

# waymark



unitarians in edinburgh

**Volume 51 Number 5**  
**Oct / Nov 2019**



**Bright yellow and full auburn leaves peek through the green of summer as a thin, crisp layer of cold lightly descends,  
Rolls and rolls of butter-coloured hay lie waiting to be heaved onto lorries, and stacked as high as they can go,  
Tractors till the earth, churning up wafts of rich, brown soil,  
And chimneys quietly smoke as darkness falls earlier into day,  
Swallows are leaving, welcoming natures change and the beauty of its colour, scents and wonder.  
Let us welcome the transformation of nature, another season, another time: Autumn**

*Image and words by Christina Harper*

# A Very Warm Welcome to St Mark's

from Rev Peter Fairbrother



## All that we dream of and do...

Some of you may remember that earlier this year a group of us participated in a workshop to explore the values we hold closest as Unitarians. The following were identified and discussed: **community; peace; kindness; learning; integrity; and joy.**



*Image of artwork created by St Mark's member Eli Roth*

I'm proud to be part of a community which places importance in these values. And one that seeks to live them in these most challenging of times. Indeed, it's being in consideration of each of them — hearing your views and being with my own — that's got me thinking... In striving to be the peaceful, loving, kind, learned, principled, and joyful community we so value, I'm wondering in what aspects of community life do we feel called to give a little extra love?

During October and November our Sunday services will explore how we are in community; how we celebrate, nurture and grow all that we hold dear. As part of this I'm delighted to welcome to St Mark's Rev Danny Crosby, from Durham Road Unitarian Chapel, Altrincham, who will consider the commonality of our own sacredness. Alongside, we will be with our thoughts and feelings on death and dying and what it means for us individually and in community. The wonderful Rev Chloe Greenwood, an interfaith minister from Hebden Bridge, will lead us in song and share her experience of involvement in a Threshold Choir (see listing opposite). In November we will hold our annual community remembrance of loved ones who have passed, and consider wider expressions of connection, community, and remembrance.

As a further opening into all things community, in this issue of Waymark I'm delighted to showcase our Autumn programme of events and activities — cherishing the well-loved and familiar, as well as introducing new additions to our calendar (see the centre pages).

In all of this I'm with a tremendous sense of looking forward to serving you as your now permanent minister. (And I couldn't be more delighted to be so — thank you for your continued support and trust in me.) I'm also looking forward to hearing more of *your* ideas on how we further manifest our values, and nurture and grow our community into all we wish it to be. As I said in these pages last May, and I repeat with renewed vigour, 'doors wide open' — let's see what we find.

**With love,**

**Peter**

Contact Peter on Tuesdays,  
Wednesdays & Sundays — 10am-6pm  
email [minister@edinburgh-unitarians.org.uk](mailto:minister@edinburgh-unitarians.org.uk)

# Future Sunday Services at St Mark's

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**Services are at 11am in the church, with coffee and conversation in the hall afterwards. Children sit with their parents for the opening part of the service, and then follow their own programme.**

## **6 Oct — Celebrating Community**

*Service led by Rev Peter Fairbrother*

We welcome the newest members of our community with a service of celebration.

## **13 Oct — Becoming More Familiar with Death and Dying**

*Service led by Rev Chloe Greenwood*

The thought of our own death and that of our loved ones can be very uncomfortable, perhaps something that we would rather not think about. But there may be ways in which we can cultivate wisdom and courage to become more familiar with death to make the final journey more loving. Chloe will explore this subject through song and her experiences of the Threshold Choir (singing at the bedside of those who are dying).

## **20 Oct — There Are No Un-Sacred Places: Only Sacred and Desecrated Places**

*Service led by Rev Danny Crosby*

"Based on a line from the Wendell Berry poem "How to be a poet", the idea is to express that all life, all flesh is by its nature holy. At times we fail to recognise this when we desecrate places and one another by inhumanity. We fail to recognise the sacredness of the body that we are in and live in. Let us ask how we can better take of ourselves, one another and the world in which we live and breath and share our being. Our holy task is to bless life by our loving presence. I often hear the phrase that nothing really matters; well I believe that matter really matters." - Rev Danny Crosby.

## **27 Oct — Nurturing Community**

*Service led by Rev Peter Fairbrother*

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." - Rabindranath Tagore. What benefits do we derive from being in community and how can we further nurture and support that which we hold dear?

## **3 Nov — The Light Within and the Light Without**

*Service led by Rev Peter Fairbrother*

Further to All Souls Day and Diwali, the Hindu festival of lights, we light candles in remembrance of our loved ones who have passed, honouring their sacred flame and the light they brought into the world.

