

# waymark



unitarians in edinburgh

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*Image by Eli Roth*

# A Very Warm Welcome to St Mark's

from Rev Peter Fairbrother



## Inside out

How are you, friend? I know for many of us this feels to be a disorientating and anomalous time. It's not easy navigating a world which operates quite differently to the one we thought we knew only a few months earlier. Where are we in it all? Perhaps we might find ourselves grieving the loss of how things used to be, whilst celebrating the emergence of new opportunities. Perhaps we might find ourselves striving to manifest our values, whilst holding with less certainty the assumptions and motivations that guided us before. And perhaps we might find ourselves celebrating our commonality, whilst recognising conflict arising between that and the choices we make as individuals. Confusing times, complex times, challenging times.

This issue of Waymark is given over to sharing the experiences of members and friends of our community during this time of crisis. The contributions span a diversity of perspectives and experiences. Ahead you'll find poetry, prose, pictures, and prayer. My thanks to all the contributors for taking the time and care to share what they're with. May we see our self in the mirror of the other, and hold both with compassion.

**With love,  
Peter**

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# Future Sunday Services at St Mark's

Join us online on Sundays, 11am



for time together in community



Unitarians in Edinburgh

**We are continuing our time together in community online every Sunday, via Zoom.**

**These gatherings provide space for personal sharing, readings, music and song, and time held in silence, meditation and prayer.**

To join us simply go to <https://us02web.zoom.us/j/459569403> on **Sunday** at **11am**. Immediately after, drop by for **virtual teas and coffees** at <https://zoom.us/j/939360646>.

Other **weekly** Zoom gatherings occurring during June and July are:

- **Tuesday — Mindfulness@Lunchtime** from **12.15pm-1.50pm**. A time of guided meditation, silence, and sharing at <https://zoom.us/j/390019616>. Meeting ID: 390 019 616, Password: Mindful
- **Wednesday — our Children's Programme** activities occur from **11am**. For further information email Rachael at [stmarkschildrensprogramme@gmail.com](mailto:stmarkschildrensprogramme@gmail.com)
- **Wednesday — drop-in** between **2pm and 3pm** for chat at <https://zoom.us/j/106391104>.

Our **monthly** Zoom gatherings during June and July are:

- The **Earth-based Paths Exploration Group** meet on **Wednesdays 17 June** and **15 July** at **12.30pm**. For the Zoom link email Eli at [eli.roth.personal@gmail.com](mailto:eli.roth.personal@gmail.com) or go to **EarthBasedPaths** on **Facebook**
- The **Bereavement & Support Group** meet on **Saturdays 13 June** and **18 July** at **11am**. For more information email Jane at [ja@ednet.co.uk](mailto:ja@ednet.co.uk)
- The **Poetry and Prose Reading for Pleasure Group** meet on **Saturdays 20 June** at **1pm** and **18 July** at **2pm**. For more information email Margery at [stmarkssecretary@btinternet.com](mailto:stmarkssecretary@btinternet.com)
- The **Journaling Group** meet on **Saturdays 27 June** and **25 July** at **2pm**. For more information email Julia at [juliamacintosh.uk@gmail.com](mailto:juliamacintosh.uk@gmail.com).

# A Message from St Mark's Convener

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I hope others share the same joy at seeing everyone at our Sunday services as I do. It is reassuring to see that most of us are healthy and coping in this new situation. Long may this continue. The Covid-19 virus is challenging each of us and our families in different ways, with heightened fear and anxiety about our health, our finances, and about our loved ones. There are no easy answers and it's looking like the social isolation measures may affect many of us for some time to come.

Thankfully, under Peter's leadership, we are adapting to a new format of services, and for those able to attend, they are both enriching and comforting. Council is meeting more frequently, to manage the many challenges we are experiencing. Inevitably, we are facing a reduction in our planned income this year as a result of having no Sunday collections, a drop in church lettings and the cancellation of the Edinburgh Fringe programme. This will significantly reduce our anticipated income and, though we can make some savings, for example in cleaning and heating, our main costs for our minister and the upkeep of St Mark's building are fixed.

