

**IT'S NOT TOO LATE TO TELL YOUR FRIENDS**  
The Online Alpha now running to 24 November  
on Thursday evenings at 7.30pm.

Try Alpha Online 

No need to go out on a cold evening as winter approaches - just join in from the comfort of your home.

Alpha  
Online

Anyone interested can register, or find out more, from Ann Dunsire at [ann1010@btinternet.com](mailto:ann1010@btinternet.com).

TRINITY COMMUNITY CHURCH

**Beetle Drive**

Friday 2<sup>nd</sup> October  
7.30pm

Church Hall

Light Refreshments

Donations Welcome

### A Warm Welcome launches this October

Looking for a place to keep warm during the day? Come for a hot drink and company, jigsaws and board games. All welcome.

Mondays	PNK (Penicuik North Kirk)	10am -12noon
Tuesdays	St James (with soup making)	10am - 2pm
Wednesdays	Vacant at present	
Thursdays	Trinity Community Hall	10am -12noon
Fridays	PNK (Penicuik North Kirk)	10am -12noon

Please also see FFF's Warm Bank elsewhere in this issue.  
John



We've had a request from Bethany in Edinburgh for a team of volunteers (6-8 people) to help with catering at the Welcome Centre (Care Shelter).

If you'd like to help out – even on only one occasion over the winter – please contact me for further information.

Neil Cape 674276

### Hats Gloves & Scarves

The knitted items will be going away to Blythwood near the end of October.

As usual looking for warm hats, scarves, gloves etc for children and adults, hand knitted or bought. Items can be handed in any Sunday morning or at the Thursday coffee morning.



**Thursday 6, 13, 20, & 27 October:**  
**Coffee, biscuit and chat**

Coffee and Chat will run weekly, every Thursday morning until the 8th December.

Open to All. This is an opportunity for members and friends to enjoy time together.

Pop in and bring a friend on Thursday 10-12 for 10 mins or 2 hours.

This will be an opportunity for members and friends to get together.

Pop in Thursday 10 -12 for 10 mins or 2 hours and enjoy coffee and a chat



**Penicuik Guild**  
**3rd October**

Trinity community Church Hall at 2.00pm

Speaker at this meeting will be Norman Liddle who will tell us all about the work of The Scottish Bible Society

Everyone is welcome.  
Further information from Agnes Ovenstone 672387.

### Trinity Community Diary

2, 9, 16, 23 & 30 October 7.15 pm	Sunday evening Prayer Meeting - Church Hall
2 October 3.30pm	Messy Church - Church Hall
3, 10, 17, 24, 31 October 7.30mm	Monday Bible Study Group - Zoom. Details from Contact Capes 674276
5 October 10.45am	Friendship Group - Church Hall
6 October. 10.00am lasts around 1 hour	Ecumenical prayer walk in the morning. Meet Flotterstone Car Park
6, 13, 20 & 27 Oct 10.00am to 12 noon or longer if needed	Coffee and Chat - Church Hall
6, 13, 20, 27 October 7.30pm	Alpha online (Zoom) , Contact Ann Dunsire for details
11 October 7.30pm	Kirk Session Meeting - Church Hall
12, 19 & 26 October 10.00am	Wednesday Bible Study Group - Church Hall
23 October 10.30am (Donation drop Sat 22 10am to 12noon)	Harvest Thanksgiving service - Church Hall
29 October 10.00am to 12noon	Leprosy Mission coffee Morning - Church Hall

**Pastoral Care** - Please remember that we are always here for church members and for anyone in the community, and you are welcome to phone (in confidence) at any time for a chat, prayer, or to source other help or to request a visit; Either: John Urquhart (01968 382116; Margaret Webster (01968 672347 or 07761 096 472) or Wilma Wilson (07719 665505)



You can read the extended version of this newsheet, with full length features, and more colour photos at St. Mungo's website Our website <https://www.penicuiktrinitycommunity.church>. To sign up for an eCopy of this newsletter to be sent direct to your inbox, saving paper and other resources, just ask on an email to [penicuiktrinitycommunitymedia@gmail.com](mailto:penicuiktrinitycommunitymedia@gmail.com)

### Church mouse

From the mouse of Editor's PC



Welcome to our October monthly newsletter.

As we head into autumn we can feel the temperature dropping. Soon the central heating will be turned on.