## **10 Nov — Remembrance Sunday**

*Service led by Joan Cook*

As we join in this time of remembrance, Joan shall be reflecting on her experiences last year at the service of remembrance at the Cenotaph, and the service at Westminster Abbey, commemorating the Centenary of the 1918 Armistice. **The service will begin early to enable us to join in the traditional 2-minute silence — please be in your seats by 10.45am.**

## **17 Nov — Smile Train...**

*Service led by Lesley Hartley*

...is the charity supported by the Unitarian Women's League this year — an international children's charity supporting free cleft lip and palate surgery for children globally.

## **24 Nov — Wavelengths**

*Service led by Rev Peter Fairbrother*

"Viking, North Utsire, South Utsire, Forties, Cromarty, Forth, Tyne, Dogger, Fisher, German Bight..." Finding solace and the sacred in that most beloved of radio institutions, the Shipping Forecast.

# Lighting the Chalice

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**The International Council of Unitarians and Universalists (ICUU) distributes a new Chalice Lighting Reading each month. Congregations are invited to use it during worship services, and to introduce it as a Global Chalice Lighting. Below were the ICUU words for March.**

We light this chalice for all who are in search of peace, hope, understanding, and faith.

We light this chalice to guide all on the path of our faith and our global community.

We light this chalice to create together a new world, to give hope for progress in human relations.

We light this chalice to celebrate life in all its facets, both the bitter and the sweet.

We light this chalice for all who have gone before us seeking truth and connection to nature.

We light this chalice for all who concerned with kindness in discourse.

We light this chalice for the warmth of friendship and togetherness and for all whom we serve.

We light this chalice to express our faith to the One God, source of all light in our soul; express our hope that the darkness in the world will always be overcome by the light of truth and goodness; express our love that we will share blessing and happiness with our neighbour.



# Autumn at St Mark's

Events and activities to warm us as the days grow shorter

This edition of Waymark features the wide range of activities you can find at St Mark's this Autumn — existing, as well as new activities, are featured along with a one-off Complementary Therapies Fayre in November.

## Mindfulness@Lunchtime

Mindfulness is gently bringing our attention to the present moment, invoking our inherent capacity for healing and renewal. It is the basis for transforming ourselves and creating greater harmony in our lives and in society.

To be mindful is to be aware of what is going on in our body, in our feelings, in our mind and in the world, as we avoid doing harm to ourselves and others. With the help of breathing - breathing and knowing we are breathing - we are able to touch and be nourished by the peace and joy that are available within us and around us, in the here and now.

Mindfulness@Lunchtime is jointly organised by Unitarians in Edinburgh and The Edinburgh Wild Geese Sangha.

## When & Where

Held **every Tuesday, 12.15-2pm** in the **Sanctuary** and **Upper Hall**.

Free to attend, however voluntary contributions are welcome to cover the cost of teas and fruit. All welcome - simply come on the day.

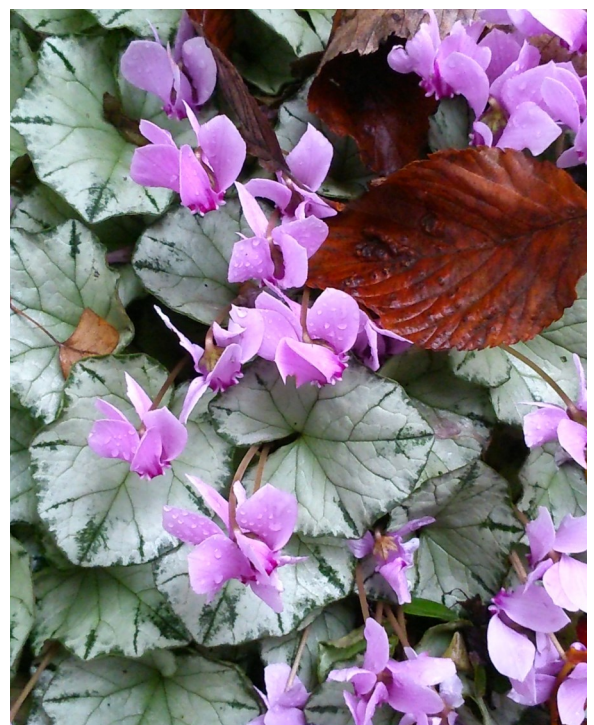
## Earth-based Paths Exploration Group

The Earth-based Paths Exploration Group create a sacred space for informal discussion of topics related to Earth-based traditions. "We welcome you to join us to ask questions, to share your experience, or just to hear what others are contemplating," says Eli Roth. Upcoming topics for the group are: Preparing for and making the most of Samhainn; The role of the Moon in Earth-based practices; and Winter Solstice: Light is returning — what does that mean for us?

## When & Where

**Monthly on Wednesdays** – Autumn dates are **16 October, 20 November & 18 December** – at **12.30** in the **Sanctuary**.