In the meantime, we are grateful to everyone who makes their donation to St Mark's by Standing Order and especially to those who add Gift Aid to their donation. These are vital to our continuing to be able to plan for the future. In addition, we have now set up a PayPal facility on our website to facilitate donations as an alternative way of contributing to the Sunday collections. We appreciate that some people are facing significant financial pressures and understand they may have to adjust their financial contribution to St Mark's. We want everyone to know your participation and support, your energy and ideas are the most important contribution you can make to the future of our community.

In the meantime, it's great that we are continuing to provide Sunday Services via Zoom, mid-week gatherings, and we are establishing small group meetings to discuss themes of mutual interest and concern. Details of our continuing activities are contained on the Unitarians in Edinburgh website, in Waymark, and also in our information packed e-bulletins.

Remember you can contact our minister, Rev Peter Fairbrother, about any pastoral matters or with offers of support; me about any matters of the management of St Mark's; and Ann Sinclair about any finance matters. Our contact details are in this issue of Waymark.

**In love,**

**Mary McKenna, Convener**



# Lighting the Chalice

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**On Sunday 3 May, Mary McKenna lit the Chalice in celebration of her and John Reid's 30th Wedding Anniversary. Ann Sinclair offered these words on behalf of the congregation.**

"Mary and John, thank you for sharing the celebration of this significant anniversary with us.

You've been members of this community also for about 30 years, I think. Around 1990 the choice of wedding ceremony was largely between a church and a registry office – so it was a huge relief for Mary and John to come across Andrew Hill and the Unitarians who were more open-minded about who could be married in a church – except you chose to hold the ceremony on the island of Inchcolm.

I'm told that when Mary & John first started attending St Mark's, Mary introduced John as 'my best friend'. They've continued in that vein, each pursuing their own paths and careers, but always mutually supportive of each other.

And supportive of this community too. John and Mary were joint secretaries for a time. Both have been our convener. They've supported this community, especially at times of ministerial change and the challenging periods of interregnum between ministries. After 25 years of marriage they renewed their vows, back on Inchcolm, with Maud Robinson leading the ceremony. And now, they share their 30<sup>th</sup> anniversary with Peter as minister.

Mary has assembled a memory book of photographs and I've been privileged to have been shown it by John. He can't describe the occasions in words, but I've felt the enormous pleasure he has in the memories that it brings back to him.

Mary and John – you'll understand that we haven't been able to get people to sign a card – we've had to adapt to these strange times and use electronic communication. We wanted to give you something from our community to mark your Pearl Anniversary which we hope you will both enjoy. Of course, we weren't able to guarantee the delivery date. I understand that the two packages have arrived and that you have already unpacked the fragrant rose plant, variety Pearl, and are saving the other package as a surprise for Monday. *(It was a box of chocolates).*

So please accept these gifts with our very best wishes, our thanks and our love to you both."



# Remembering Major Edward Prince

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## **Ann Sinclair and Joan Cook remember Major Edward Prince, who died on Sunday 12 April 2020.**

We were saddened by the death of one of our longstanding members, Edward Prince — or Major Edward Prince, for Edward preferred the use of his formal title, as he quite justifiably took a great pride in his army career. The annual service of remembrance at the Cenotaph in London was a key point in Edward's year, which he tried to attend whenever possible. When he wasn't attending the National Service of Remembrance at the Cenotaph, Edward considered it an honour to light our chalice on Remembrance Sunday. Edward was a gentleman, always courteous and dapper, and a kind man, considerate of others, with a wide range of interests and seemingly boundless energy.

Edward joined the congregation in 1988, while he was Commander Catering in Scotland. His journey to St Mark's may have started in his youth, when he will have been aware of Unitarianism through his father, who was connected with Unitarians in London, and Edward was educated at a non-conformist establishment.

Edward organised church lettings and a very successful Fringe programme. With the help of his partner Pauline, he used to cook a three-course meal for our Christmas lunch on-site, no mean task. Edward soon brought his talents to matters of church governance, joining the church management committee, taking on the role of treasurer from 2004 until 2008. He was deeply involved the planning and execution of various building initiatives, including a new boiler house, the interior re-decoration of the church and, finally, the plan to adapt the rear hall and its basement for church use and lettings. This project was many years in gestation, eventually commencing in 2012. Due to illness, Edward had to stand down in 2013, so was unable to see the project through to completion, and we were unable run the Fringe programme that year.



