, “What for you makes an act of worship good or bad?” and, “What ideas help you make these judgements?” More on this in the years ahead.

This year there are three main liturgical conferences at which the SEC will be represented. The international Anglican consultation meets in Palermo in August to discuss funeral liturgies, followed by *Societas Liturgica*, the international ecumenical conference, entitled “Liturgy & the Public Square”. As part of our link with the Diocese of Gothenburg a number of people from the diocese will attend a worship conference in September entitled “God in our midst”. We look forward to a sharing of ideas & resources from these worthwhile events.

Rev'd Darren McFarland
Convener, Diocesan Liturgy Network

Nexus Scotland

An exciting event for churches across Scotland organised by a new partnership between Scottish Christian Resources Exhibition and Clyde Presbyteries, from Thursday 23rd to Saturday 25th August 2007 at the SECC, Glasgow. Look out for our Diocesan MU Stand! More details at www.nexusScotland.org.

Individually Guided Retreats Scottish Churches House, Dunblane Summer 2007

**Monday 6th August—Friday 17th August
Monday 24th September
—Friday 28th September**

You are welcome to come for any number of nights during these periods. Suggested donation £35 per day (B & B and guide). More details from Alison Moody, 22 Leamington Terrace, Edinburgh, EH10 4JN, e-mail: malisonoody@hotmail.com

Bishop of Mbaise

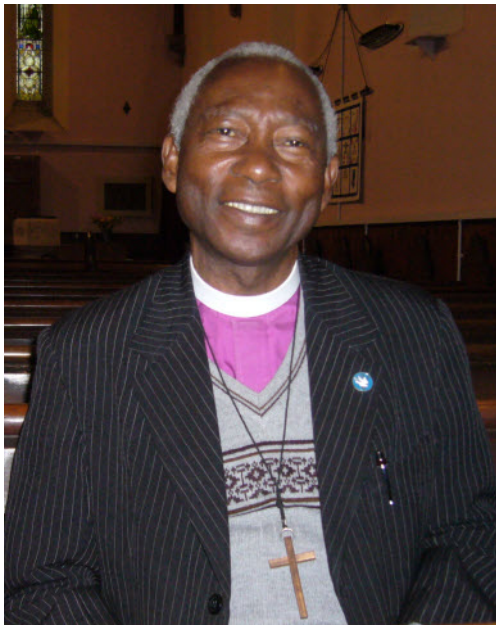
Friday 6th July saw us welcome the Rt Revd Bright Ogu, Bishop of Mbaise, Nigeria. He joined us for a special service of Evening Prayer from the new Daily Prayer Book.

In a short address, he thanked St Cyprian's for the support it had provided over the years both financially and through prayer.

The school we supported is now thriving and the diocese is prospering. The bishop even has an email address!

The Bishop was in the UK on holiday and decided he must make a particular effort to come to see St Cyprian's.

On Sunday 8th July, he will join Bishop Idris at the cathedral where he will preach. We wish the Bishop and his diocese well and thank him for taking the time to come to see us.



Education Network

Listening Skills

An evening for practising our listening to others.

St. Cyprian's, Lenzie

Wednesday 29th August 7.30 - 9pm

All welcome

Bookings by 25th August
to Judy Page, 36 Langside Drive,
Kilbarchan, Renfrewshire, PA10 2EW
Tel: 01505 703122
Email: judypage@btinternet.com

Journey in Faith

Diocesan programme of adult Christian education. We are moving round the Diocese!

Unit 1 - Worship, Bible, Prayer - will be

held on 6 consecutive Wednesdays, starting on Wednesday 19th September at Holy Trinity & St. Barnabas', Paisley and (provisional venue) Christ Church, Dalbeattie

Unit 2 - Doctrine, Church History and Models of Church to follow in the New Year

Bookings will be through the Diocesan Office and booking forms will come out soon.

Grants for Education Work

Education grants will in future be Diocesan rather than Provincial

For policy, guidelines and an application form, please contact Judy Page, (address, telephone & email as above), to whom applications should also be addressed

Applications must be received by Monday 10th September 2007.

