

waymark

unitarians in edinburgh



'Here comes the Sun' St Mark's appoints Rev Peter Fairbrother as our new Minister



*We commit to help and care
for each other.*

*We aspire to be open and
sensitive, and to learn from
one another.*

*We aspire to speak the truth and
to hear the truth of others.*

*We commit to reach out in love,
honouring our wholeness
and diversity.*

*We aspire to bring enthusiasm, joy
and humour to all we do together.*

Inspired by our Mutual Commitment to Ministry, Rev Peter Fairbrother wrote the prayer (printed above) and shared it at the end of his candidating service on 11 March. It was a most uplifting service, which was well attended by Members and Friends of St Mark's.

Two weeks later, on Sunday 25 March, our Convener, Mary McKenna, opened our Special General Meeting with this same inspiring prayer. At the meeting, Members of Unitarians in Edinburgh voted overwhelming in favour of appointing Rev Peter Fairbrother as our new Minister.

Peter is no stranger to St Mark's, having worshipped with us over a period of time. He has also led worship on several occasions, including his own candidating service on 11 March. We extend the warmest possible welcome to Peter. To find out more, please read Mary McKenna's article on page 3.

St Mark's Unitarian Church
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0131 659 7600

enquire@edinburgh-unitarians.org.uk
www.edinburgh-unitarians.org.uk

Search for 'Unitarians in Edinburgh' on
www.facebook.com



Lay Celebrant & Lay Preacher
Joan Cook
(Available for rites of passage)

WHO'S WHO

Convener: Mary McKenna
Secretary: Margery MacKay
Treasurer: Ali McDonald
Pulpit Secretary: Lesley Hartley
Social Secretary: Lynsey Bailey

Management Committee: Ann Sinclair
Ministry Team: Lesley Hartley

Children's Programme

Co-Ordinator: Sara Robertson

stmarkschildrensprogramme@gmail.com

Church Flowers: Mary McKenna

Venue Enquiries: venue@edinburgh-unitarians.org.uk

Music: Ailsa Aikenhead

PASTORAL SUPPORT AND CONCERNS

If you know of anyone who has any pastoral concerns, and may like some support, please let us know. In the vestibule, there are paper slips on the table and a box on the ledge by the incoming mail, for such concerns. Alternatively please telephone or email us. Details are below.

Contact details: 0131 659 7600

minister@edinburgh-unitarians.org.uk

Waymark

Editor Jane Aaronson, for Unitarians in Edinburgh

Email ja@ednet.co.uk

Waymark is published ten times a year for members and friends of St Mark's. If you wish to receive Waymark by post, a suggested donation of around £15.00 per year towards the cost of publication will always be welcome. For more information please speak to our Treasurer, Ali McDonald or email: stmarksunitariantreasurer@gmail.com

We welcome contributions, though space is limited, therefore contributions will be published at the discretion of the editor. Email to ja@ednet.co.uk by the 7th of the month. If you cannot send copy electronically, please note that Audrey Simon will type and email material to the editor. Please contact Audrey at St Mark's.

Attendances

February 25	41 (adults) + 4 (children) = 45
March 4	32 + 2 = 34
March 11	62 + 6 = 68
March 18	26 + 1 = 27
March 25	49 + 4 = 53

SUNDAY DUTIES AT ST MARK'S

SUNDAY STEWARDS

April 1 Ann Sinclair 8 Hilary Anderson
15 Mary McKenna & John Reid 22 Lynsey Bailey
29 Kirsty Murray **May 6** Jill & Tom Stamper

PEACE CANDLE LIGHTING

April 1 Kate Foggo 8 ICUU 15 Hilary Davies
22 Niall Urquhart 29 Jane Aaronson
May 6 Craig Hamilton

*International Council of Unitarians and Universalists

WELCOME

April 1 Kate Foggo & Margaret Mackenzie
8 Lynsey Bailey & Heather Coates 15 Margery MacKay
& Hilary Anderson 22 Susanne Urquhart &
Bláthnaid Quinn 29 Jane Aaronson & Ann Sinclair
May 6 Mary McKenna & John Reid

