



Diocese of Edinburgh

Scottish Episcopal Church

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Charity Number: SC001214

The Communicant

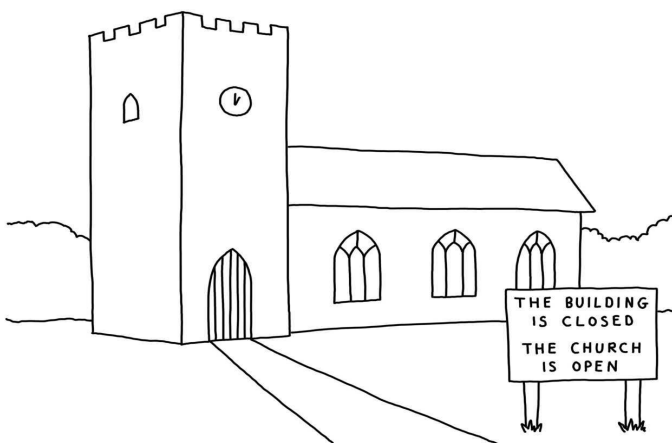
News & Notices for the Diocese of Edinburgh

27th May 2020

Published by the Diocesan Office fortnightly, and circulated to all Clergy, Lay Readers, Treasurers & Vestry Secretaries, and Diocesan Synod Lay & Alternate Lay Representatives

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DIOCESAN OFFICE NEWS

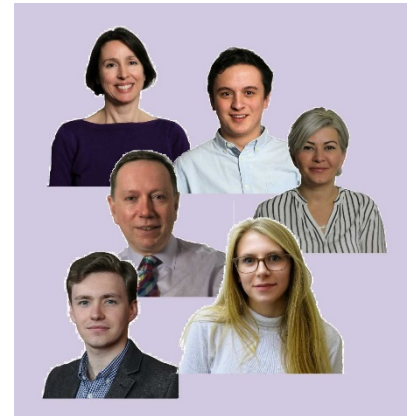


CartoonChurch.com

This cartoon is free to reuse online, in emails or in print. See <http://cartoonchurch.com/content/cc/church-building-closed/> for the high-resolution file.

NEWS FROM 21A – KEEPING THE WORK FLOWING

We hope that all of you in our congregations are keeping safe, well, and also connected with each other. Whilst there is no indication of when any easing of restrictions will happen, rest assured we are working on a Risk Assessment and sets of practices which will enable us to re-open the Diocesan Office safely. This will be a challenge, but we want to get ourselves into the best state we can to be able to serve all of you across the diocese. One of the other challenges will be committee meetings, but the Finance & Management Committee (last night) and the Standing Committee have both met online, and this has been reasonably successful. In the meantime, we remain here to serve and help you, albeit from our own homes instead of 21a.



SAFEGUARDING

Claire Benton-Evans, our Youth & Children Officer, has produced some safeguarding guidelines, with her Provincial Youth & Children hat on. They will help anyone working with young people online, particularly during the current situation. They are on the Provincial website here at:

<https://www.scotland.anglican.org/who-we-are/organisation/safeguarding/safeguarding-for-online-youth-work-in-the-scottish-episcopal-church-a-practical-guide/>

NOTICES

COVID-19: UPDATED GUIDANCE + HELPFUL LINKS

New, up-to-date guidance regarding the Coronavirus (COVID 19) for the Scottish Episcopal Church can be found at <https://www.scotland.anglican.org/coronavirus-updates/>. Please familiarise yourself with this guidance to minimise risk to yourself and others. We encourage you to check this webpage frequently, to ensure you are up to date with the latest guidelines and developments of the situation.

Further into this edition, you will find a **list of useful resources** that may be of use to you at this time – we are still adding to this list, so do take a look.

