

the Link

the magazine of morningside united church
early-Summer 2009



It's Summer Time, and a group of MUC members enjoy a cup of coffee and a blether!



And Jeff and Isabel show how even a Church Trip in the rain can be fun!

The Garleton Singers gave a great Concert in MUC with proceeds going to our nominated charity, 500 miles.



Olivia Giles welcomes Chris Oliver, Stephen Doughty of the Singers, Alexander McCall Smith and Chick Lyall (pianist)



YOUR CHURCH ON THE WEB!

www.morningsideunitedchurch.org.uk



a letter from Frances

Dear friends,

An American colleague recently asked me if I was sad to be leaving Scotland. “Are you kidding?” I replied. “Have you ever been to Scotland? It is the most beautiful place in the world! And Edinburgh is probably the best city I will ever live in.” It is true. Zach and I have really loved having our first home here, and MUC has been a large part of that.

While facing the logistics of a transatlantic move, we are looking forward to a bit of a holiday. When we fly back on the 4th of July (our own personal independence day) we will be spending some time with each of our families in Philadelphia and Oklahoma. We hope that over those weeks I will start to get leads on church posts. We will keep you up to date when we do finally settle down. If it is some place sunny, John has suggested an MUC pilgrimage to come and visit!

How does one begin to say good-bye? I have had a wonderful time serving you over these two years. You have shared your lives with me, welcomed me into your homes and even endured my funny accent! I delightfully enjoyed the richness of visiting the care homes and older peoples ministry. Many friendships and caring relationships flourished with young and old. I have learned about my own Presbyterian tradition in Scotland and have grown as a person and as a minister. John has been an encouraging colleague and mentor and a caring presence for me and the church. It has been an absolute privilege to have walked alongside you all.

Two years is too short a time! That is all there is to it. Let us not think of this as good-bye, as the cliché goes, but au revoir. Until we meet again!

Frances W Rosenau

MINISTRY TEAM

Minister: Revd John R Smith, MA BD

Associate Minister: Revd Frances W Rosenau, BA MDiv

Associate Minister: Revd Fran Ruthven, BA MDiv MTh

- plus ALL the members of Morningside United Church!

If I wanted to pick out the highlights of the last twelve months.....
(in no order whatsoever)

- A helpful Kirk Session conference in the Gillis Centre
- A great Pray Day at Carberry
- Our church trip to Avignon and Provence
- Sending Ellie Bate to work with Scripture Union
- The youth group bathed in sun on Iona
- We thanked Etta for being, and Yvonne for becoming, Pastoral Care Convener
- The children enchanted us with their Nativity Play
- We sent-off Mark Taylor to the WCC in Geneva
- Stephen Manders was called to Nairn
- Paul Nimmo was given a Templeton Award for his book on Barth
- We had a very full "Bring a Friend to Church" Sunday
- Morningside United Church Football team WON THE CUP in the East of Scotland League
- We thanked Mark for being, and Jim for becoming, Church Treasurer
- A great Fairtrade breakfast
- We adopted "500 miles" as our charity for this year
- We said goodbye to Anne as Church Officer
- We walked at Nunraw, worshipped through Holy Week and saw Easter dawn from Blackford Hill
- We enjoyed an amazing concert by the Garleton Singers
- And had an extremely good Christian Aid book sale
- And the young members went to Lindisfarne
- And some walked there.....
- And we welcomed and inducted Fran
- And 9,600 unique visitors visited our website
- And..... add your own special time!

I'm exhausted just thinking about it. Thanks to all those who made such a busy, faithful year happen. All those who work for the congregation in so many different ways. My special thanks to the core team – colleague ministers, officers and conveners, organist, youth and church school....all the loyal band. To Beryl and Dorothea who turn a lot of my outpouring into paper. In fact to every single MUC person for making the journey with us. And thanks too, and welcome to Fran as she joins the team.

Goodbyes are tough! Not lost for words too often, I find it hard to express how Frances has enhanced and shaped my ministry. Her two years as Associate have been just amazing. I hope when we part on the 28 June it will be a case of "au revoir". But actually it is more a moment for that other French farewell phrase "Adieu" – "to God", then, with a prayer that God will richly bless, guide and protect you, Frances, in all the years to come.