COFFEE

April 1 Mary McKenna & John Reid
8 Brian Robertson & Elizabeth Welsh 15 Richard Ross
& Heather Coates 22 Tony Finlay & Niall Urquhart
29 Margery MacKay & B Jones **May 6** Margery MacKay
& Billy Lee

CHILDREN'S PROGRAMME

April 1 Kirsty Murray & Lynsey Bailey 8 Lynsey Bailey
& Tom Stamper 15 Rachael King & Sara Robertson
22 Bláthnaid Quinn & Susanne Urquhart
29 Lynsey Bailey & Sara Robertson
May 6 Kirsty Murray & Tom Stamper

FLOWERS

April 1 Gabrielle Mackenzie 8 B Jones 15 Kirsty Murray
22 Liz Marshall 29 Kate Foggo **May 6** Mary McKenna

Roster of volunteers for St Catharine's Homeless Project



April

6	CLOSED
13	Kirsty Murray & Elaine Edwards
20	Brian Robertson & Margaret Mackenzie
27	Richard Ross & Kate Foggo

May

4 Roger & Lesley Hartley

We are looking for volunteers, so if you would like to be a part of this very worthwhile initiative, please speak to Elaine Edwards or email elaine.m.edwards@virginmedia.com

'Here Comes The Sun'

by MARY MCKENNA
Convener of Council

Easter gives hope for growth and renewal and after a long cold winter it is wonderful to be able to rejoice in the arrival of spring and, more significantly, to announce that Rev Peter Fairbrother has been appointed as the new minister for St Mark's.

Peter is known to many, as he has led services during the last year as one of our regular Inter-Faith Ministers. Peter has developed a strong affection for the congregation at St Mark's, and we have been stimulated by his inspiring, creative, sensitive approach to leading worship. On being informed of the outcome of the Special General Meeting, where there was overwhelming support for his appointment, Peter commented '*I am deeply moved, thrilled and delighted to be your new minister*'.

St Mark's will be his first appointment in his ministry, since his ordination as an Inter-Faith Minister in 2016. This training involved two years of study on world religions, spiritual counselling and deepening awareness and understanding of his own spiritual practice. Prior to this training, he was the spiritual leader of a congregation in Portobello and co-founder of the Rainbow Meditation and Healing Trust in East Lothian. Peter is keen to learn more about Unitarian history and theology and will be involved in training in the months ahead. Peter is presently working in the NHS and will be resigning this post to become our Minister. Peter says that though this is a part-time post he will be '*holding us with a full time heart*'. Peter will be joining us during the week beginning 14 May, after a short planned holiday. He will attend services before then, and will be keen to meet everyone and learn more about St Mark's.

Peter brings many skills to his ministry and is committed to building community, providing spiritual leadership and working cooperatively to promote our vision of a caring beloved community. As his appointment is part-time, we will need to complement Peter's ministry with a programme of service leaders. It is one of our priorities that, in the months ahead, Peter will work with together to support and develop the talents of members and friends in leading worship. I also hope he is able to stretch our concept of ministry inside and outside the church and beyond Sunday services.

Thanks are due to a number of people who led this demanding search process, to all those who have managed and cared for our community, to those who have lead services and most importantly to all our members and friends who have supported us by their attendance and contributions over this time. Many, many thanks.

As with the change in the seasons, change is ahead. Peter will bring new ideas, new forms of worship, new developments and new challenges. Last July Peter led a service at St Mark's titled 'God in all kinds of everything'. Memorably this was about love, life and the Eurovision song contest! Peter concluded this service with the famous Beatles song 'Here comes the sun'. By coincidence Peter told me this song was playing when he and his partner, Phil, called into their local pub on Sunday afternoon, to celebrate his appointment. I fully agree with the sentiments expressed in this song by George Harrison.

*'Here comes the sun.
Here comes the sun
It feels like years since it's been here
and I say it's all right'*

ELAINE EDWARDS *reflects on* our work with The St Catharine's Homeless Project



As I write this, the beautiful snow, falling gently, covers gardens, roofs and cars. However, I'm very fortunate I'm looking out from my house (albeit with a broken boiler!). How the people on the street survive I really don't know; well as we've heard recently, some of them don't.