As mentioned in the last edition, we are looking to put together a **directory of all online worship** happening around the diocese. If your church is broadcasting services online, send a link to David at dlewis@dioceseofedinburgh.org

The Church of England has issued comprehensive advice (which it is keeping updated) on securing and caring for your church buildings during the Covid-19 pandemic. While some of it is obviously specific to the Church of England, it may also be of interest to SEC congregations. Here is the link: [https://www.churchofengland.org/sites/default/files/2020-04/Caring for church buildings during the pandemic - advice for parishes v.3.pdf](https://www.churchofengland.org/sites/default/files/2020-04/Caring%20for%20church%20buildings%20during%20the%20pandemic%20-%20advice%20for%20parishes%20v.3.pdf)

DIARY

*Due to the current situation, we have had to postpone all Diocesan gatherings and events until further notice.
We thank you for your patience, and will provide updates when possible on this matter.*

NEWS FROM THE YOUTH & CHILDREN OFFICER

I have been reviewing and selecting some of the best ideas out there for this time of crisis: to help you connect with children and young people from your church, and nurture faith at home with the family. I encourage you to check the [Youth & Children page](#) of the Diocesan website regularly, featuring:

- A guide to protecting young people's mental health
- Advice about safeguarding online
- Creative ideas for praying and exploring the Bible with children at home
- Music resources from Fischy Music
- Things to do outdoors, for fun and faith
- Fun activities

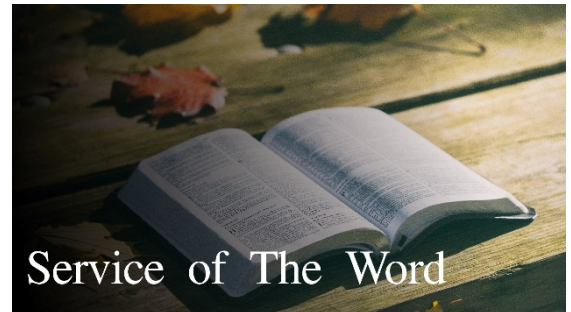
I will also be updating a list of innovative things churches are doing to stay in touch with their children and young people at this time. Let's inspire each other! Please send your bright ideas to youthandchildren@dioceseofedinburgh.org

The latest Youth & Children Newsletter, featuring the latest news plus key information about how to support children and young people emotionally and spiritually in these uncertain times, can be found [here](#).

NEWS FROM THE COMMUNICATIONS COORDINATOR

Digital communication has become more important than ever right now. Much of what we do has had to move into the digital sphere, with many of our churches live streaming and recording their services in a variety of different ways.

I have been continuing to work with communications professionals from around the province to produce the weekly Sunday services, which are being broadcast on Facebook and YouTube. In addition to the Sunday service, there is now a Service of the Word going out every Thursday at 6.30pm.



Bishop John Armes

Published by John Armes [?] · 15 April · 🌐

Stresses and Strains

Change, isolation, fear for loved ones, uncertainty about the future – these are a few of the stresses we're living with at the moment. A number of clergy have commented to me that the present crisis is likely to impact adversely on our mental health. I'm beginning to see one or two articles in print that address this challenge and I share two of them here.

In the first, Father Richard Peers wonders why it is that in lock-down he feels so exhausted. He offers some suggestions about establishing new routines and reflects on the Eastern Christian tradition of Poustinia, desert. <https://oikodomeo.home.blog/.../life-with-zoom-small-solitud.../>

In the second, the Revd Aimie Aitken asks how we might care for our pastoral care-givers in this high stress environment. https://www.baptist.org.uk/Arti.../571587/Caring_for_your.aspx

A more general exploration of care for our mental well-being comes from the Revd Chris Scott who has made his 2015 book, *Lifting the Lid on Stress, Anxiety and Depression*, available free from Amazon. I also have it as a pdf document.

The lesson I extract from all this is that we should be kind to ourselves and kind to others. We're all wandering in unexplored territory, trying to find new routes through the wilderness; it's hardly surprising that we'll make the occasional wrong turn. So let's be realistic about what we can achieve and find opportunities to encourage one another.

Jesus says it better than I can – 'Come to me, all you who are tired and burdened, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy, and my burden light.' (Matt. 11:28-30)

+John



OIKODOMEO.HOME.BLOG

Life with Zoom – Small solitudes, little deserts: Poustinia for a time of Pandemic

"A marathon not a sprint." That's a phrase government ministers and medical advisers are

Bishop John's Facebook page is also still active, and he will be posting updates and reflections. I will be helping John run the page, which will include monitoring the page and helping upload and administer content. His page can be found here:

<https://www.facebook.com/bishopedin/>

In addition to this work, I am here to help with any digital questions you may have. I have set up a resources page, which includes digital tips and resources for praying at home (<https://edinburgh.anglican.org/coronavirus-resources/>), however if you would like to arrange a call to discuss specific needs/questions please drop me an email at jparsons@dioceseofedinburgh.org and we can arrange a time for a call.