*Edward in Norway in 2018. Image by Pauline Fairley*

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Edward's can-do attitude and abilities meant that he was a great asset to our community. He was keen to encourage others to develop their skills, and gave freely of his knowledge and experience, not only to St Mark's, but also volunteering in other areas, including charitable activities for military veterans. It was stimulating to work with Edward, even if we had to share his time with his many other commitments. Many of those who have worked with Edward over the years still count him as a friend - including Ross, who was involved with the development of St Mark's as a Fringe venue, and was a great support to Edward and St Mark's, a friendship which has continued over the years.

In September 2017 Edward and his long-term partner, Pauline, were married in St Mark's, a day that Edward regarded as one of the most important days of his life, and for those of us privileged to be part of it, it was a day of great happiness and joy.

The condolences of all of us at St Marks go to Edward's wife, Pauline, and his family, at this time of loss.

*With thanks to Rev Andrew Hill for background information.*

# Views from lockdown...

## Morning Prayer by Willow Quesnel

Oh God, Great Mystery, most Holy Divine One, sacred foundation of all that is, I lift my heart to you! Divine Mystery, who's totality is beyond my ken, but whose presence I feel – I am grateful for thee and I honour thy vast family.

Oh Holy Mother Earth, Keeper of the Seeds of Potentiality, Lady of Life and Queen of Death, who's beauty is unparalleled – blessed is your Divine Parentage. You who give birth to us all, who nourish us in Life and who also guide us unto death. I am ever-awed by your beauty, and I am ever-grateful for your being.

Oh Holy Father Sun, Actuator of Potentiality, Lord of Life and Light, You who reveal truth – blessed is your Divine Parentage. You who calls forth life from the Mother, ever-bathing her in your splendour and glory. You who warm our hearts as you do the earth. I am ever-awed by your beauty, and I am ever-grateful for your being.

Oh Sister Moon, Guardian of the Luminous Realms, Governness of Cycles and Protector of Intuitive Wisdom - blessed art thou Divine Sister. You who govern Sacred Cycles, sometimes shrouded in darkness sometimes bathing us in your soft light; you who moderate the intensity of the Father and who teaches us balance through sacred cycles. I am ever-awed by your beauty, and I am ever-grateful for your being.

Divine Mother and Father, Holy Sister, I celebrate your Sacred Dance, from which all life emerges, and may my love and gratitude never cease.

Sacred Relations, creatures of this world, we who are a family by the same Mother – I honour thee, I respect thee, and I love thee, as family we are connected by love and necessity. Our large family is varied: we are mineral, rock and stone; we are cloud, rain, lake and stream; we are buzzing and crawling; we are finned and we furred; we creep, and crawl, and we gallop; we fly, float and frolic. All creatures large and small, all life that is seen and unseen – all living things are my relations, and have my respect.

I greet this day anew, and I am grateful to take my part in the Divine Song of Creation.

Amen



## Enjoy this Word Search from Moira Holmes!

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

ACTS  
 AIR  
 ALTAR  
 CARE  
 CHALICE  
 CHARITY  
 CHILDREN  
 CHRIST  
 CHURCH  
 COFFEE  
 COMMUNITY  
 CONGREGATION  
 DALEKS  
 DIVERSITY

EARTH  
 EDINBURGH  
 EQUAL  
 FAITH  
 FLOWERS  
 FRIENDLY  
 GIVE  
 GOD  
 HOPE  
 INCLUSIVE  
 JOY  
 LOVE  
 MEDITATION

MINDFULNESS  
 MINISTER  
 MUSIC  
 NATURE  
 PEACE  
 PIANO  
 POETRY  
 PRAYERS  
 PULPIT  
 RESPECT  
 SACRED  
 SANCTUARY  
 SERVICE

SING  
 SOUP  
 SPIRIT  
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 SUNDAY  
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 TOLERANCE  
 UNITARIAN  
 VOICE  
 WATER  
 WAYMARK  
 WORSHIP  
 ZOOM