Would you like to help the homeless whilst enjoying good company and meeting interesting people? Each Friday evening from 5 - 7 pm two people from St Mark's volunteer to help out serving the meals at St Catharine's convent, at Lauriston. I've been part of this team now for about three years and I can honestly say I thoroughly enjoy it. It's not a big commitment. You'd appear on the rota on average every six weeks or even less. You might be serving the meals to the guests or be put on k.p. duty (no, not a punishment as in the army i.e. kitchen practice!) but whatever you do, it's much appreciated by both the sisters and the guests.

The nuns at St Catharine's Convent Homeless Project have been offering friendship and practical support to homeless and disadvantaged people for many years; morning and evening meals, toilet and shower facilities and a warm welcome.

The project is used by up to 200 people a day. These range from long-term homeless people, of all ages, who are sleeping rough or staying in hostels, to pensioners who bus in from their flats in the Edinburgh estates for a meal and some company.

The project is staffed by a rota of about 100 volunteers who, like the clients, come from all over Edinburgh and the world, and so the friendship and service provided by the project comes free of charge. The practical support (food, heating and lighting; the maintenance of cooking, dining, shower and toilet facilities) all cost money, all of which is given in donations.

St Mark's not only sends volunteers along, but as you'll likely be aware, we support the project at various times of the year with a variety of gifts. It's a great cause to support in whatever way you can.

If you're interested, please get in touch with me, either at the church or by emailing me at:
elaine.m.edwards@virginmedia.com Thank you.

The Easter Message

by JOAN COOK

Today is Easter Sunday, the most important festival in the Christian Church calendar. The day on which Christians, following the sorrow of Good Friday, and the crucifixion, celebrate the resurrection of Jesus.

For Christians the message of Easter is the resurrection, as opposed to the crucifixion, the rebirth of the son of God. It is the events of Easter that consolidates the doctrines of the Christian Church, the doctrines of atonement, salvation, and the divine status of Jesus.

For me, the message of Easter is not the crucifixion, the resurrection or the rebirth of Jesus, but as a metaphor for the possibility of transformation. Following the events of that first Easter the disciples of Jesus were in the position of having to find a new role, no longer having a leader.

They were bereft, they had lost their friend, their leader, their purpose in life. They were held in contempt by the government, and most of the population. It would have been so easy for them all just to return to their villages, picking up their work as tradesmen, politicians, or fishermen; but they didn't. They ventured out into the world, spreading the teachings of Jesus. There are various opinions as to what became of the disciples after Jesus' death, but I think the stories of them travelling the world seem to have the most evidence to support them.

Apart from Judas Iscariot, who is commonly supposed to have hanged himself, most of the disciples are reputed to have gone on to found Christian churches and communities around the world.

Peter started preaching in Jerusalem, then founded the Catholic Church in Rome; Thomas preached throughout India, including what is now Pakistan. His tomb is in Chennai. John preached in modern day Turkey, before his exile to Greece. Matthew founded the Christian Church in Ethiopia; Andrew travelled to Turkey, Greece, Eastern Europe and Asia, where he founded the churches of the Byzantine Empire and modern-day Russia. His relics were supposedly brought to Scotland, to St Andrews.

Others travelled, preaching Christianity as they went; Bartholomew in Armenia; James the Greater in Spain. Simon and Thaddaeus travelled and preached together in Ethiopia, and Iran; Philip made his way to Greece, Syria and Iran. The one disciple who didn't travel was James the Lesser. He remained in Palestine, becoming leader of the Church in Jerusalem.

It is in the transformation in the disciples of Jesus, these tradesmen, fishermen, that I believe we can see the message of Easter being played out in the world. This, for me, is the real resurrection, the putting into practice of what they had learned from Jesus: going abroad, laying the foundations for communities which would promote the loving, healing, and teachings of their leader. This they saw as their calling, their ministry in the world.

At this time of the year, the Spring, especially now that the clocks have gone forward, and the cold dark days of winter are behind us, we can see transformations taking place around us, especially so in the garden. As the days get longer, and the temperature rises through the cold hard earth, wet and cold from the winter frosts and rain, we see green shoots sprouting from the earth, signaling not only their own transformation from dry, wrinkled seeds and bulbs, but also

the arrival of spring. These seeds which have been quietly lurking unseen in the ground, biding their time until the circumstances are right for them to thrust forth their shoots.