I am currently looking into how congregations can adapt to services where part of the congregation is unable to attend due to remaining in isolation, and solutions to maintain a connection with those people who remain housebound.

BISHOP'S LENT APPEAL

FROM THE BISHOP

I have had a number of enquiries about the Lent Appeal. The short answer is that it will continue until Easter and I would ask you to send any money gathered to the Diocesan Office as usual*. The harsh reality, of course, is that present circumstances mean many people will not be able to give as generously as usual and that gathering and sending the contributions will be challenging.

Charities are suffering at the moment and the two charities we are supporting this year desperately need money to continue their work. In both cases, although in different ways, this work is vital for the post-pandemic world. So I would ask you to do all you can to encourage members to give as generously as possible. I propose that we set a payment deadline for the end of August by which time, let us hope, many of the present restrictions will have been relaxed.

That will mark the end of this year's appeal. I do not believe it is helpful simply to postpone it until 2021. Next year will bring new challenges.

Please help the diocesan office and forward your donation directly to your church or treasurer and not to the Edinburgh Diocesan Synod account details below. This is because it hugely increases the accounting work at the office and, in addition, no Gift Aid can be claimed on donations from individuals

* **Notice for treasurers only**- It would help greatly, whilst the Diocesan Office is not staffed, if you could pay online rather than posting cheques to the office - though we realise this may not be feasible for some. If you can pay by BACS with your online banking, please use the reference "BLA2020". Here are our bank details:

Reliance Bank Ltd
Sort Code: 60-01-73
Edinburgh Diocesan Synod
Account No: 00215170

AROUND THE DIOCESE

Eid Mubarak!

On Saturday our Muslim brothers and sisters celebrated the feast of Eid al-Fitr. It is the day when the month-long fast of Ramadan is finally broken, in much the same way as Easter is the end of the church's Lenten discipline – although I suspect few Christians keep Lent by refraining from eating entirely between sunrise and sunset, in the way that Muslims do during Ramadan! Earlier this month the Bishop and the Vice-Provost of St Mary's Cathedral met electronically with members of the Scottish Ahlul Bayt society to share in fellowship for Ramadan. It is important at this time of enforced separation to remember that we are 'all in this together' and to recognise the common ground in our beliefs and practices – be that the shared identity of our Abrahamic religions or, at this time, the feelings of dislocation we feel in not being able to celebrate our festivals together.

Ps & Gs in BBC News as congregation numbers see unexpected upturn

The Covid-19 pandemic has ushered in times of great uncertainty for the Church and indeed faith communities at large. Churches face the challenge of balancing their finances as cash donations (particularly at Sunday services) have disappeared entirely. Similarly, there is a sense of unease about having a prolonged absence from meeting in person as church communities, and what this might mean for the church long-term when the pandemic is over. So, it is a welcome relief to know that there has been one ironically positive side-effect of lockdown – the numbers of people 'attending' worship (electronically, of course) are significantly higher than have been recorded before.



Ps & Gs in Edinburgh. Might Church in future look less like this...

An article by the BBC (<https://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-52262025>)



...and more like this?

focused on Ps & Gs Church in Edinburgh and reported that their service on Sunday 22nd March was watched by over 8,000 people, compared with pre-Covid attendance of approaching 600. Similar trends have been reported by St Mary's Cathedral, with the viewer figures for online liturgies regularly reaching the hundreds and notably the figures for the Sunday afternoon Eucharist – a service only introduced during lockdown – reaching

about 300. This is not only extremely welcome news in otherwise anxious times, but also prompts some important questions which will no doubt dominate our discussions once churches are fully reopened. Does this increase reflect a general population, often written off as agnostic and uninterested in Church, being prompted by the hardship of a public health disaster to seek a sense of spirituality and belonging that can only be found in liturgy? Or does it show this is a 'silent majority' of people who have in fact identified with church all along, but feel they can't, don't want to or don't need to regularly attend a church in person (or even ever) but are willing to do so from their own homes?