MINISTER'S REPORT

Saughtonhall Drama Group
presents

Alan Cochrane' s Edinburgh comedy

**Hatches, Matches
&
Dispatches**

Re-living 1924 rivalry between Leith and Edinburgh

**Monday 10th to Saturday 15th
August 2009**

7.30pm, plus 2.30pm Saturday matinee

Tickets: £7.00 (£6.00).

E: www.edfringe.com or www.saughtonhall.com

Tel: 0131 539 0491

**fringe
venue
273**

Saughtonhall
United Reformed Church
Saughtonhall Drive
EH12 5TR

Saughtonhall Drama Group is a member of The Scottish Community Drama Association

An amateur production. Picture 'The first tram from Leith to Edinburgh' © Lothian Buses



Moderator Visits!

The Moderator of the General Assembly of the URC, Revd John Marsh, paid a visit to Edinburgh in May. John Smith showed him round the Granton Waterfront Project - and here Tom Murray (of East Link URC), Norman Smith (Church of Scotland minister in Granton), and John Marsh (on right) survey the scene.

Be The Change Symposium Edinburgh - by Lucy Hunter

These last few hot and lovely days aside, it is hard for us here in Edinburgh to take to heart any news coming our way about global warming or impending climate chaos. In Morningside our traditionally sedate part of town issues of social justice seem not to impinge. That the petrol we put in our car and which drives our economy may have been extracted from a developing country which leaves the local people water contaminated by oil spills and gas flares polluting the atmosphere seems hardly our business.

Even the solutions - in this case biofuel continues to exploit. Vast tracts of land which once grew food for the local people were commandeered to grow biofuel for our consumption.

How is it possible we have allowed this world to be? What part have we paid in its creation and is it possible by changing our assumptions we can also change our world?

These are the questions at the heart of Be The Change Symposium. It is a grass root movement of volunteers from all walks of life who stand for a new possibility for the future: an environmentally sustainable, spiritually fulfilling and socially just human presence on this planet.

If you would like to know more you can go to www.bethechange.org.uk where a short video will give you more a flavour of the event.

The Edinburgh Symposium took place on 14th June. You can find out more about how it all went and what is planned next by visiting the web-site or speaking to Lucy Hunter. (447 4725)



This is the Morningside United Church Outing - and you WILL enjoy yourself!!!



eco- congregation Scotland

The Churches' Environmental Programme

Module 1

Church Check-Up

An aid to identifying a church's current environmental practice and developing priorities for action



Eco-Congregation Scotland is delivered by a partnership between Keep Scotland Beautiful and the Society, Religion and Technology Project (SRT) of the Church of Scotland. It is endorsed by Action of Churches Together in Scotland (ACTS).

WHAT ON EARTH....?

MUC's eco-congregation status will be the subject of a discussion at the Church Meeting in June (past by the time you read this [LINK](#)).

A group has been working on the implications of the Audit paper highlighted opposite. They are proposing three actions on our way to becoming an eco-congregation!

- 1) Develop a food club to bring together local producers and people here in Morningside
- 2) Take on the instruction of the Church of Scotland General Assembly to reduce our carbon footprint by 5% per annum
- 3) Explore the feasibility of having a flexible space in the north-east corner of the church possibly to be used for different purposes through the year.

HOW MANY TONS OF CARBON DOES MUC PRODUCE EACH YEAR? ANY GUESSES? (Answer next issue!)

GENERAL ASSEMBLY “INSTRUCTS” 5% Carbon Cut

A fringe meeting was hosted by the Church and Society Council, the General Trustees and Eco-Congregation Scotland was hosted on the last day of the General Assembly in Edinburgh. The meeting was attended by about 150 people representing the length and breadth of congregations across Scotland. Everyone was interested in finding out the best way to calculate the carbon footprint of their church.

This increased interest was in response to the decision of the General Assembly on Friday 25th of May to instruct all presbyteries to reduce the carbon footprint of their congregations by 5% every year. This means that in a very short time, all congregations across Scotland, will effectively be interested in becoming Eco-Congregations and looking actively for ways to reduce their carbon footprint.

Adrian Shaw, Climate Change Project officer has developed the following information.

Step 1. Monitor your Energy Use

How many units of electricity (kilowatt hours) did you use?

If you have gas, how many cubic metres of gas did you use?

If you use heating oil how many litres of oil?