It is through their transformation that our world becomes greener, brighter, more colourful, and generally a more pleasant place in which to be. And sometimes at this time of year, this time of new beginnings, it is possible that we may feel it time for us to make some changes, in ourselves. The Easter story symbolises spiritual rebirth and renewal, the possibility of change.

Believing in the Resurrection is less about accepting the literal truth of the divergent gospel accounts of that first Easter Day – interesting though these are – and more about making, of ourselves and our community of faith, a new body for the loving, courageous, and divine Spirit that once found expression in Jesus.

Just as the disciples changed because of Jesus' death, no longer being followers, now becoming activists, the Easter story reminds us that we too are capable of change. Our lives are not fixed, we are able to change the way we live our lives. I accept that doesn't mean we can all become musical geniuses, world class cyclists, or great artists, and I long ago faced up to the fact that I would never be another Margaret Atwood! But we can choose the way in which we live the lives we have. And as the disciples experienced changes in their lives, it is possible for us to experience transformation in ourselves, as James Martineau, the 19th century Unitarian theologian said,

'The Incarnation is true, not of Christ exclusively, but of Man universally, and God everlastingly.'

In times gone by, terms such as redemption, deliverance or salvation may have been used to describe changes brought about in our spiritual selves, and today people wishing to see changes in their innermost selves may consult life coaches, or motivational work-shops. And it is not only Christianity that teaches salvation, transformation, or re-birth. This theme also occurs in Buddhist and Sufi teachings.

Buddhists see self-transformation as part of life's spiritual journey, striving to reach a state of perfection. The Buddhist path is continual striving to reach the state of ultimate being. Buddhists recognise that there are various stages to pass through on this journey.

As we heard in our Time for All Ages story earlier, the caterpillar goes through certain stages before becoming a butterfly, and if we want to see changes in ourselves, so must we.

Well what are these stages?

Firstly, we need to recognise a need to change within ourselves. This doesn't mean we need to be 'in despair' or unsatisfied with our lives. It may be that we are just a bit too satisfied. We may just feel that we are not being true to ourselves, or just not in the right place. Buddhists would recognise this as a desire for a new, freer way of being. Having done that, we need to take a step back, remove ourselves from situations, people or places that we feel are holding us back, just as the caterpillar removed himself for the world, withdrawing into his cocoon. And yes, I do realise that technically it is moths that emerge from cocoons, and butterflies from a chrysalis, but I feel cocoon has the more

appropriate imagery for us this morning!

We don't necessarily need to shut ourselves away physically, on say, a desert island, or in a retreat centre, but just allow ourselves time and space for re-evaluation.

The next step is probably the most difficult, it involves 'letting go'. Letting go of past hurts or injustices, letting go of negative thoughts and habits which do nothing to help us make progress. Or as those following the Buddhist path would term, losing all that is unhealthy, harmful. It is difficult to give up routines, or beliefs, which you may well feel have served you well in the past, for something you just aren't too sure will work.

Having let go of constraints and limitations, we need to acquire more affirming habits and routines which encourage our personal spiritual growth. These may be taking long walks, either in the company of others, or alone, giving us time to think; it may be finding a creative outlet, in which we can develop that side of ourselves; it may be by practising meditation or mindfulness, that we encourage such growth.

Having been through these various stages, identified areas for change, set goals, initiated a plan of action, and assimilated these new practices into your life, the next step is to re-emerge into the world, transformed, as the one-time caterpillar emerges from the cocoon as a beautiful butterfly.

Well, wouldn't that be a nice neat ending!

But of course, not every story works out quite as neatly. It may be that even with the best intentions we can't quite achieve what we aim for. It may be that it just isn't the right time, or activity for us, or perhaps it's just how the fates conspire! Just as not every cocoon brings forth a beautiful butterfly, we need to be prepared to try again, and again, to achieve the changes we want to see in ourselves.

Psychologists working on programmes to assist people in making life-changes, acknowledge that it can take many attempts for people to achieve their goals, sometimes falling by the wayside time and time again, before ultimately succeeding.

