

## From the Minister's Study - Advent

*"Christianity, in its purest form, is nothing more than seeing Jesus. Christian service, in its purest form is nothing more than imitating him who we see."*

Max Lucado from his book: 'God came near'.

As we enter into the annual season of Advent there is, at the heart of this season, a concept vital to the adventure of faith - that of seeing and serving Jesus. When our eyes open up to who he is and what he's calling us to be and do then all life takes on a whole new perspective. A wee bit like the transformative journey that dragonflies go on.



Many of you will have heard the wonderful story of the dragonflies that began to realise a number of their fellow water bugs were vanishing from the muddy old pond they called home. An urgent meeting of the community was held and an agreement was quickly reached that whenever any of those who remained found themselves embarking on a journey out of the pond they would return and tell the rest where they were going.

No sooner was such a decision made than one of their number found himself climbing up what turned out to be the stalk of a lily pad and before long he found himself basking on a great green leaf in the warmth of the midday sun. New tail and wings quickly followed and before he realised it he was off discovering a whole new and wonderful world!

Despite realising his commitment to return and tell the rest he soon discovered that he had entered a whole other world and as a result couldn't return to let them know.

To see things so differently is at the heart of the Advent season - that we might believe that we can see God becoming one of us in Jesus - to see that God would laugh and cry, eat and sleep, bleed and speak just like us - wow what an amazing thought and what an even more amazing discovery when we discover that we are able and invited to imitate him. Through our words, our attitudes, our actions and ways we are called to be more like Jesus - may his power and grace so become part of who you are that you soon leave behind the muddy pools of life and discover the wonderful world he has created for all who will but dare to fly.

Some famous wise men did just that some 2000 years ago - the result:

*"When they saw the star, they were overjoyed. On coming to the house where Jesus was they saw the child and they bowed down and worshipped him."* (Matthew 2 vs. 10).

Take flight this advent - you never know what you might see!



### Christmas Post 2018

31st Edinburgh (South Queensferry) Boys' Brigade will be collecting and delivering Christmas Cards in South Queensferry, Dalmeny & Kirkliston.



Collections at Queensferry Parish Church on Sunday 2nd, 9th & 16th December.

Collection point also available at QCCC Centre from 3rd - 14th December.

Deliveries from 16th December

Cost 25p per card

(Please ensure that the correct name and address are clear on each envelope).

# Mary and Martha 2018 – Sunday 9th December in QPC at 6.30 pm.

The Mary and Martha event held annually on an evening in early December is this year celebrating its 20th year.

To celebrate 20 years, we will be using reflective material and crafts drawn from previous years, which some may remember but will be new to many.

Twenty is a 'china' anniversary, so to continue the celebrations we are also planning an afternoon tea, in Dalmeny Church hall on 7th April 2019.

The Mary and Martha evening grew from an idea spearheaded by the late Sarah Macdonald, and quickly became a regular and much anticipated event in the Church calendar. In particular, in the run up to Christmas, it provides a sheltered space for women to rest from the hurly burly and demands of the increasingly secular Christmas, enjoy fellowship together and re-focus on the real meaning of Christmas.

The Martha of the Bible story is reflected with being busy. Over the years we have had a multitude of craft activities, which have included candle making, table decorations, personalised Christmas cards, and the famous poinsettia brooches, which many of our ladies wear during Advent.

The Mary of the story is reflected with a time of peace and contemplation, which has had us considering 'the advent ring', 'the Jesse tree', the senses, and the heart of the Mary and Martha story itself, among many other reflective pieces.

We begin with mulled wine and a Festive welcome, share a light supper, a time of reflection and conclude with singing some favourite carols in the sanctuary.

Invitations have been available for several weeks, but if you haven't considered attending this event before and would like to come along, please ask Janet Thomas, Nara Nisbet, Aileen Thomson or Jane Bowden.

And if you do not have a poinsettia brooch and would like one please contact June Gaw, through the Church Office 331 1100.



## Kidz Corner

An orange, a red pointy flower, and a candy cane: what do these three have in common?

Have you guessed? Each one is a Christmas symbol that can remind us about Jesus, whose birth is what we're really celebrating on this holiday.