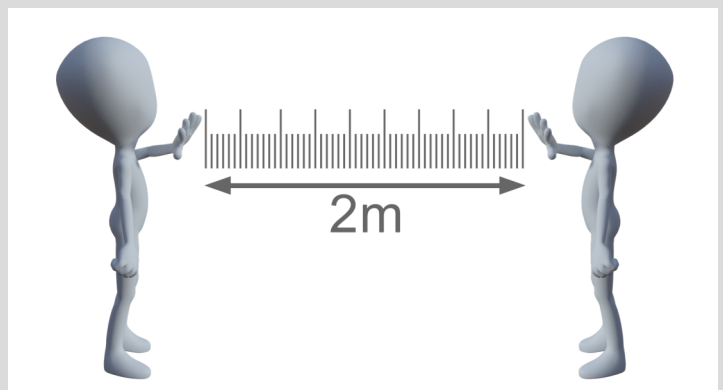


**The enviable view from James MacDonald Reid's kitchen sink**

## Social Distancing by David McGill

By now we all know what 'social distancing' means and why we must apply it. The recommended gap has been set at two metres (6' 6" after we leave the EU and go back to imperial measurements).

It's advice that's given in the best interests of us all and we would be foolish not to comply. I have no problem with the distancing part, but I do have a problem with the wording.



Far from being the antonyms implied in the phrase, I have found the distancing part to be very social indeed. I think they should say what they really mean and refer to it as 'physical distancing'.

Whether the universal fear of being stricken by Covid-19 has brought back a sense of community, or chatting at a distance of two metres is somehow quite natural and built into our DNA, or whether it's just the need to make contact with fellow citizens, I'm sensing a lot more sociability in these days of isolation. Skype and Zoom are good substitutes, but there nothing quite like human contact. We all need it. As an example I went out for my hours walk today intending to feed some of the wildfowl on Blackford Pond and carry out my annual check on the local frog population (they breed in their thousands and hide under the leaves at the side of the footpaths). I never made it. I returned home after an hour and a half, having only managed less than one hundred yards of my planned route.

The front of the houses in our street face due south and it was a gloriously sunny afternoon. Most of my neighbours were sitting outside basking in the sunshine. I stopped to chat with two couples for about forty-five minutes each before I realised my time was up. I'm obliged to wear a hat because of those mysteriously quoted 'underlying health problems' (such as being old), and on the way back, without thinking, I tipped my hat and offered a cheery greeting to every householder, and even some passers-by, who all returned the greeting with a smile. Heaven forbid that the citizens of Edinburgh are going to gain a reputation for friendliness, even if it is at a distance of two metres.

**No pavement pounding to be seen  
During Scotland's quarantine,  
Edinburgh's streets are quiet still  
No million feet, no festival,  
But soon we'll walk our streets again  
Just remember social distancing!**



**Rev Harrison Kingsley, Minister of Chennai Unitarian Christian Church, recently let us know what they have been doing during lockdown.**



"Easter service was conducted from our home. Praveen and Gnanam took the initiative to connect with Zoom. 20 members' families enjoyed."



"On Good Friday we had the privilege to help 40 church families by providing a few packages of groceries - 5kg rice, 2kg wheat, 2kg rava, 1kg dahl, 1kg sugar, 1kg salt and 1kg refined oil. Our members were so happy to receive at this time when they are in a difficult situation".

The background of the entire page is a soft, hazy, golden-brown color, suggesting a sunrise or sunset. On the left side, there are several tall, thin stalks of grass or reeds, their heads of seed heads silhouetted against the bright light. The stalks are dark and vertical, with some smaller, thinner stalks branching off. The overall mood is contemplative and serene.