Diocesan Visit to Gothenburg

Between 4th and 7th May 2007 a group from our diocese, including our own Glennis Tavener, travelled to Sweden to strengthen the ties between Diocese Glasgow and Galloway and the Lutheran Diocese of Gothenburg. Edith Thorp, Convenor of the Diocesan Spirituality Group was also a member of the party and wrote the following article for the June Diocesan News:

Eight of us travelled together. The purpose of the visit was to be part of the Celebration of their 70th Anniversary of the Diocesan Conference and Youth Centre. Set in isolation along a wooded inlet it had accommodation for 220 people. Opened as a Christian Youth Hostel, it has developed over the years into an hotel like complex that is used for conferences as well as its programme for 6,000 young people each year. Each young person goes for two separate weeks and a weekend as part of their preparation for Confirmation! The Bishop of Gothenburg's vision is to develop the centre to include the facility for running retreats. The reason why we were there was to share our experience of retreats. However, the opportunity for in-depth sharing and conversation was rather overtaken by the wider celebration and little time was available.

We arrived in the early evening with hardly enough time before dinner to tell our experience of retreats. The next morning there was a celebration of the Eucharist at which Bishop Idris presided. The service was all very familiar and the Diocese had been influenced in the 1980s by the work of David Watson at St Michael le Belfry, York, so that some of the hymns we knew, although in Swedish. After a break for coffee and refreshments, we returned for speeches in Swedish! We had an able translator and the focus was on the history of the Centre. After a break Bishop Carl Axel

gave his vision of the development of the Centre. I understand that some of what he said was influenced by what he had heard from our group.

After a celebratory lunch our individual hosts took us to their homes for two nights. Shelley Marsh and I travelled south of Gothenburg to a small town on the coast and were made most welcome in the home of the Diocesan Publicity Officer and his wife, a Deacon in the Diocese. Church on Sunday morning was different! Family service led by the youth worker making a cake; happy clappy songs and a very relaxed atmosphere!

We returned to the Diocesan Centre in down town Gothenburg on Monday morning where we were met and taken on a sight seeing trip round the city. A city built because of trade; has a shipbuilding history, even a derelict crane as monument to that; on a river where large ships come right into its centre; where trams run and people live cheek by jowl with business.

The highlight was to discover how at home I felt in the regular worship of the Church - nothing much was different!

Edith E Thorp

The July & August edition of Diocesan News contains extracts from the Gothenburg Diocesan Newsletter and a report of a recent visit by members of our diocese to attend the ordination of 11 new priests. Our dean, Very Revd. Gregor Duncan read the Gospel (in English) and took part in the laying on of hands. One of the priests ordained is due to have a placement at his church, St Ninian's Pollokshields early next year. The whole text of the articles can be downloaded from the diocesan website www.episcopalglasgow.org or you can ask Paul Hindle to print a copy for you—email him on magazine@stcyprianslenzie.com or phone 0141 776 3237.

World Religions 4:

With about 365 million followers (6% of the world's population) Buddhism is the fourth largest religion in the world. It was founded in Northern India in the sixth century BC by the first known Buddha, Siddhartha Gautama.

Buddhism is divided into a number of different traditions. However, most traditions share a common set of fundamental beliefs.

One fundamental belief of Buddhism is often referred to as reincarnation—the concept that people are reborn after dying. In fact, most individuals are believed to go through many cycles of birth, living, death and rebirth. A practicing Buddhist differentiates between the concepts of rebirth and reincarnation. In reincarnation, the individual may recur repeatedly. In rebirth, a person does not necessarily return to Earth as the same entity ever again.

After many such cycles, if a person releases their attachment to desire and the self, they can attain Nirvana. This is a state of liberation and freedom from suffering.

The religion could be described as having two principles, the Four Noble Truths and the Eightfold Path.

The Buddha's Four Noble Truths explore human suffering. They may be described (somewhat simplistically) as:

Dukkha: Suffering exists: (Suffering is real and almost universal. Suffering has many causes: loss, sickness, pain, failure, the impermanence of pleasure.)

Samudaya: There is a cause for suffering. (It is the desire to have and control things. It can take many forms: craving of sensual pleasures; the desire for fame; the desire to avoid unpleasant sensations, like fear, anger or jealousy.)

Nirodha: There is an end to suffering. (Suffering ceases with the final liberation of Nirvana (a.k.a. Nibbana). The mind experienc-

es complete freedom, liberation and non-attachment. It lets go of any desire or craving.)

Magga: In order to end suffering, you must follow the Eightfold Path.