But one way we can increase our chances of being successful is by seeking out the support of others, just as exercise seems a lot more bearable in a class of friendly people, or cleaning out the church cupboards seems lot easier with others pitching in to help. Ideally everyone here in this church would find support for their endeavours from other members of our community, and in turn be willing to offer others their support when needed.

As Mark Morrison Reed, a UUA Minister writes;

'The task of the religious community is to unveil the bonds that bind each to all. There is a connectedness, a relationship discovered amid the particulars of our own lives and the lives of others. Once felt it inspires us to act for justice.'

It is the Church which assures us we are not struggling for justice on our own, but as members of a larger community. The religious community is essential, for alone our vision is too narrow to see all that must be seen, and our strength too limited to do all that needs to be done. Together our vision widens, and our strength is renewed.'

May this Easter see our vision widen, and our strength renewed.

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given in St Mark's on 16 April 2017.*

Joan Cook is our Lay Celebrant and Lay Preacher.

ST MARK'S BOOKMARKS

will meet on 22 April
after the service
at 13.00

(you are welcome to bring your lunch)

*This group is open to all, and we shall be
meeting every 4-6 weeks.*

The book we shall be discussing in April is;

The Book of Joy

by The Dalai Lama and Desmond Tutu,
with Douglas Abrams

'In April 2015, Archbishop Tutu travelled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering?' (Penguin Random House).

For more details, please contact Joan Cook
joancook@hotmail.co.uk

Poetry Reading for Pleasure

on

Sunday 8 April at 13.00

Come and share some favourite poems

Want to know more?

Please speak to Margery MacKay

The Bereavement Support Group

The next meeting will be on 7 April at 11.00

The Bereavement Group offers support to anyone suffering a loss through bereavement, separation or estrangement.

More information via Jane Aaronson ja@ednet.co.uk



St Mark's Good Cause in April

Edinburgh NE foodbank

based in
South Leith Parish Church Halls

- All food given out by foodbanks is donated
- Volunteers sort the donated food and run the centres
- Doctors, social workers, the police etc identify people in crisis and issue them with a foodbank voucher, which can be exchanged for 3 days supply of emergency food
- Clients are also signposted to further support

'£10 could help give a mother peace of mind that her family will not go hungry....'

'£20 could help support someone take their first steps out of poverty'

'£50 could help us give more people a place to turn to in times of crisis'

For more information go to
<http://edinburghne.foodbank.org.uk/>
or
speak to Joan Cook

The Scottish Unitarian Association Annual Meeting



will take place at St Mark's
on Saturday 12 May from 11.00 until 16.00

The programme, yet to be finalised, will include the AGM and a service of worship at the end of the meeting.

In the afternoon, a workshop on 'Diversity in Faith' will be presented by Farkanda Chaudry, who regularly presents full courses on Religious Diversity and Anti-Discrimination Training.

Lunch will be provided
More information from Ann Sinclair
annsincclair530@btinternet.com



Chalice Singers Rehearsals



If you enjoy singing, do come and rehearse with us. You don't need to be able to read music

We will meet in the upper hall from 10.00-10.45
on the following Sundays

April
15
29

May
13

Please speak to Lesley Hartley to find out more

As is our practice, during January and February the good cause in St Mark's was collected in favour of our partner church in Chennai, South India. During these two months £412.67 was collected for the Chennai Fund. This amount included £30.00 of old round pound coins, collected by the congregation and exchanged by Joan Cook. Both JON BAGUST and MIKE WEST would like to thank the congregation for their generosity. The budget for the year is printed below. Please speak to Mike or Jon if you would like more information.



Chennai Unitarian Christian Church Budget for the Year 2018

1. Village Sewing School	
One teacher for 2 sessions	£267
2. Village Caretaker	£133
3. Materials	
Cloth, thread, scissors and other materials for tailoring	£111
4. Scholarships	
Providing scholarships for deserving students	£522
5. Village Night School One teacher	£133
6. Help for old age and widows	£111
TOTAL BUDGET FOR 2018	Rs 115,000 = £1,277.00

CHALICE LIGHTING WORDS

Members of our congregation participate in Sunday services in various ways, including lighting our chalice and contributing thought-provoking words. This month we print contributions by MIKE WEST and JACK BELL.