## **Pandemic Sun by Eli Roth**

Like the sun I seem to rise  
Business revolves around me  
In still solitude, I shine from afar  
Light and warmth shared  
From a distance

Do not look directly at me  
Though clouds part to expose my glow  
Limit your exposure  
Wear your sunscreen  
Keep your distance

In these dangerous times  
It is easy to get burnt  
Overwhelmed by shadows  
Craving warm touch  
Tired of the distance

Time has no meaning now  
But an After Time will arrive  
We will celebrate re-emergence  
Reaching out hands  
To bridge the distance

## Scrumptious Humous Recipe from Christina Harper

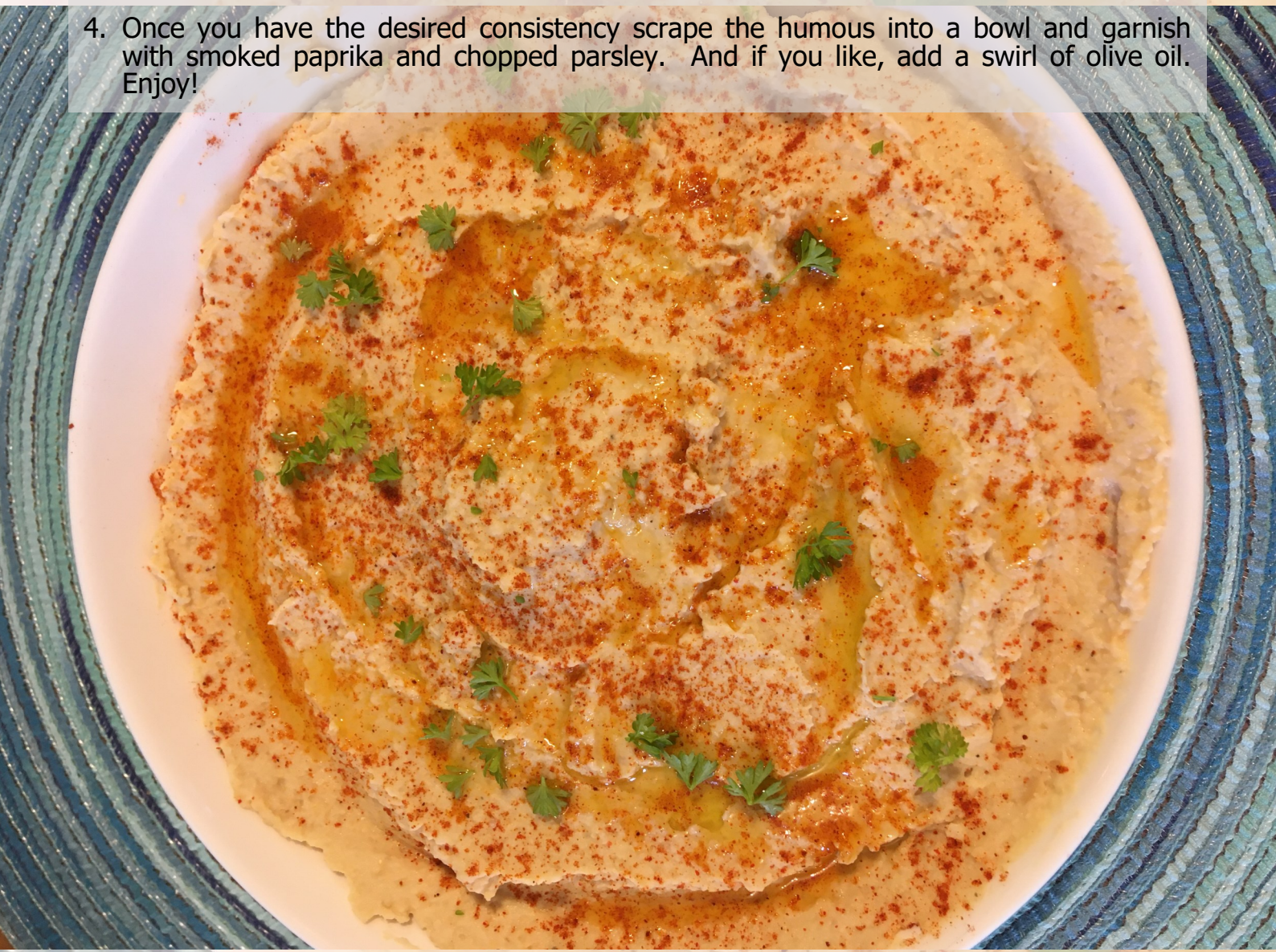
Many people have been baking bread, cooking extravagant meals, and participating in Zoom wine evenings while in lockdown. In our house one of our favourite recipes is homemade humous. We love it so much we thought we'd share it with you. It'll go great on all that lovely bread you're making!!