The Buddha's Eightfold Path consists of:

Panna: Discernment, wisdom:

- 1 *Samma ditthi* Right Understanding of the Four Noble Truths
- 2 *Samma sankappa*: Right thinking; following the right path in life

Sila: Virtue, morality:

- 3 *Samma vaca*: Right speech: no lying, criticism, condemning, gossip, harsh language
- 4 *Samma kammanta*: Right conduct by following the Five Precepts—see below
- 5 *Samma ajiva*: Right livelihood; support yourself without harming others

Samadhi: Concentration, meditation:

- 6 *Samma vayama*: Right Effort: promote good thoughts; conquer evil thoughts
- 7 *Samma sati*: Right Mindfulness: Become aware of your body, mind and feelings
- 8 *Samma samadhi*: Right Concentration: Meditate to achieve a higher state of consciousness

The Five Precepts are rules to live by:

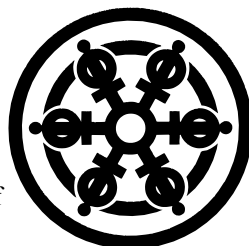
Do not kill. This is sometimes translated as “not harming” or an absence of violence.

Do not steal. This is generally includes the avoidance of fraud and economic exploitation.

Do not lie. This is sometimes interpreted as including name calling, gossip, etc.

Do not misuse sex. For monks and nuns, this means being completely celibate. For the laity, adultery is forbidden, along with any sexual harassment or exploitation.

Do not consume alcohol or other drugs or indulge in any activity that clouds the mind.



BUDDHISM

Anglican & Diocesan Cycle of Prayer

Sunday 1st July

ANGLICAN

The Anglican Church of Canada and their recently elected 13th Primate, Bishop Fred Hiltz of Nova Scotia and Prince Edward Island.

DIOCESAN

St Columba's Church in Clydebank and the Rev Allan Boyd

All Saint's in Bearsden, St Andrew's in Milngavie and Rev Kenneth Roach and Rev Donald Jute

DAILY PRAYERS

- 2nd For an end to the violence in Iraq
- 3rd For the wisdom and integrity of the new British Cabinet at Westminster (Thomas, Apostle)
- 4th For the wisdom and integrity of the United States Government
- 5th For Madeleine McCann, her parents and family
- 6th For an end to slavery and human trafficking across the world
- 7th For the continued good work of "Childline"

Sunday 8th July

ANGLICAN

The Diocese of Polynesia in New Zealand and The Most Revd Jabez Leslie Bryce: Bishop for the Diocese of Polynesia in New Zealand - The Rt Revd Winston Halapua: Polynesia - Vanua Levu and Taveuni and The Rt Revd Apimeleki Nadoki Qiliho: Polynesia - Viti Leu West and The Rt Revd Gabriel Sharma

DIOCESAN

All Saints, Jordanhill with Holy Cross, Knightswood and the Rev Ali Chesworth; also for Church in Society and its convener the Revd Ian Barcroft

DAILY PRAYERS

- 9th For the work of the Glasgow City Mission
- 10th For an end to homelessness in Scotland

- 11th For those affected by extreme poverty
- 12th For true and lasting peace throughout Ireland and Eire
- 13th For hospital chaplaincy teams
- 14th For our stewardship of the creation, for care of our environment

Sunday 15th July

ANGLICAN

The Most Revd Ignacio Capuyan Soliba, Prime Bishop of the Episcopal Church in the Philippines and the National Evangelism Officer of the Philippines, The Rt Revd Miguel Paredes Yamoyam

DIOCESAN

St Ninian's Church in Pollokshields and our Dean, the Very Revd Gregor Duncan, the Rev Dr Eamonn Rodgers and Mr Paul Whitton. Also St Oswald's in King's Park and the Rev Isabel Dowlen

DAILY PRAYERS

- 16th For those struggling with the isolation of mental illness
- 17th For those in the grip of depression
- 18th For the work of Cancer Research UK
- 19th For prisoners and prison officers at Low Moss Prison
- 20th For support and understanding for those newly released from prison to enable a fresh beginning
- 21st For leaders and participants preparing for the two SEC Youth Weeks at Glenalmond this summer

Sunday 22nd July

ANGLICAN

Raiwind in Pakistan and The Rt Revd Samuel Azariah

DIOCESAN

St Margaret's Newlands and the Revds Canon Tom Montgomery and Paul Romano. Also St Aidan's in Clarkston with the Revds Paul