**An orange** represents the world that God made and loves. Place a **candle** in the orange and it symbolizes the light of Jesus entering the world.

**Poinsettias** are a red flower with leaves that bloom out in the shape of a star. At Christmas we remember the Magi who followed a star to find Jesus and worship him with gifts. The legend of the poinsettia reminds us that it's not the size of the gift but the heart of the giver that matters to Jesus.

Upside down, a candy cane looks like a J for Jesus. Right side up, it is a shepherd's staff, because Jesus is like a good shepherd who takes care of us (his sheep!). The red stripes remind us that Jesus was a person, just like us, who breathed, and cried, and laughed, and even bled. His death brings us new life.

Find out more about these Christmas symbols by researching with your family.

What other Christmas symbols can you think of? Do you see any around you just now? How many can you count in your home?

### Word Search



ANGEL  
BELLS  
CANDLE  
CANDYCANE  
NATIVITY  
ORANGE  
POINSETTIA  
STAR  
TREE  
WREATH

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| F | J | L | A | G | G | S | D | X | E |
| N | A | T | I | V | I | T | Y | N | W |
| S | G | D | T | C | H | F | A | H | R |
| L | N | Y | T | C | A | C | H | A | E |
| L | E | L | E | U | Y | N | W | Q | A |
| E | R | G | S | D | G | L | D | R | T |
| B | E | G | N | A | R | O | A | L | H |
| K | G | A | I | A | B | T | R | E | E |
| P | C | N | O | L | S | A | D | Q | C |
| G | E | M | P | W | G | N | Q | W | J |



## Baby and Toddler Group

Hi and welcome to the South Queensferry Baby and Toddler Group. We are open on Wednesday and Thursday mornings 9.30 to 11.30 at the Church Hall on The Loan, SQ. Mums, Dads, Grandparents, Carers all welcome. A small fee of £2 is payable to cover snack for little ones and tea/coffee for the adults. Looking forward to seeing you soon.

We also have a pass for Almond Valley In Livingston, which lets 2 adults and up to 6 kids (or senior citizens) in for £6.

To check availability and to reserve the pass, contact the group direct.



## Jo Jingles

Hello, I am Janet Mitchell and I own the franchise for Jo Jingles West Lothian. Jo Jingles runs fun music and movement classes for children from around 3 months up to 5 years. I run classes in South Queensferry, Linlithgow, Livingston, East Calder and Uphall. At the moment I run two classes at Queensferry Parish Church on Monday mornings during term time –

**9.30-10.15am Mixed Age Class**

**10.30-11.00am Baby Class**

Each week we have a different theme to our classes, sometimes based around and using a book but always full of fun, music and lots of giggles. Children learn to share, take turns, develop a sense of rhythm and increase their self-confidence as they take part in playing on our percussion instruments and learning songs, dances and using fun props each week. Jo Jingles West Lothian has a Facebook page with lots of images and videos to show you what we get up to in class and we always aim to make every jingler feel part of our jingly family.

Janet & Jo xxx

## Teddies for Tragedies

If you would like to be involved in this initiative, patterns are available in the Teddies for Tragedies book in the lounge. For more information contact co-ordinator Norma Brown at [clairebear\\_tft@yahoo.co.uk](mailto:clairebear_tft@yahoo.co.uk)

## Christian Aid

Christian Aid's essential purpose is to expose poverty and raise awareness of injustice. Amongst other campaigns, it is at present challenging tax evasion, climate change, gender inequality and is also promoting peace-making.

## Hillstop

Drop in for tea/coffee and a chat. In December all donations will go to a charity still to be decided. We are open Monday – Friday 10.00 – 11.30 am. Hope to see you there.

## Guild

Women in the Land Army were given 2 pairs of socks as part of their uniform. At the end of the war they were expected to hand them back! I wonder how many survived 5 years of hard use. If you want to learn more fascinating facts come to the Guild talks. You learn something every time.