Perhaps the cause of the decline in numbers of people identifying as religious is not so much down to active choice as simply that people's lives are just too busy and pressured to allow room for spiritual contemplation. With lockdown enforcing a 'pause' in life as we have known it, many are discovering a curiosity for religion they never knew they had.

In the community



The Meadows Community Garden in Edinburgh, alongside Edinburgh Eco-Congregation Network, is creating an applique banner as a way of keeping busy and using up old materials. Sarah Tolley said: "A way of using those cotton shirts and Ts that you haven't been able to hand into the charity shop... Create your own 5" x 5" or 5" x 7" panel, depending on your plant design. Get in touch if you want some help greeningourstreet@gmail.com; quilter Eve can advise about stitching if needed. Once all the panels have been sent in, we will assemble the banner and display it at our next garden party!"

Chris Arnold at Christ Church Morningside took part in the 2.6 challenge by setting himself the task of climbing the 123 steps at Blackford Hill 26 times (the equivalent of climbing a Munro from sea level!). On 26th April, just over a month after recovering from possible coronavirus symptoms, he succeeded in the task, plus an extra 4 laps of the route, meaning he climbed 1054m in 2hrs 45. Chris's feat was in support of the Scottish Seabird Centre in North Berwick, one of many charitable institutions hit by the loss of tourist trade in the pandemic. Our congratulations to Chris for raising over £1100!

Do you have any notable stories from your church or area that you'd like to see included here? Contact me at dlewis@dioceseofedinburgh.org. If it's already included in your church newsletter you can simply send that over!

USEFUL RESOURCES

OFFICIAL GUIDELINES, ADVICE & RESOURCES

Scottish Episcopal Church Updates & Resources

<https://www.scotland.anglican.org/coronavirus-updates/>

College of Bishops Reflection on Worship During Lockdown (Including proposed forms of Spiritual Communion)

<https://www.scotland.anglican.org/coronavirus-updates/college-of-bishops-reflection-on-worship-during-lockdown/>

'Everybody Welcome Online', a comprehensive guide to Online Worship (CoE)

https://www.cpas.org.uk/uploaded_media/web_upload/Everybody%20Welcome%20Online-1587722747.pdf

Digital Tools for Churches

<https://docs.google.com/document/d/1fYN5QWlQnA6ofCLNdUNeSMARl44anqTsEAoXu7mRwFE/preview>

HELP & HOW-TO RESOURCES

'How to live-stream your service in 4 easy steps'

https://www.youtube.com/watch?v=nhnR0hahkD0&feature=emb_logo

How to make and upload videos to YouTube from the Rector of Melrose

<https://www.youtube.com/watch?v=VYLGe6aS6Zk>

Guidance on how to use Zoom safely and effectively (CoS)

<https://www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/using-zoom-in-the-current-climate>

Useful guidelines on how to look after your church building whilst it is temporarily closed or unoccupied

<https://www.ecclesiastical.com/risk-management/unoccupied-properties-during-covid-19/church/>

The Charity Excellence website has a new, free database of funders supporting charities during the crisis

<https://www.charityexcellence.co.uk/>

Heritage £50 million Emergency Fund launched to help the Sector, to address immediate pressures over the next three-six months for organisations most in need. Applications can be accessed until 30th June as short-term funding to stabilise operations and manage unforeseen risks. Grants of £3,000 - £50,000 will be available to i) address immediate pressures over the next 3-6 months for those most in need, and ii) increase investment in essential digital skills across the sector, providing expertise in critical areas such as digital fundraising, use of social media and communications, and running online events and activities.

