

Spirituality offered by the Church community - open to all

Sunday Worship

Every Sunday at 11am in Church

Prayer Group

Alternate Mondays at 4pm and Fridays at noon in the Vestibule

MUC Coffee Morning

Every other Thursday between 10.30am and 12pm
in the Small Hall, from 14 April

Short courses are available on request for small groups linking
emotions with meditation:

Aramaic Prayer

Learning to use the words Jesus spoke, in Aramaic, as a form of prayer that
involves body, mind, emotion and spiritual practices.

Transforming our Struggles - Fear & Anger

Short courses available for small groups exploring the effect of
these emotions on the body and offering spiritual practices to help.

Full details available from the church:



Morningside United Church
15 Chamberlain Road, Edinburgh EH10 4DJ
Telephone: 0131 447 3152
churchoffice.muc@gmail.com
www.morningsideunitedchurch.org.uk

Charity no: SC015552

Health & well-being at
Morningside United Church

All welcome!

SPRING 2016

Monday

Zumba

Dance exercise with Nadia
9.30 to 10.30 Main Hall
edinburghzumba@hotmail.co.uk

Tai Chi for the over 50s

Healthy body, calm mind
11.00 to 12.00, Main Hall
dereksmith51@hotmail.co.uk

Pilates with Kristin Loer

Mindful Mixed Ability Class
18:30-19:30, Main Hall
www.kristinloer.com

Drama workshop

19:00-21:00, Small and Main Hall
www.anahattheatre.com
infoanahattheatre@gmail.com

Tuesday

Luna Yoga Meditation

Restorative, gentle yoga
10.00 to 11.00, Small Hall
lunayogameditation.com
lunayogameditation@gmail.com

Scots Music Group

Music & arrangements
10.00 to 12.00, Main Hall
www.scotsmusic.org

Edinburgh U3A Yoga

New members welcome
13.30 to 15.00, Main Hall
rona.nussey@btinternet.com

Morningside Healing

Safe, caring and confidential place
to receive healing prayer
in Jesus' name
16.30 to 19.30, Vestibule

Mandolin

Techniques and tunes for
playing the mandolin
18.00 to 21.00, Small Hall
www.nigelgatherer.com

Wednesday

Morningside Tai Chi

An advanced-level class of
taoist-style tai chi for
health & relaxation.
10.00 to 12.00, Main Hall

Pasda Choir

First and third
Wednesday of the month
14:00 to 15:00, Small Hall
pasda.org.uk/calendar/choir/

ERFA Renaissance Fencing

Historical European
swordsmanship
19.15 to 20.15, Main Hall
erfa.instructor@gmail.com

Edinburgh Chamber Orchestra

one of the oldest
amateur orchestras in Scotland
19.30 to 21.30, Church
<http://edinburghchamberorchestra.blogspot.co.uk/>

Thursday

Edinburgh U3A Yoga

New members welcome
10.00 to 11.30, Main Hall
rona.nussey@btinternet.com

White Jade Tai Chi

Newcomers

Gentle form of exercise originating in China
13.00 to 15.00, Main Hall
whitejade_taichi@btinternet.com

Lothian Gaelic Choir

4-part harmonic singing
Junior Choir: **19.15 to 20:15, Small Hall**
Senior Choir: **19.15 to 21.30, Main Hall**
www.lothiangaelicchoir.org.uk

Friday

Tatty Bumpkin

Fun, yoga-inspired stories to develop
movement in babies & small children.
09.30-10.15 and 10.30-11.15, Small Hall
www.tattybumpkin.com/edinburghwest

The people of this congregation welcome these groups, enhancing the vitality and diversity of our local community. We are grateful for the variety of opportunities on offer in this building, supporting health, well-being and spirituality.