Step 2. Work out the Footprint of your Church Buildings

When you have gathered the information from your fuel bills you need a calculator to work out your carbon footprint. There is a carbon calculator available on the eco-congregation website.

Step 3. Make a commitment to reduce this total by 5% every year.

It seems daunting, but, support is at hand!

Cycling back to fitness

Mr Christopher Oliver is a specialist Trauma and Orthopaedic Surgeon at The Royal Infirmary of Edinburgh in Scotland. His specialist interest is upper limb problems. Chris Oliver is a Member of Council of the Royal College of Surgeons of Edinburgh, and Chairman of Intercollegiate Committee for Basic Surgical Examinations. As one of the surgeons who treated Olivia Giles during her illness, he is now a major supporter of 500 MILES - our chosen charity in MUC this year. Here Chris tells his story - and offers us a chance to give him some personal support as he raises funds for 500 MILES.



Chris at 168 Kg!

In February 2007 I was the wrong side of 27 stone and was morbidly obese; my body mass index was over 53! I was really struggling at work, was desperate to lose weight, and had tried every diet. I could barely climb a flight of stairs and had severe metabolic syndrome. I decided to have an adjustable laparoscopic gastric band (lap band) placed around my stomach, which creates an upper pouch. As the name suggests, the band can be adjusted in follow-up, outpatient procedures to ensure the pouch is the right size to control weight loss, and it allows for full reversal, if needed. With this procedure, weight loss progresses steadily over a two-to-three year period and then stabilizes. The final result is usually a loss of between 50 and 60% of the excess weight. I wrote my living will and then “went for it”.

The lap band has radically changed my life. Weight loss surgery is not for everybody. Now, just over two years later, I have lost over ten stone in weight and am back to a reasonable weight and a high level of physical activity. The stomach pouch is about the size of a banana. If I eat too much I will be sick: I do not eat bread and rice, and my diet has changed to a fish more than a meat type one. My waist has decreased from 56 to 40 inches (142 to 102 cm) and I have progressed through a dynasty of trousers. I was fortunate to have had no postoperative complications. After surgery I had three weeks at home to recover. I had a deep reflective period and decided how I was going to live my life.



Chris at 113 Kg

I set myself a number of targets. One was to exercise as I had as a medical student. I have now returned to cycling and white-water kayaking. I have completed three triathlons and have learned how to scuba dive. To get back into cycling I progressed through TryCycling In Edinburgh (<http://www.trycyclinginedinburgh.org.uk>), 20 Milers (<http://20milers.blogspot.com>) and the longer Spokes Rides (<http://www.cycling-edinburgh.org.uk>). Competing in the Edinburgh New Year's Day Triathlon was interesting - finishing last the first year

and in a better position this year. I have done Pedal For Scotland (<http://pedalforscotland.org>) the last two years and Edinburgh St Andrews Runs as personal challenges.

This year I also competed and finished in the Etape Caledonia my first big cycle race but was annoyingly punctured twice! I would really like to thank Edinburgh cycle leaders like; Maggie Wynn, Neil Robertson, Mike Lewis and Stuart Threlfall whom have inspired me to get back cycling again. In 2010 I am booked to go white-water kayaking on the Dudh Kosi paddling down Everest.

As a very public figure as a consultant trauma orthopaedic surgeon at the Royal Infirmary of Edinburgh, coping with the lap band has been very interesting. My patients no longer recognize me! I decided from the outset that I would tell everyone about my experience. I wrote a blog (www.christopheroliver.blogspot.com), which has become a tool for self-reflection and education. I get many visits from lap band patients all over the world. The British media has written a number of articles about me, which has spurred me on even further.

I was one of the trauma surgeons who treated Edinburgh lawyer Olivia Giles, who lost both her hands and feet due to meningitis. In 2009 I'm going to cycle almost 1000 miles (1600 km) across the United Kingdom from Lands Ends to John O'Groats to raise money for Olivia's charity, 500 Miles FlySpec.

It's a service that takes free orthopaedic, plastic, and reconstructive surgery, principally by air, to amputees and disabled persons in rural communities in Zambia. I could never have contemplated doing this before my surgery and cycling. To support me on the 500 Miles Fly Spec cycle, please go to:

<http://www.justgiving.com/chrisoliver500>



Chris on left, with MUC's Olivia Giles and friends at the Garleton Singers Concert in church which raised over £900 for 500 MILES.