MIKE WEST Last Wednesday (14 February) was Ash Wednesday. We are now in the period of Lent, which runs from Ash Wednesday until just before Easter.

As we know, Lent is observed as preparation for Easter by Catholic, Anglican and some other Christian denominations. It involves fasting, penitence and self-denial. Lent observances are similar to Ramadan, at least insofar as they both involve fasting and spiritual reflection.

As a former Anglican, Lent retains some resonance for me. The author Janet Morley writes that 'to keep Lent is to turn aside from the ordinary routines of our life in order to reflect; to notice what is going on, to detect what is really significant'.

I came across an agenda for fasting this Lent which attracts me. The words have been attributed to Pope Francis:

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and pressures.
- Fast from complaints and contemplate simplicity.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

JACK BELL Good morning everyone this is my first time lighting the Peace Candle.

I'm lighting the candle today in memory of two young women who inspired me. Rachel Scott who was the first person killed in the Columbine school shooting in 1999, and Sophie Lancaster who was beaten to death after staying with her boyfriend, after they were attacked in Bacup in Lancashire for being Goths.

Rachel was known for her courage in staying true to her principles. She was an openly devout Christian and was not afraid to share her faith with other people and stay true to it, even when it meant being mocked and ridiculed by people who were hostile to her. Despite being ridiculed, she stayed true to herself and reached out and befriended others who felt marginalized.

Sophie was also a brave and loyal person when her boyfriend Robert Maltby was attacked in a park in Bacup. Rather than running away, she stayed with Robert and comforted him while he was wounded. That act of bravery and kindness resulted in her being attacked herself and sadly she died in hospital of her wound.

Both Rachel and Sophie had charities and campaigns created in their memory in the United States and Canada. Rachel's Challenge was created to encourage people to spread love and kindness instead of hatred. In this country the Sophie Lancaster foundation was created to stamp out prejudice, hatred intolerance everywhere.

I will finish by lighting this candle with my favourite Rachel Scott quote which she wrote in her diary. 'I have a theory that if one person will go out of their way to show compassion then it will start a chain reaction of the same'.

I light this candle in memory of Rachel and Sophie along with all the victims of hate.

Seventeen Years in Bangladesh Memoirs of a Foreign Wife by KATHERINE HUQ

Part One (continued from March Waymark)

.....In the town we were able to buy a cake straight from the oven. I saw some butter on the counter of the baker's shop. I suggested we buy some. The town also had a public library. We were allowed to take some English children's books to the rest house. We felt perfectly safe as we walked about in the evening. The King had reassuringly claimed that there were no dacoits (*armed robbers*) in the areas under his jurisdiction.

There was a water reservoir in the town. The water supply was good, but at the rest house there was a porcelain filter and a tube well, from which the water tasted strongly of iron, which I liked,

One day my husband went with the children to bathe in the river in the warm sunshine. Unless I stood in the sunshine, I felt the cold in Bangladesh during the winter. There was always a cool breeze which blew down from the Himalayas. The temperature could drop to 43 degrees during the night in Dacca.

Our holiday came to an end. Our student friend arrived to take us down to Chittagong. We boarded the evening train. We always travelled third class (except on one occasion when we travelled second class with university colleagues). A number of young men piled into the square shaped compartment. My husband chatted them up to find out who they were from. They worked in a cloth shop in Dacca and they had been down to Chittagong to their boss's son's wedding. They had obviously enjoyed themselves. But after a while they quietened down and got ready for the night journey. So, while my children put on their leggings for the night journey, the young men took off their trousers and put on their lungis (a *sarong-like garment*) and nightshirts.

Part Two

After the War of Independence 1971

We visited Bandarban again about this time. With the same anticipation we arrived. There was a hole in the wall of the WAPDA (*Water and Power Development Authority*) rest house. The boy students parked their gear in that room. But Bandarban had changed. There was no welcome for us this time. The women did not come out of their houses to greet us. There was a pineapple garden owned by a Bengali at the entrance to the town, which had not been there before. We visited a settlement up on a hill which we had noticed on our way into the town. The tribal family seemed to possess little more than the roof over their heads and the clothes they were wearing. The women wore short, black skirts with bands of red at the hem line, made of course, hard-wearing cotton. They wore strings of small, pink and white beads round their necks. We bought some strings of beads from them and a basket, which, considering the workmanship, was sold to us very cheaply. The bamboo construction, which was their dwelling-place, seemed to be open to the four winds. I wondered what they did during a storm.