## ADVENTures in the Bible App

As a Discipleship Team we are always thinking of new ways to engage people with reading their bible. This Christmas season we will be running a 'virtual' bible study across the 24 days of Advent. The Bible App (by YouVerson) is available to download for free to any Apple or Android smart phone or tablet device via the app store or google play. Once downloaded the user can access the whole bible in 50 different languages and 1,771 different versions!! It can be a little overwhelming at first but the good news is every Sunday members of the Discipleship Team are on hand in church to help out. In September we ran our first bible app surgery between the two morning services and we intend to repeat this in future.

In the meantime we are exploring ways in which we might use the app to read the bible together as a church. If you would like to take part in the Bible App ADVENTure this year please add 'Rebecca Saunders' as a friend on the app and she will send you an invitation to the study at the end of November. Let's engage with God's word together!



# FAMILY FOCUS

Advent/Christmas 2018

## Light of the World

In eight years of marriage my husband and I have successfully established just one annual tradition. On the weekend following American Thanksgiving, which falls at the end of November, we decorate our Christmas tree while baking cookies, and watching the movie Elf. This marks the start of the Christmas season in our home, and the timing here is key, as I would never begin the festivities earlier.

At the risk of sounding like a Grinch, I've never understood rushing through the best season of the year in all of its autumnal goodness just to get to what can sometimes feel like Christmas chaos.

Yet when I remember the true reason for the season, that "Because of God's tender mercy, the morning light from heaven is about to break upon us, to give light to those who sit in darkness and in the shadow of death, and to guide us to the path of peace." (Luke 1:78-79) I get it. Who isn't eagerly anticipating light to break into the darkness, peace to repair the brokenness, a Saviour to make all things new? When I think of it this way, I do get swept up in the magic of the twinkly lights, a warm drink between my cold hands, the gifts given, meals shared, music played, the signs big and small of hope, peace, love, and joy, of God's presence with us, a light in our darkness.

As you and your family anticipate and experience the wonder of this Christmas season, talk about what it means that Jesus is Light, breaking through to shine throughout the world. During the time of year when the sun sets early and rises late, teachable moments about darkness and light should abound!

Additionally, included in this issue of the Family Focus is a practice you can do as a family at home this Advent—an opportunity to pause together weekly, light a candle and focus on Jesus. Find the instructions on the next page.



## What's On



**Teas & Tots** meets on Tuesdays from 9:30- 11:30 at Dalmeny Kirk.

We serve tea, coffee, and tray bakes and provide space for children and their adults to play and chat together. We close our time with a story and song. You can come any week, any time!

If you would like to help with the coffee or story, please contact Jill.



**Messy Church** meets the first Sunday of the month at 4:00pm at the Priory church. The next one is 2 December. We also have a Messy Christmas event on 16 December at 4:00pm. We invite you to join us anytime for activities, singing, and a meal!



**SU:** We have a wonderful opportunity to meet and walk with the children in our community through school lunch groups, in partnership with Scripture Union. Encourage the young people in your life to join one, or let Jill know if you are interested in assisting with or leading one yourself.

## Year of Young People Prayer Focus November & December CELEBRATION

I will give thanks to the Lord because of His righteousness and will sing praise to the name of the Lord Most High.

O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.

The Year of Young People may be ending, but God always celebrates children. How will you continue to look out for, listen to, and learn from QPC's young people next year?

How will you celebrate or encourage a young person in your life today?



# Advent: Make and Use an Advent Wreath

Advent: Make and Use an Advent Wreath This practice excerpted from the book *Faithful Families: Simple Practices for Daily Family Life* by Traci Smith. Published by Chalice Press, 2017. All rights reserved. Used by permission.

Many protestant and Roman Catholic churches use Advent wreaths to mark the passing of the four weeks in Advent. The candles are lit, one additional one per week, for four weeks. Often a special liturgy accompanies the lighting of the candle. In this version for the home, the family gathers around a very simple votive wreath to have dessert together and talk about each of the four Advent candles: hope, peace, joy, and love. On Christmas Eve, a fifth candle is lit to represent Christ, the light of the world.

## Designed for Ages 4+

**Materials** 1) Four votive candles: these are the weekly candles that represent hope, peace, joy, and love. 2) One pillar candle: this is the Christmas Eve candle that represents Christ, the light of the world 3) A plate large enough to accommodate all five candles 4) Special dessert: candy canes, hot cocoa, cookies, ice cream, etc.