### Ingredients

2 x 400g tins of chickpeas - drained  
75ml of tahini  
1 teaspoon of salt or sea salt  
2 large cloves of garlic  
About 60ml of lemon juice  
1 tablespoon of olive oil  
Sprinkle of smoked paprika  
Sprinkle of chopped parsley

### Method

1. Put the chickpeas into a food processor or blender and add all the ingredients except the paprika and parsley.
2. Blend until the consistency suits you. Some people prefer course over smooth.
3. If the humous is on the clumpy side add small amounts of water to smooth it down. But be careful as too much water will weaken the taste.
4. Once you have the desired consistency scrape the humous into a bowl and garnish with smoked paprika and chopped parsley. And if you like, add a swirl of olive oil. Enjoy!



## Inspectors by Aisling Wood

Inspectors come when the school smells of paint,  
Dettol, cleaner and disinfectant,  
When they arrive, teachers become directors,  
Panic they cause, these inspectors.

We must be very well behaved,  
Or else we will be totally depraved,  
Sneaking around the school like human spectres,  
Creepy they are, these inspectors.

Inspectors get in everywhere,  
They can even climb like a bear,  
They are amazing lie detectors,  
Smart they are, these inspectors.



"I've only recently opened a Facebook account and am trying to improve my social networking by posting a photo each week - a series called 'Garden Star of the Week'. This is #4, apple blossom - and it looks like there may be a good crop of apples to come. The apple tree is the only thing in the garden that was here when we arrived in Edinburgh. I love it. (Can you believe the sky is SO blue)." **Lesley Hartley**

# Children's Corner with Rachael King

**Hello and welcome to the Children's Corner!**

I'm delighted to be supporting our youngsters and their families here at St Mark's. Having been a member of St Mark's for over ten years (and a parent), I know how much our Children's Programme is cherished, with its special and important role in offering opportunities for spiritual growth, regardless of age.

So, what have we been doing over the past few weeks?

Well, I am very happy to say that we have been meeting weekly online, leaning on the wee rituals that our children know and love; we sing our Welcome song, share joys and concerns, read stories and play games. In doing so, our children continue to prove themselves creative, thoughtful, funny and extremely kind. We have been treated to a wonderful puppet show by Leo and Cora; Fergus' fantastic quiz on all things 'whale'; Sam and Martha have thrilled us with the news of their recent acquisition (tadpoles...so watch this space!); Isabel and Noah walked up Arthur's Seat to catch the sunrise; and Tommy has been painting beautiful pebbles. Aisling and Euan have shared their fantastic poems, pictures and riddles.





*Isabel & Noah watching the sun rise from Arthur's Seat*

I have been struck by the kindness and support the children extend to each other, and so I am sure you can understand why our weekly sessions have become a highlight of my week!

One of the silver linings of this strange situation has been, without doubt, Kirsty and Catriona's ability to tune in and join us from Inverness.

These are extraordinary times for us all, not least for children and their families with the sudden and significant change in routine, and all the challenges that arise from working and schooling from home. While families are juggling these various pressures, we are also aware that our children will be missing their friends, as well as trusted adults such as teachers and grandparents. So, whilst video conferencing platforms are never going to be able to replace the wonder and excitement children harness from being physically together, we shall soldier on, hoping our weekly meet-ups will offer some consistency in this time of uncertainty. My sincere thanks go to the parents for helping their children attend the sessions, and of course to Sara for instigating them. Over the next few weeks we shall be looking at Global Citizenship, which is one of the themes of the national Chalice Award scheme. This theme offers us the chance to explore what it means to be a citizen of our world; the different ways of life experienced by others; where our clothing and food comes from; and how we can try and make the world a better place for all.