Some people are struggling to afford heat and the 'Warm Bank' facility being started at Food Facts Friends Community Hub and the 'Warm Welcome' introduced by the churches will be a welcome service when the cold weather bites hard.

Update on the church sanctuary and how we are finding hidden benefits using the Hall, that bring us together socially before and after services.

Messy Church is busy again and the new season will once again focus on bible stories, with activities supporting each months themes.

The Guild programme continues, and a Beetle Drive for everyone is an opportunity for some fun and enjoyment.

Seems a bit early to talk of Christmas, but our Hats, Gloves and Scarves for the Blythwood Shoe Box appeal will soon be ready to send to Romania to keep children and adults living on the edge of society warm during their bitterly cold winters.

Remember our Sunday morning services start at 10.30am, with KIP joint services at 11am at North Kirk. You can catch up on past services through our [podcast channel](#)

Jim Paterson  
Newsletter Editor  
[penicuiktrinitycommunitymedia@gmail.com](mailto:penicuiktrinitycommunitymedia@gmail.com)

### Services continue in the Church Hall

Following the collapse of the ceiling in the church sanctuary early August, which we reported last month, our services switched to the church hall for the remainder of August and September.

Initially it was a challenge to make everything work similar to Sunday services in the church. However we

have refined and improved the experience.

One of the noted differences is how much 'socially aware' we are. We gather round tables, so much easier to strike up a conversation before and after the service. The next table of congregation

members is either beside, in front, or behind you, again making conversation easier.

Getting the acoustics right to enable those at the back of the hall to hear, has also been a challenge.

Meanwhile our property convenor Gordon MacDonald has met with

our insurance provider and agreed a plan for the ceiling repair .

Please pray that works are completed in time to again host the Legion Remembrance service on Sunday 13 November.



typical congregation in the hall

### From the Kirk Session Neil Cape (joint Session Clerk).

After a 3-month break from Kirk Session meetings, we reconvened on Tuesday 13<sup>th</sup> September to deal with the congregation's business. However, it was not a complete break, as we had formally agreed during the summer (by email) on the new logo following the congregational vote (see last month's TC News). We have now agreed on new signs for the hall, and a new noticeboard, and on a number of relatively small items of expenditure; we also approved the repair to the church ceiling. The good news is that the cost of repairs will be covered by the church's insurance, and we hope that work will start in a couple of weeks and take 2-3 weeks to complete.

The new season brought new starts – a new online Alpha course, and planning for a possible Parent & Toddler group. We heard how 'Gather on the Green' had been going over the summer at the new houses at Mauricewood; these gatherings will continue on the 2<sup>nd</sup> Sunday of each month. We also agreed to restart the Thursday morning opening of the hall for coffee and a chat; this may be extended as part of a Penicuik-wide scheme, supported by several of the churches, to provide warm places of welcome through the winter for people who have difficulty in heating their homes. [We are looking for volunteers to help the Fabric Team with admin jobs. Can you do a Google search? Please speak to Neil if you are interested.](#)

**On Saturday 24<sup>th</sup> we had a 'retreat' to St Andrews Leckie Church in Peebles**, where the minister (Rev Malcolm Jefferson) led us in a time of reflection and prayer focussing on 'Mission'. About half of the Session were able to attend what was an encouraging experience; the key theme was that God has a plan for each of us as individuals, and for our congregation, and that making the plans work relies on us putting our trust in Him.



One of the Bible passages used was from Luke's gospel (Ch 5, 1-11), when Jesus was teaching a crowd, and used Peter's boat to teach from. Afterwards, Jesus told Peter to let the nets down in deeper water – Peter replied that they'd been fishing all night without success, but did as Jesus asked. The nets were filled almost to breaking point, and Peter was overawed, saying 'Leave me, Master, for I am a sinful man'. To which Jesus replied that instead of catching fish, they were called to fish for people, and not to be afraid. Several lessons here: Jesus had a plan for Peter which only required him to trust and obey. Peter believed, even though his 'common sense' told him otherwise. Even when we feel a bit dispirited, we need to remember that there is a plan, and that we need to listen to Jesus and trust in Him.

A good message to start a new church year, when we will be planning our activities, new and old, and working out how to fish for people, to bring them to Jesus.