**Time Investment:** 5 minutes to put the wreath together, and 15 minutes each week during Advent

**How To:** 1) Arrange the votive candles in a circle around the perimeter of the plate. 2) Place the pillar candle in the center

**Light the Candles:** 1) Decide which day and time the candles will be lit during Advent. Choose a consistent time for each of the four weeks. 2) Gather everyone together with the special dessert 3) Light the candle of the corresponding week (as well as the candles from the previous week[s]) and follow the readings below. Take turns reading and lighting the candle(s) from week to week. Candles can remain lit for the evening until the last adult has gone to bed.

- **Week 1 – Hope:** The leader says, “This is the first week in Advent, and we light the candle of hope.” The leader lights the first candle, and asks, “What does it mean to have hope as we wait for Jesus’ birth?” Everyone takes turns answering the question while enjoying the dessert. Family members can take the conversation wherever it leads. At the conclusion of the sharing time, someone says, “Let us leave with hope in our hearts.”
- **Week 2 – Peace:** The leader lights the first candles and then says, “This is the second week in Advent. Last week we lit the candle for hope. This week we light the candle of peace.” The leader lights the second candle, and asks, “What does it mean to have peace as we wait for Jesus’ birth?” Everyone takes turns answering the question while enjoying the dessert. Family members can take the conversation wherever it leads. At the conclusion of the sharing time, someone says, “Let us leave with hope and peace in our hearts.”
- **Week 3 – Joy:** The leader lights the first two candles and then says, “This is the third week in Advent. We have already lit the candles for hope and peace, and today we light the candle of joy.” The leader lights the third candle, and asks, “What does it mean to have joy as we wait for Jesus’ birth.” Everyone takes turns answering the question while enjoying the dessert. Family members can take the conversation wherever it leads. At the conclusion of the sharing time, someone says, “Let us leave with hope, peace, and joy in our hearts.”
- **Week 4 – Love:** The leader lights the first three candles and then says, “This is the fourth week in Advent. We have already lit the candles for hope, peace, and joy, and today we light the candle of love.” The leader lights the fourth candle, and asks, “What does it mean to have love as we wait for Jesus’ birth.” Everyone takes turns answering the question while enjoying the dessert. Family members can take the conversation wherever it leads. At the conclusion of the sharing time, someone says, “Let us leave with hope, peace, joy, and love in our hearts.”
- **Christmas Eve:** The leader lights the votive candles and says, “Tonight is Christmas Eve. We have already lit the candles for hope, peace, joy, and love, and we have talked about what it means to have these things as we wait for Jesus’ birth. Today we celebrate the coming of Christ into the world and we light the Christ candle.” The leader lights the Christ candle, and asks, “As we think about Christmas, how do we experience the hope, peace, joy, and love of Jesus in our lives?” Conclude the Christmas Eve sharing time by singing “Silent Night” and saying Merry Christmas to one another.

## Notes:

- In some churches, three of the candles are blue or purple and one (the joy candle) is pink. If this is the tradition in your church, consider doing the same at home.
- This tradition grounds Advent in a spiritual realm, which is in stark contrast to the glitzy consumerism all around during this time of year. It’s nice to take a moment to think about how the values of hope, peace, joy, and love contrast with the values of shopping, buying, wrapping, and doing that our culture often holds in esteem.
- The questions for each week are deliberately simple, open-ended, and repetitive. If the response is thin the first year, remind family members that next year the same questions will be asked. They might have more to say next year.

## Variations:

- Think of your own questions about hope, peace, love, and joy, and use them during the question time.
- If your church does an Advent candle lighting, discuss the readings from church during your home celebration.
- Make a more elaborate wreath and involve the family. Some ideas include: using evergreen leaves, making a wire wreath, or decorating the candles with ribbon.
- Use battery operated candles for safety when appropriate.



## Tickled Pink!

Elizabeth Grubb and Herbie Lambe greet guests to the “Wear It Pink” coffee morning on 18th October. Many thanks from Elizabeth to all who supported the event. She is delighted that just over £517 was raised for the charity Breast Cancer Now. Well done, Liz!