**Rachael**

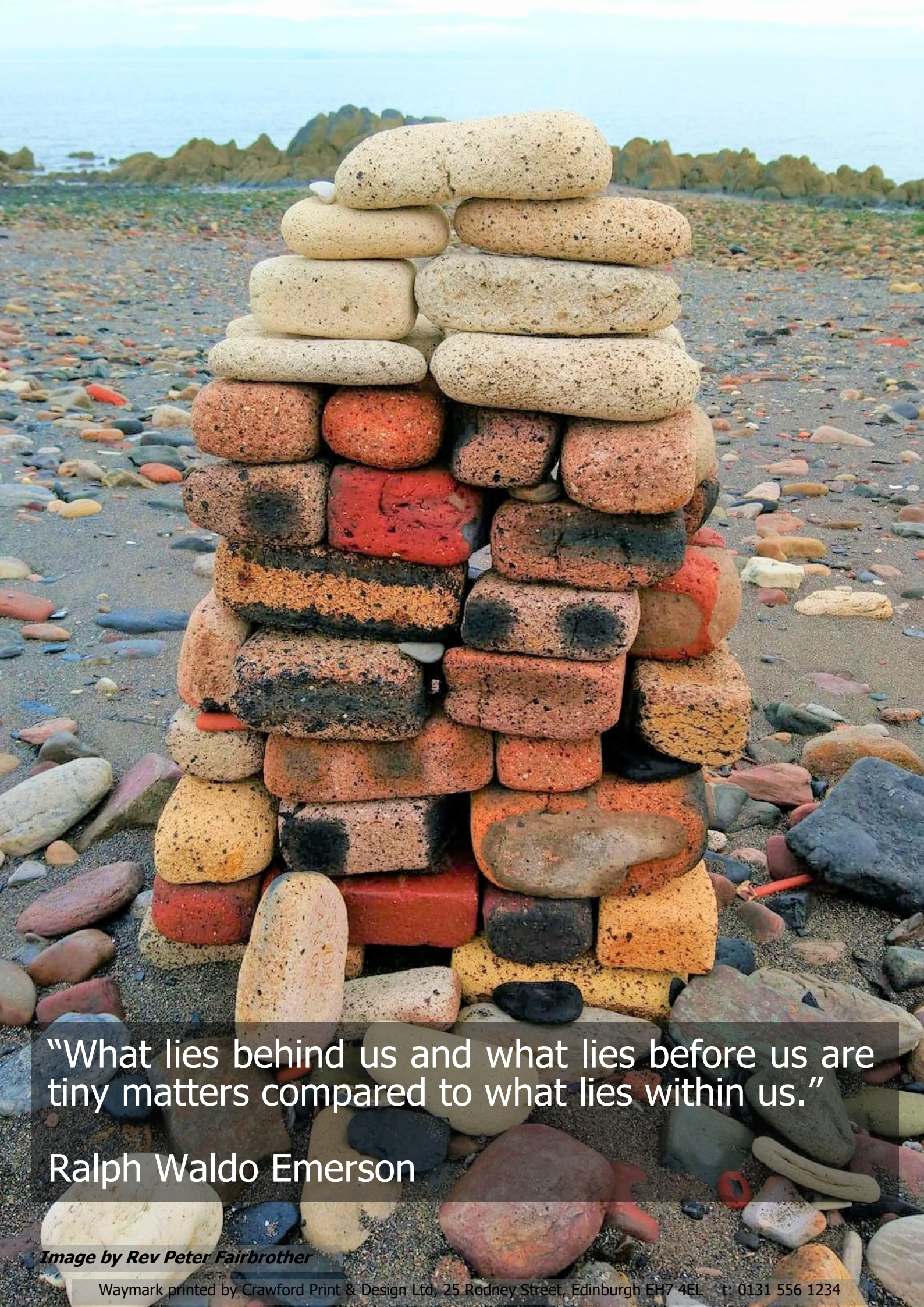
Can you work out Aisling & Euan's riddle?

***I can fly but I have no wings, I can cry but have no eyes***

*Answer: A cloud*

**Contact [stmarkschildrensprogramme@gmail.com](mailto:stmarkschildrensprogramme@gmail.com) for more information**





“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Ralph Waldo Emerson

*Image by Rev Peter Fairbrother*