## Messy Church - 4th September Report from Joan Cape

This session's theme is "Bible heroes". The story of Abraham, the father of God's great family, provided the basis of last month's Messy Church gathering. Abraham's life was one of continually having to move on from place to place, according to what God told him. We wondered about how that would feel, and what we'd have wanted to take with us each time we had to leave our homes. The fleecy fabric you provided let us make bags in which to carry what we made...a bit like the pouches people in Bible time might have slung across their camels.



Bare feet, paint and a long strip of paper let us create our own trail of footprints, reminding us of all the footprints Abraham's family must have left as they wandered in the desert.

Then we used sand, cards, glue and CD cases to make pictures to remind us of the story. Lolly sticks were the basis for making our own versions of the three visitors who came to visit Abraham and Sarah with the news that she would have a baby; despite the

fact that she really didn't believe them (she thought she was too old for such a thing to happen), a baby duly arrived...our "pregnant Sarah" biscuits helped us to talk about this part of the story.

We also did some real baking, and talked about hospitality as we made some very tasty flatbreads: the recipe, using just flour, water and a splash of oil, was reasonably authentic....not sure what Sarah would have made of our electric frying pan, though!!



Finally we used some unwanted CDs, with lots of glue and cotton wool, to make sheep – a reminder of the part of the story where Abraham is called to make a sacrifice: some good conversation took place around the theme of being obedient when asked to do something you really don't want to.

For our worship time, Andrew Dunsire led us in a couple of songs, before everyone sat on the floor and listened and watched as Sheila told the story using a variety of little figures and a tray of sand. After a short prayer it was time for our meal: baked potatoes with cheese and salad were enjoyed by all, as were the jelly and Ice cream which followed.



Along with some of our "regulars", it was good to welcome two new families along, neither of them involved with church at all – as one of the families comes from Peru, our language skills were put to the test, and we were very glad that Rebeca (Urquhart) was able to be with them for most of the time. Any Spanish speakers out there would be very welcome!!

**Our next meeting is on Sunday October 2nd, in TCC hall from 3.30 till around 5.30pm. All welcome – come and get to know Daniel and some of his friends!**

**Contact Joan Cape (674276 or [capefamily@talktalk.net](mailto:capefamily@talktalk.net)) for information about what we do and how you could become involved.**

Come and join us for:

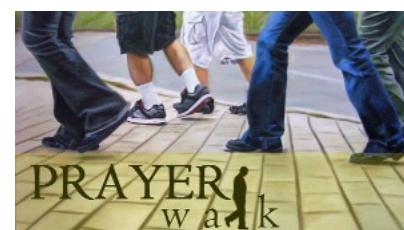


## Ecumenical Prayer Walk - 6 October

Join the team for the Prayer Walk on Thursday 6 October starting at 10.00am. Walk lasts for 1 hour approximately.

Meet in Flotterstone Car Park

Check the weather and bring waterproof if wet!



## Food Facts Friends offer more than food

In addition to the existing activities, FFF is looking at developing work with the men's wellbeing group. They are doing a lot of work on digital skills, helping individuals learn skills to help with job and universal credit applications.



They give out devices and sim cards, supplied by donation and mobile operators.

They plan to start cooking classes to show individuals how to use and prevent waste, and are going to start a **warm bank**, offering a safe place, where people have a heated space where they can spend time,



meet others and get tea, coffee and/or hot soup.

Working in partnership with other charities is being developed, commencing with Children 1st, Scotland's National Children's Charity, to introduce more groups to use the hub as a base in Penicuik.



FFF are looking at new developments for the organisation to move from the focus on food to more holistic ways of supporting the individuals and families. The

Pantry initiative is one of them. A £1

membership fee, enables 10 tokens for £3.50 once a week to 'purchase' a wide range of food and toiletries.

Volunteer training is recognised as key to a successful team, particularly Food Handling, First Aid, and use of Naloxone

Naloxone is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications, when given in time.



Naloxone is an opioid antagonist. This means that it attaches to opioid receptors and reverses and blocks the effects of other opioids. Naloxone can quickly restore normal breathing to a person if their breathing has slowed or stopped because of an opioid overdose.



Having trained personnel qualified to administer Naloxone can literally save a life if a visitor collapses due to an opioid overdose.

## Leprosy Mission Coffee Morning Saturday 29 October

When: Saturday 29th October 2022

Time : 10 am – 12 noon

**Penicuik Trinity Community Church Hall, Kirkhill Road.**

There will also be some stalls available including home baking.



*Healing & Justice since 1874*