## Harvest

On the last Sunday in September, the 10am and 11.30am congregations joined together to celebrate Harvest Thanksgiving. Church families from the very young to those a little older joined together, to worship God, with organ and Worship Band and listened to the Harvest message. After this service, eighty people shared lunch together with some delicious lentil soup, bread, cheese and meats amongst much chat and laughter. There is a suggestion that this should be an annual event. Watch this space!

### Lentil Soup Recipe

Just thought I'd pass on the recipe for lentil soup which I normally make in 3 pint pots, however, could be very quickly and easily divided by 3, to make a one pint pot of soup for lunch in 30 mins.

I use a food processor to finely chop the vegetables but finely slicing the leeks and grating the carrots is just as good.

- 60 gram nob of butter
- 2 large or 3 smaller leeks finely chopped or blitzed.
- 3 large carrots grated or blitzed
- 125 grams lentils
- Ham stock cubes

For 3 pints:  
Melt butter slowly in pan, and add leeks and the lentils. Stir and cover to gently cook for 5 - 10 mins. Keep a close eye on these and maybe stir once or twice to ensure the leek and lentil mix doesn't catch to the bottom of the pot. Add the carrots and 3 pints of ham stock. Cover and cook for 20 - 25 mins and hey presto you have a gorgeous soup!



You can leave it semi chunky or use a stick blender to make it smooth. Taste before adding salt and pepper as stock cubes can sometimes have enough seasoning. ENJOY!

## Christian Aid Appeal

A huge thank you is extended to Queensferry Parish Church for donating the proceeds from its Harvest Lunch and the offering from the Big Parade Dedication Service to Christian Aid. This amounted to £477.87. A can collection outside Scotmid on Saturday 6th October also took place and raised £361.30. The grand total for Christian Aid was therefore £839.17. This money was matched by the European Union to 5 times the amount so the total of £4195.85 was donated to Christian Aid. The money raised was for women's groups in Ethiopia, Malawi, Honduras and Burkina Faso who are turning solar energy into business opportunities in order to feed and educate their children. So many lives transformed! Very grateful thanks to all who contributed in any way to this wonderful achievement.



## Nepal Update

You may remember the devastating earthquakes in Nepal in April 2015 when 9,000 people died, 22,000 people were injured and half a million homes were destroyed. In response to this tragedy the Church of Scotland launched the “Let us build a house” project through which £310,000 was donated to help in the rebuilding of shattered lives. After much deliberation the Nepalese Government made a surprising ruling that they would be responsible for the house building programme. As this programme comes to an end in December 2018 look out for the leaflet that gives details about how the “Let us build a house” funds have been used to bring hope and blessing to the people of Nepal.



## Alpha: the journey so far.....

Our Autumn Alpha course is in full swing at Dalmeny Church Hall.....in fact we all cannot believe how quickly this year's course has gone. As always we run this course in conjunction with a team from Kirkliston Parish Church; which has been great. We have been exploring various different topics like "Who is Jesus?" "Why read the Bible?" "What's Prayer all about?" Discussions, as ever, have been informal and relaxed. We've also enjoyed some delicious food provided by Shonagh from the Newliston Arms (food highly recommended!). The next step for our Alpha programme will be a Youth Alpha course, led by our young people, which we hope to run in the new year.... so watch this space.



## Prayers for Advent, Christmas and New Year

### During Advent please pray...

- Pray for all who make Christmas meaningful, whether at home, in Church, in our community and around the world.
- Give thanks for traditions retained and new traditions made each year.
- In our community remember those who fundraise, install and maintain the Christmas trees, lights and decorations which brighten the 'Ferry and bring us all Christmas cheer. And give thanks for the coming of the Light of the World.
- Pray for the children in our community. Pray that as they enjoy parties, Nativity plays, concerts and pantomimes the real meaning of the season may be revealed.
- Pray for those who find this time of year hard to bear. Pray for all who need comfort and love to surround them at Christmas. Ask that those blessed with good fortune may see the need in others and find a way to share comfort and joy.