Fletcher and Colin Curtis. Also the Church of the Good Shepherd and Ascension, Hillington and the Revd John Lyon

Daily Prayers

- 23rd For devotion to our Lord, Jesus Christ (Mary Magdalene)
- 24th For pastoral visitors and ministers of the sacrament
- 25th For boldness in speaking of God's love for all people (James, Apostle)
- 26th For all those acting as care attendants to the old and infirm
- 27th For all those affected by Alzheimer disease and dementia
- 28th For effective support for victims of alcohol addiction

Sunday 29th July

ANGLICAN

The Diocese of Rhode Island in Province I in the USA and their Bishop The Rt Revd Gera-lyn Wolf

DIOCESAN

The Diocese of Argyll & the Isles and their Bishop the Rt Revd Martin Shaw: The congregation of Christ Church, Lanark and their new priest in charge, the Revd Dan Gafvert. Also for the Church of St Paul and St John the Evangelist, Airdrie and the Rev Gordon Fyfe.

DAILY PRAYERS

- 30th For vestry members and office bearers in our congregations
- 31st For the safety of all those who are travelling by air, land or sea

AUGUST

- 1st For the Most Revd Dr Idris Jones, our Bishop and Primus
- 2nd For our twin church of St Mark's in Cheyenne, Wyoming
- 3rd For our companion dioceses of Byumba, Rwanda and Kentucky, USA
- 4th For Mrs Gill Young, our companion links convener

Sunday 5th August

ANGLICAN

The Diocese of Rochester in Province II in the USA and their Bishop The Rt Revd Jack Marston McKelvey

DIOCESAN

The congregation of St Cuthbert's Church in Cambuslang with St Andrew's, Uddingston and the Revd Dominic Ind. Also for St Mark's Church in East Kilbride and the Revd Kirstin Freeman

DAILY PRAYERS

- 6th For Aileen and the Lenzie Churches' Holiday Club leaders and helpers (The Transfiguration of the Lord)
- 7th For strength to proclaim our Christian convictions
- 8th For relief from famine and hunger in Africa
- 9th For families with a child as the "Head"
- 10th For the work of the Mothers Union and Enid Scobie
- 11th For school teachers returning after the long summer break

Sunday 12th August

ANGLICAN

The Diocese of Ruwenzori in Uganda and The Rt Revd Benezeri Kitembo

DIOCESAN

The Church of St Mary the Virgin, Hamilton and the Revds Ian Barcroft and John B M Macleod: also the Holy Trinity Church, Motherwell with St Andrew's in Wishaw and the Revd Alan Wylie

DAILY PRAYERS

- 13th For the safe return home of our visitors from Wyoming
- 14th For school pupils returning after the long summer break
- 15th For all new mothers and their firstborn child (Mary the Virgin)
- 16th For the members of the 3C's Group as

Anglican & Diocesan Cycle of Prayer (continued)

they plan their next event

- 17th For all other employees of the Education System in Scotland
- 18th For working families as they juggle finances to make ends meet

Sunday 19th August

ANGLICAN

The Diocese of Santiago in the Philippines and their Bishop, the Rt Revd Alexander A Wandag

DIOCESAN

The Most Revd Dr Idris Jones, our Bishop and Primus; our Dean, the Very Revd Gregor Duncan, and the Bishop's Staff Group; Also for St Mary's Church in Bridge of Weir with St Fillan's, Kilmacolm and the Revd Colum McGranaghan

DAILY PRAYERS

- 20th For the sanctity and continued tradition of the state of being married
- 21st For Christian homes and family life
- 22nd For Christian Stewardship and Dr Jamie Hill
- 23rd For the Prince and Princess of Wales Hospice
- 24th For those who suffer for their beliefs (Bartholemew, Apostle)
- 25th For victims of domestic violence and abuse

Sunday 26th August

ANGLICAN

The Most Revd Francis Kyung Jo Park Presiding Bishop of the Anglican Church of Korea & Bishop of Seoul

DIOCESAN

The Church of St John the Evangelist in Greenock and the Revds Drew Sheridan and Donald Orr; Also St Bartholemew's in Gourock and the

Revd Prebendary Graham Holley; St Mary the Virgin in Port Glasgow and the Revd Stephen Barrett