LINK NEWS

The next edition of LINK will be the late-summer one. This will cover the end of August and September - so if you have anything you would like included please get it to us by 16th August! How do you do that? You can leave it in the basket in the back-corridor, post it into the office, or e-mail link@morningsideunitedchurch.org.uk

From Christine Lindner



Thank You!

I wanted to express my gratitude to everyone who supported my latest marathon endeavor. Despite the hot weather, I finished the marathon with faster time and in much better condition than expected! My goal this year was to keep smiling throughout the race, so that even if I felt horrible and hit the wall, I would do it with a smile! I think it worked!

I also surpassed my fundraising goal and collected £563.24 for the WWF-Scotland! I think that's amazing! Even with a global recession people are still willing to help the environment!

Thanks again, and I hope to see more of you out on the road next year!

This is **PORTOBELLO UNITED REFORMED CHURCH**. Soon, the building will be going out of service. This message has been received from Morag Donaldson, the Church Secretary.



**THANKSGIVING SERVICE
TUESDAY 7th OF JULY 2009 7.30PM**

The Minister, Deacons and Members would like to invite you to join us on Tuesday to give thanks for the many years of service given by this Church in the Area and beyond, since 1836. There are many reasons to be grateful to our sister Churches, our local Churches, the many preachers who ministered to us and to the many people who have crossed our threshold, to support us in worship and delivering Christ's message.

We will be happy to see as many members of the above Churches as possible to help celebrate the happy working relationship we have with each other.

Please remember car parking in Marlborough Street is in short supply. However the service is after 6.30 pm single yellow lines do not apply and parking is possible in the High Street.

Early Summer Rotas



DOOR AND COLLECTION

5 July	Mrs H. Rowbotham (445 2886) Mrs R. Shepley (447 6284)
12 July	Mrs H. Rowbotham (445 2886) Mrs J. Aitken (339 4774)
19 July	Mrs J. Burnett (229 5901) Mrs J. Aitken (339 4774)
26 July	Mrs A. Finlay (334 3223) Mrs R. Clyde (229 1737)
2 August	Mrs A. Finlay (334 3223) Mrs R. Clyde (229 1737)
9 August	Mrs H. McKenzie (229 6055) Mrs J. Burnett (229 5901)
16 August	Dr N. Brindley (221 1484) Mrs J. Ross (228 8984)

FLOWERS

5th July	Mrs M McKenzie
12th July	Mrs R Shepley
19th July	Mrs M Aitken
26th July	Mrs P Carmichael
2nd August	Mrs J Snow
9th August	Mrs M Smith
16th August	Mrs L Hunter

SOUND

Bill McLeish
Mike Hall
Max Allan
Jim Armstrong
Bill McLeish
Max Allan
Jim Armstrong

CRECHE

5th July	Maggie McKenzie (229 6055)	Dorothea Nelson (447 2234)
12th	Alice Remijnsen-Turk (228 1536)	Victoria Massimo (225 2728)
19th	Anna Annen (221 0074)	Elizabeth McGregor (229 4621)
26th	Christine Farish (441 6923)	Rebecca Jones (551 4400)
2nd Aug	Carolyn Macpherson (447 7204)	Yvonne Burnett (229 5901)
9th	Sarah Scott (447 2759)	Jenny Hall (466 0161)
16th	Jan Ambrose (228 4862)	Alison Stephen (447 1246)

COFFEE DUTY during July - Dist 5 Yvonne Burnett
during August - Dist 6 Jennifer Gruber



DURING JULY AND AUGUST.....

A shorter Order of Morning Worship is at 10.30 am

Tea and Coffee is served afterwards

There is a Crèche available

And Communion is as normal on the last Sunday of each month.

Saturday 25th July
10am-4pm United Artists

THE ELMS

Strawberry Tea at the Elms

Saturday 25 July at 2.00 pm



FLOWER ROTA SEPTEMBER 2009 TO AUGUST 2010

Please would those kind enough to volunteer for the new flower rota from September 2009 to August 2010 give their names to Maggie McKenzie. You do not have to be an expert flower arranger. A floral arrangement, a ready made bunch of flowers from a supermarket, a small posy or pot plant - all are welcome and variety is nice. If you wish to put flowers in the Church for a special occasion, but cannot do so yourself, please ask someone else if they would arrange flowers or buy an arranged bunch for you.

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