### 2019

- Remember the challenges the world faces as the New Year dawns. War and conflict, hunger and homelessness, overcrowding, natural disasters, climate change.
- Pray for those doing the Loony Dook for charities and for fun (?).
- Pray for New beginnings, for Resolutions, Spiritual Spring Cleaning.
- Pray that the New Year might bring a renewal of faith, hope and love as we face the challenges 2019 will bring.
- Pray with thanksgiving and for the safety of all involved in serving us in times of emergency and who respond with dedication. Fire, Police, Ambulance, Lifeboats, Mountain Rescue, Air Sea Rescue teams and all others who come to our aid.



### AMEN

## Prayer

### Advance Notice: Praying in the New Year.

On Sunday 20th January 2019 there will be a presentation at each service to inform the congregation about the many and varied prayer activities and prayer opportunities which are currently available within our Congregation.

And: On Thursday 24th January you are warmly invited to join members of the Prayer Circle for an evening of exploration, to find out more about what the Prayer Circle involves, and whether this or any other of our activities would be of interest. Tea, coffee and home baking will be on offer too.

Look out for more details in the New Year but please put the date in your NEW diaries.

## Teddies for Tragedies

A lovely Blessing Service for 400 special Teddies was held on 23rd September at both services. Norma would like to thank everyone for their support this year and has started distributing the Teddies and other items to where they are needed.

The Teddies are taking Love, Hugs, Comfort and Blessings to children who have very little or even nothing, to call their own.

Please keep the Teddies coming, as there is always a need for them somewhere.



**“One is nearer God’s heart in a garden, than anywhere else on earth.”** Dorothy Frances Gurney



Charlotte and Ron Fraser, our green-fingered gardeners who tend the plants inside the church and in the church grounds, have decided to hang up their watering cans and trowels and take a well-earned retirement. For the last forty or so years, the grassy slope outside the church has been adorned with colourful and wonderfully attractive floral plantings, often marking community or church milestones. The centenary of the Rail Bridge, the anniversary of the opening of the Road Bridge and the opening of the Queensferry Crossing, the centenary of the Church and also of the Guild are amongst many that have graced the roundel in the church garden, thanks to their artistry. Not only do our church gardens have great “kerb appeal”, especially to passers-by needing an excuse to stop and draw breath as they toil up the Loan, but they show the well-loved and well cared

for face of Queensferry Parish Church. We offer Ron and Charlotte our appreciation and our thanks, and wish them well for their future years.

Tom Williamson and Nigel Hutchison have now assumed gardeners’ responsibilities and we look forward to the fruits of their labours also being “blooming marvellous”!

## Oh I do like to be beside the Seaside - Jill Lamb

After the death of my husband, Ian, I decided to move to South Queensferry, which had previously been a destination to visit on a Sunday afternoon enjoying an ice cream sitting down at the front. I love my new flat and enjoy the wonderful views from my lounge.

I previously attended St Ninian’s but after a year living in Queensferry I decided I needed to integrate more so I made the decision to attend Queensferry Parish Church. I attend the 10.00 am service, which has been a bit of a culture shock. It is a lively service with children coming and going throughout the service, songs instead of hymns but I do enjoy the energy of these lively occasions. I have become a member of the Guild and have been seconded onto the Committee. Queensferry Parish Church and its Minister were recommended to me and I now enjoy being a member of the Church Family.

## Church and Parish Register

### Baptism (Infant)

16th Sept Hugo George Keenan MacKenzie, Station View, SQ

### Deaths

8th Sept Sheila Jeffrey, Moubray Grove, SQ  
23rd Sept Ronald Ainsworth, Inchcolm Terrace, SQ  
4th Oct Marjory Dewar, Viewforth Road, SQ  
17th Oct Allan Pettie, Shore Road, SQ

### Communion

Communion will be celebrated on the first Sunday of December.



### Website and Facebook

If you have something that you would wish to share on the church Facebook page or Website, please send an email to [communications@qpcweb.org](mailto:communications@qpcweb.org)

## Next issue

The next issue of the magazine will be available from **4th FEBRUARY** Any items for inclusion should be given to the editor at [magazine@qpcweb.org](mailto:magazine@qpcweb.org) by **13TH JANUARY** Please send any pictures as separate attachments.

**The editorial team reserve the right to amend items submitted for publication. Items submitted may not necessarily be included in the next edition.**