DAILY PRAYERS

- 27th For all those living with, and in remission from cancer
- 28th For the Diocesan Education Group and Judy Page
- 29th For the sanctity of Christian Baptism (Beheading of John the Baptist)
- 30th For the work of the Park Centre
- 31st For the 3C's Group as they prepare for the Coffee Morning at the Park Centre

SEPTEMBER

- 1st For the work of the SEC Mission and partners overseas

Sunday 2nd September

ANGLICAN

The Rt Revd Graeme Knowles, Bishop of Sodor & Man, York

DIOCESAN

The congregations and the Churches of St John's in Johnstone and St Margaret's of Scotland in Renfrew.

DAILY PRAYERS

- 3rd For all those who are physically and mentally challenged
- 4th For the people of India, For the work of Oxfam
- 5th For continued Ecumenical growth throughout Scotland
- 6th For the Diocesan Ministry Advisory Groups and Revd Peter Potter
- 7th For the General Secretary of ACTS, Brother Stephen Smyth
- 8th The birth of Mary, mother of the Lord

Sunday Readings and Readers

Trinity 4

July 1, 2007

II Kings 2:1-2, 6-14

Catherine Gunnee

Psalms 77:1-2, 11-20

Galatians 5:1, 13-25

Vivienne Provan

Luke 9:51-62

Trinity 8

July 29, 2007

Hosea 1:2-10

Gavin Boyd

Psalms 85

Colossians 2:6-15, (16-19)

Gordon Moore

Luke 11:1-13

Trinity 11

August 19, 2007

Isaiah 5:1-7

Gordon Moore

Psalms 80:1-2, 8-19

Hebrews 11:29-12:2

Moir Jamieson

Luke 12:49-56

Trinity 5

July 8, 2007

II Kings 5:1-14

Dave Parfitt

Psalms 30

Galatians 6:(1-6), 7-16

Barbara Parfitt

Luke 10:1-11, 16-20

Trinity 9

August 5, 2007

Hosea 11:1-11

Catherine Gunnee

Psalms 107:1-9, 43

Colossians 3:1-11

Enid Scobie

Luke 12:13-21

Trinity 12

August 26, 2007

Jeremiah 1:4-10

Enid Scobie

Psalms 71:1-6

Hebrews 12:18-29

Eric Parry

Luke 13:10-17

Trinity 6

July 15, 2007

Amos 7:7-17

Vivienne Provan

Psalms 82

Colossians 1:1-14

Vera Petzold

Luke 10:25-37

Trinity 10

August 12, 2007

Isaiah 1:1, 10-20

Kathryn Potts

Psalms 50:1-8, 22-23

Hebrews 11:1-3, 8-16

Dave Parfitt

Luke 12:32-40

Trinity 13

September 2, 2007

Jeremiah 2:4-13

Dave Parfitt

Psalms 81:1, 10-16

Hebrews 13:1-8, 15-16

Catherine Gunnee

Luke 14:1, 7-14

Trinity 7

July 22, 2007

Amos 8:1-12

Catherine Gunnee

Psalms 52

Colossians 1:15-28

Eric Parry

Luke 10:38-42



Kalendar

1 July	Trinity 4	9.15am Holy Communion (said) 10.30am Sung Eucharist 3pm Holy Communion at Lillyburn, Kirkintilloch
5 July (Thu)	Thomas Apostle (3rd)	10am Holy Communion in the Choir Vestry
8 July	Trinity 5	9.15am Holy Communion (said) 10.30am Sung Eucharist
12 July (Thu)		10am Holy Communion in the Choir Vestry
15 July	Trinity 6	9.15am Holy Communion (said) 10.30am Sung Eucharist
19 July (Thu)		10am Holy Communion in the Choir Vestry
22 July	St Mary Magdalene (Trinity 7)	9.15am Holy Communion (said) 10.30am Sung Eucharist
26 July (Thu)	James Apostle (25th)	10am Holy Communion in the Choir Vestry
29 July	Trinity 8	9.15am Holy Communion (said) 10.30am Sung Eucharist
2 Aug (Thu)		10am Holy Communion in the Choir Vestry
5 Aug	Trinity 9 (The Transfigura- tion (6th))	9.15am Holy Communion (said) 10.30am Sung Eucharist 3pm Holy Communion at Lillyburn, Kirkintilloch
9 Aug (Thu)		10am Holy Communion in the Choir Vestry
12 Aug	Trinity 10	9.15am Holy Communion (said) 10.30am Sung Eucharist