<https://www.heritagefund.org.uk/funding/heritage-emergency-fund>

WORSHIP & PRAYER

Scottish Episcopal Church Daily Prayer

<https://www.scotland.anglican.org/spirituality/prayer/daily-offices/>

Scottish Episcopal Church Provincial Sunday Worship

<https://www.scotland.anglican.org/broadcast-sunday-worship/>

Evening Prayer from Taizé

http://www.taize.fr/en_article27540.html

‘Pray as you Go’ – Ignatian (RC) Prayers (also available as an app)

<https://pray-as-you-go.org/home/>

BBC Daily Service

<https://www.bbc.co.uk/programmes/b006wzfs/episodes/player>

Celtic Daily Prayer

<https://www.northumbriacommunity.org/offices/>

Church of England ‘Daily Hope’ phonenumber for those unable to join online worship

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/daily-hope-phone-line>

CHILDREN’S RESOURCES

Edinburgh Diocese Resources for Children

<https://edinburgh.anglican.org/youth-and-children/>

SUTV

<https://www.facebook.com/SUTVlive/>

WELLBEING AND MORALE

A useful guide from the charity *mind*

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse42115>

Some advice from *The Mental Health Foundation*

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Stories of how churches are helping local people and boosting morale during the Coronavirus crisis

<https://www.nationalchurchestrust.org/news/churches-helping-during-cornavirus-crisis>

National Churches Trust’s church tourism website, is bringing stories and photographs so you can explore the UK’s sacred heritage without leaving home

<https://www.explorechurches.org/>

MUSIC

RSCM (Royal School of Church Music) Hymn for the Day and ‘Self-Service’

<https://www.rscm.org.uk/our-resources/hftd/>

Hymnary.org Coronavirus Resources

<https://hymnary.org/topic/covid-19?src=banner&fbclid=IwARIGpsxpA7oXZX9fPDeqWcf0URqwHEGoyrtuUhEjEkYdYPMYVF-9VWsrwEs>

Rudolfus Choir ‘Virtual Evensong’ Project

<https://www.therudolfusfoundation.org.uk/virtual-evensong>

Contemporary Psalm Settings

<https://www.youtube.com/channel/UCzIoO0DWym8GJIHmDEwDIg/videos>

EVENTS

PLEASE NOTE:

Due to the current circumstances, we have decided to omit the flyers we had previously been featuring which advertised events taking place in person around our diocese. If there is an event you wish to advertise that is still taking place (i.e. something organised online), do send it over to office@edinburgh.anglican.org

CHRISTIANS & CLIMATE CHAOS



WHAT ON EARTH ARE WE UP TO?

A ZOOM CONFERENCE ORGANISED BY
DUNBAR CHURCHES ECO GROUP
2 pm SUNDAY 7TH JUNE 2020

SPEAKERS:

- * THE REVEREND DAVID COLEMAN
CHAPLAIN TO ECO CONGREGATIONS
SCOTLAND
- * KEITH BELL PROFESSOR OF ELECTRONIC
AND ELECTRICAL ENGINEERING
STRATHCLYDE UNIVERSITY MEMBER OF UK
COMMITTEE ON CLIMATE CHANGE

Please register with The Rev. David Mumford:
dmumford@phonecoop.coop 01368840361

Curious about the Ignatian Spiritual Exercises?

Information and Online Workshop: 'The Dynamic Ignatian Exercises'

Monday 8th June 7 - 9pm

Designed as an introduction to the dynamic of the Ignatian Spiritual Exercises, this event will include input, guided reflection and interaction to open up an overview of the Exercises' scripture-based themes. It is for those who are simply curious, those who would like to revisit their experience of making the Exercises, and those who would like a general overview of how the exercises 'hang together'. This workshop was first offered as an in-person afternoon workshop in February and will be adapted as far as possible for a creative session online via Zoom.

"A great combination of reflective prayerfulness and direct information giving about the Exercises"

"Arriving with no knowledge of the Ignatian Exercises, I found the afternoon rich in experience and meaning"

"My experience of making the Exercises three years ago was deepened, in a way that surprised and moved me"

"Helpful, deep, relevant, engaging"

Facilitated by Elizabeth White who works with a variety of individuals and groups in Edinburgh and online. For several years she was involved in training others in Spiritual Conversation/Direction, and based her supervisory diploma project around the use of creative methods to teach the Ignatian guidelines. She first used this material with spiritual direction trainees in 2016.

Bookings £20, this event will run with a minimum 6 people and a maximum of 15. Bursary help available, please ask.

Please book by emailing elizabeth@reflectivespaces.org.uk by 30th May

Reflective Spaces

If you would like to receive a round-up of further spirituality events sign up at <https://www.reflectivespaces.org.uk/email-updates>

You may unsubscribe at any time.