I was not allowed to cross the river this time, as, we were told, there were some communist groups, who might consider it worthwhile kidnapping me. My daughters however were allowed to cross the river with the students. A police officer followed my husband and me around for a bit with his walkie-talkie. But the King had not changed. He was as friendly and as kindly as he had been the first time he had received us. But times had been hard for the people of Bandarban, who had suffered, just as the rest of the country, during the struggle for independence. *(To be continued).*

*Katherine Huq who is a member of St Mark's,
lived in Bangladesh from 1961 to 1980.*

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APRIL IN ST MARK'S

Every Sunday 11.00 Church Service and Coffee
Every Tuesday 12.15 Mindfulness@Lunchtime

APRIL

Friday 6 11.00 – 12.30 Waymark folding and mailing
Please email ja@ednet.co.uk if you are able to help

Saturday 7 11.00 – 13.00 Bereavement & Support Group (see page 5)
For more details email ja@ednet.co.uk

Sunday 8 13.00 – 14.00 Poetry Reading for Pleasure (see page 5)

Saturday 14 Doors open At 19.00 Gary Ryan Guitar concert (For further information contact mikemcgeary@msn.com (or call 07722 984676)

Sunday 15 10.00–10.45 Chalice Singers Group Rehearsal (see page 6)

Sunday 22 13.00 – 14.00 St Mark's BookMarks (see page 5). Email Joan Cook for more details joancook@hotmail.co.uk

Friday 27 11.00 – 12.30 Waymark folding and mailing
Please email ja@ednet.co.uk if you are able to help

Sunday 29 10.00–10.45 Chalice Singers Group Rehearsal (see page 6)

MAY dates for your diary

Saturday 12 11.00 – 16.00 SUA AGM (see page 6)
Please email Ann Sinclair annsinclair530@btinternet.com

Sunday 15 10.00–10.45 Chalice Singers Group Rehearsal (see page 6)

Friday 18 19.00 - Bring & Share Supper (see below)

SAVE THE DATE!

We are planning our next
Bring and Share Supper
to take place on
Friday 18 May.

Further details to follow in May Waymark, but in the meantime, please save the date.

Contact Lynsey Bailey, for further details. Lynsey's email address is lynsey.bailey@yahoo.co.uk

SUNDAYS IN APRIL IN ST MARK'S

Services are at 11.00 in the church, with coffee and conversation in the upper hall afterwards. Children sit with their parents for the opening part of the service, and then follow their own programme.

The good cause in April is the Edinburgh NE foodbank. (See page 6 for more information).

1 April A Service led by the Ministry Team and Congregation

The Rite of Spring - an Easter Celebration

On this morning when Christians celebrate Easter, may we open our hearts and minds to all of the 'spring-inspired' truths our human kin have found and that we, and our world, need to hear.

8 April Joan Cook

The Annual Meetings Reviewed

Following the Annual Meetings of our General Assembly, those of us who attended will be sharing our experiences back at St Mark's. An opportunity for everyone to experience some of the highlights of the meetings.

15 April Lesley Hartley

'Food for thought'

Stopping hunger and tackling poverty are actions we support as Unitarians who seek social justice. Bob Gould from The Edinburgh Food Project will talk to us during this service.

22 April Lesley Hartley

Spring Up!

A service of readings and music chosen by the congregation to celebrate the season of Springand as May approaches.....

29 April Lesley Hartley

May the force be with you/ May, the force, be with you

How does May make you feel? Are you invigorated and filled with inspiration for the summer months? This service looks at the influences on our lives in May from the ancient to the modern.

Mindfulness @ Lunchtime

meets at St Mark's at 12.15 on Tuesdays

Interbeing Buddhist Meditation

meets at St Mark's every Thursday, usually at 19.15

For further information speak to Jon Bagust

www.facebook.com/mindfulnessatlunchtime