16 Aug (Thu)	The Blessed Virgin Mary (15th)	10am Holy Communion in the Choir Vestry
19 Aug	Trinity 11	9.15am Holy Communion (said) 10.30am Sung Eucharist
23 Aug (Thu)	Bartholomew Apostle (24th)	10am Holy Communion in the Choir Vestry
26 Aug	Trinity 12	9.15am Holy Communion (said) 10.30am Sung Eucharist
29 Aug (Wed)		7.30pm Listening Skills - a diocesan Education Action event at St Cyprian's (see page 15).
30 Aug (Thu)		10am Holy Communion in the Choir Vestry
1 Sep (Sat)		10am Coffee Morning at Park Centre, Kerr St, Kirkintilloch
2 Sep	Trinity 13	9.15am Holy Communion (said) 10.30am Sung Eucharist 3pm Holy Communion at Lillyburn, Kirkintilloch

The Link

For the latest information about events at St Cyprian's, please check the *Link* each week or our new web site at www.stcyprianslenzie.com.

The Link is now available on-line in Word format from our website under the Publications page.

If you would like to add an event to the Link and the website, please email the details to link@stcyprianslenzie.com and webmaster@stcyprianslenzie.com or phone Kathryn Potts on 0141 578 0734.

Altar Guild

1 July	Prim Parry & Eileen Ferry
8 & 15 July	Anne Carswell
22 & 29 July	Kathryn Potts & Maxine Gow
5 & 12 August	Mary Boyd & Sheila Oakes
19 & 26 August	Enid Scobie & Catherine Gunnee
2 September	Volunteer please

Sunday Duty Rota

Date	9.15 am	10.30am							Counting
		Crucifer	Server	Admin-istrants	Old Testament	New Testament	Interces-sions	Sides Persons	
1 July	Moira Jamieson	Sally Pitches	Aileen Mundy	Servers	Catherine Gunnee	Vivienne Provan	Glennis Tavener	Val Fallon & Jean Kinnon	Barbara & Dave Parfitt
8 July	Adrian Clark	Paul Hindle	Sally Pitches	Servers	Dave Parfitt	Barbara Parfitt	Moira Jamieson	Dave Parfitt & Sandy Jamieson	Audrey Groom & Val Fallon
15 July	Moira Jamieson	Adrian Clark	Paul Hindle	Servers	Vivienne Provan	Vera Petzold	Enid Scobie	Andy Robb & Glennis Tavener	Jean Kinnon & Eileen Ferry
22 July	Adrian Clark	Catherine Gunnee	Moira Jamieson	Servers	Catherine Gunnee	Eric Parry	Moira Jamieson	Jean Kinnon & Kevin Wilbraham	Avril Critchlow & Jean McConnell
29 July	Moira Jamieson	Eric Parry	Adrian Clark	Servers	Gavin Boyd	Gordon Moore	Eric Parry	Enid Scobie & Val Fallon	Val Fallon & Helen Kerr
5 Aug	Adrian Clark	Paul Hindle	Catherine Gunnee	Servers	Catherine Gunnee	Enid Scobie	Moira Jamieson	Sandy & David Jamieson	Fred & Catherine Gunnee
12 Aug	Moira Jamieson	Adrian Clark	Aileen Mundy	Servers	Kathryn Potts	Dave Parfitt	Barbara Parfitt	Kevin Wilbraham & Glennis Tavener	Kathryn Potts & Maxine Gow
19 Aug	Adrian Clark	Eric Parry	Sally Pitches	Servers	Gordon Moore	Moira Jamieson	Gavin Boyd	Enid Scobie & Andy Robb	Anne & George Carswell
26 Aug	Moira Jamieson	Sally Pitches	Moira Jamieson	Servers	Enid Scobie	Eric Parry	Glennis Tavener	Val Fallon & Jean Kinnon	Paul & Pat Hindle
2 Sept	Adrian Clark	Eric Parry	Catherine Gunnee	Servers	Dave Parfitt	Catherine Gunnee	Moira Jamieson	Dave Parfitt & Sandy Jamieson	Barbara & Dave Parfitt

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