Free to attend. All welcome – simply come on the day. For more information contact Eli Roth at [eli.roth.personal@gmail.com](mailto:eli.roth.personal@gmail.com).



## Heart Circle

"I think we all can benefit from a safe place where we can simply be without any expectations or assumptions," says Rev Peter Fairbrother. "Yet, we often don't afford our self that place in our everyday lives. Instead we put the needs of others first, being preoccupied with meeting the demands of family, friends, work colleagues, etc. And so we are often last in line, way down the pecking order, when it comes to caring for ourselves. And that's a shame on so many levels because if we don't nurture ourselves, we diminish our capacity to meet the needs of those around us too. It's then when we find things begin to slide... As some of you may remember, I held the first heart circle at St Mark's just before Christmas last year.



A safe, private space was created where we sat together in circle, by candlelight, to honour what we're with in the run-up to the festivities. I'm delighted to bring the heart circle back, on Wednesday evenings, once-monthly from October. Like last time, space will be created in the upper hall where we can simply be together in circle for an hour, by candlelight. This will be a safe, private space to honour what we're with. Silence will be honoured. Tears will be honoured. Laughter will be honoured. Anger, sadness, joy will be honoured. Simply come as you are and know that you will be welcomed and accepted. In essence the heart circle is a gift to ourselves: to create a little time to look after yourself."

## When & Where

**Monthly on Wednesdays** – Autumn dates are **16 October, 20 November & 11 December** – at **6.30pm** in the **Upper Hall**.

Free to attend. All welcome - simply turn up on the evening.

## Poetry and Prose for Pleasure group

The group meet one Sunday each month to read and listen to poetry and prose.

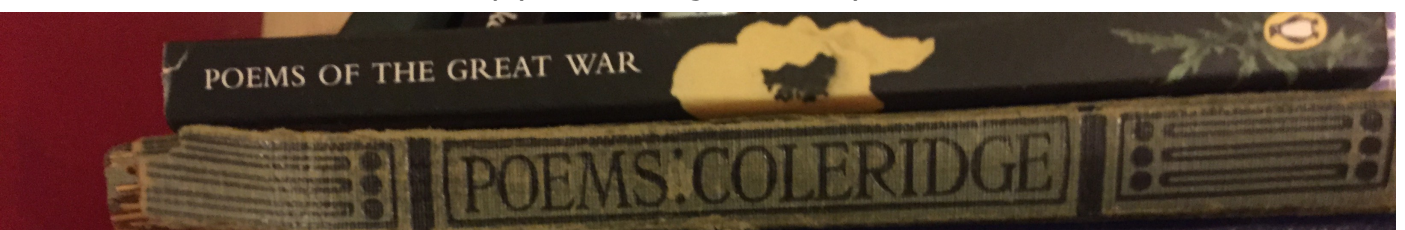
They usually choose a theme each month and attenders are asked to bring along two poems on the theme to share with the group.

Sometimes people share poems that they have written themselves.

## When & Where

**Monthly on Sundays** – Autumn dates are **13 October & 17 November** at **1pm** in the **Upper Hall**.

Free to attend. All welcome – simply come along on the day.



## **Bereavement & Support Group**

"Grief may be caused by the death of a loved one, but it equally may be caused by the ending of a living relationship. Either way, our Bereavement & Support Group exists to support those of us who are in the process of grieving.

We are a friendly, caring, positive and welcoming group which is peer-led. We meet to support each other in our grieving process. Sometimes the emotions of grief will be recent, sometimes the bereavement may have occurred a while ago. Whatever the reason or reasons, our common denominator for the time we are together is to work through our grief by sharing and listening. The group operates within the community's safeguarding policy.

Apart from our group meetings, there are opportunities, by appointment, to meet on a one-to-one basis with our minister, Rev Peter Fairbrother.

Some of us take it in turn to facilitate the group. The person facilitating usually opens the meeting with thought-provoking words in prose or poetry. We then have a period of quiet reflectiveness, after which we take in turns to speak, while the others 'actively' listen. There is no pressure at the group to talk. You may wish to listen and share when you feel the time is right for you. For those who wish to speak, they may decide to light a tea light in memory of their loved one(s). When the person has finished talking, the other members of the group may comment on what has been said, or we may wait to the end of the session. It just depends on what seems right at the time.

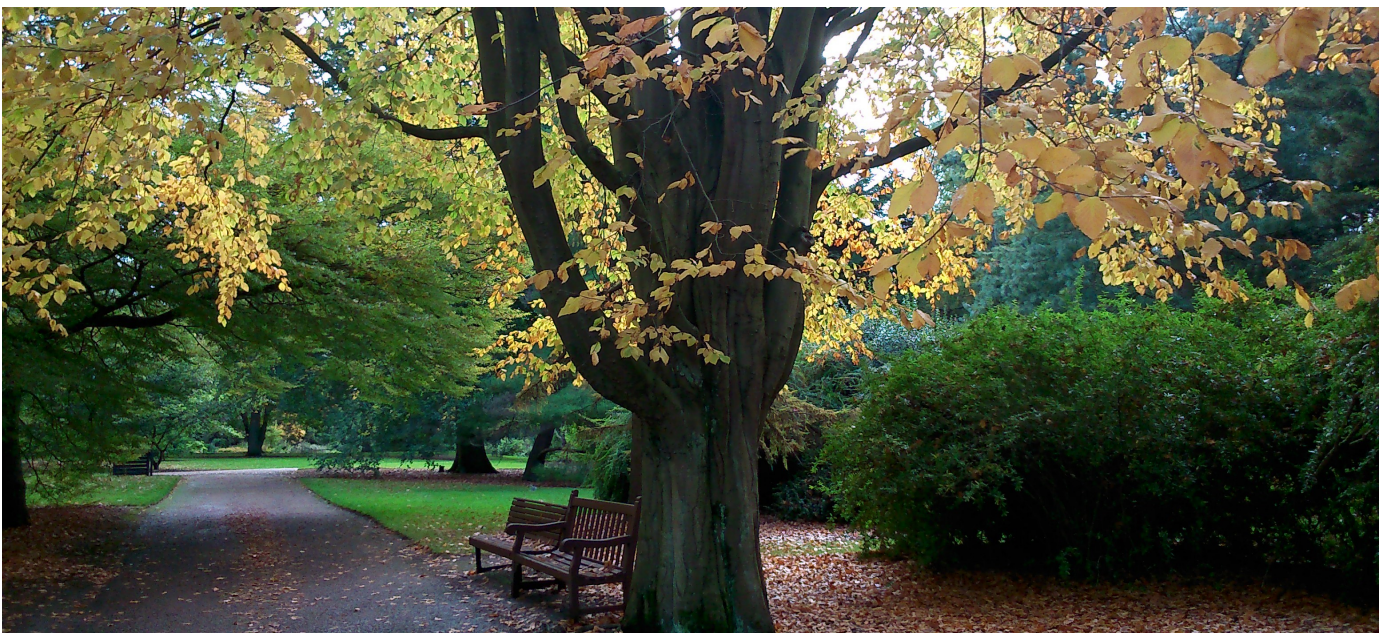
In listening to what others in the group say, we can find solace in identifying with what others are feeling and it is of comfort to know we are not alone in our grief.

You may not feel ready to come to a meeting but it's important that you know we will be here when you feel ready to come along." - Jane Aaronson

### **When & Where**

**Monthly on Saturdays – Autumn dates are 19 October & 16 November – at 11am in the Upper Hall.**

Free to attend. All welcome. Please email group facilitator Jane Aaronson at [ja@ednet.co.uk](mailto:ja@ednet.co.uk) if you plan to attend for the first time.



## Soup & Social

"I'm putting on the soup pot and you're invited!" says Rev Peter Fairbrother. "What better way to warm a chilly Autumn day than a bowl of heartening soup, some nice bread, a cup of tea or coffee, and a little company. I love making soup and I'm looking forward to sharing."

Soup & Social will be held monthly in the first instance during the Autumn months, but if it proves popular we may hold it more often. The soup will be vegetarian, but meat-eaters who wish to bring along their own hearty broths are most welcome to do so.

"I'm looking forward to a cosy wee time," says Peter.



## When & Where

**Monthly** on the **first Wednesday** – Autumn dates are **2 October, 6 November & 4 December** – **12noon-1.30pm** in the **Upper Hall**.

Free to attend, and if you'd like to bring some additional food to share that would be lovely. All welcome - simply come on the day.

## Death Café

The thought of our own death and that of our loved ones can be very uncomfortable, perhaps something that we would rather not think about. At a Death Café people gather to eat cake, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Ours will be facilitated by Rev Chloe Greenwood. I hope you can join us for a morning of tender discussion.

## When & Where

**Saturday 12th October, 10.30am-12noon** in the **Upper Hall**.

Free to attend, however you are welcome to make a donation on the day if you wish to help with the running costs of holding the event. This event is for members of the congregation. Space is limited to 20 places, so early booking is advised. To reserve your place or for more information, email Rev Peter Fairbrother at [minister@edinburgh-unitarians.org.uk](mailto:minister@edinburgh-unitarians.org.uk).

## Journaling Workshop

Julia Macintosh would like to introduce a series of journaling workshops at St Mark's.

Journaling is a tried and true method for exploring feelings and ideas through words, drawings and collected ephemera. It can be a powerful instrument in spiritual development. Julia plans to present a series of themes to inspire the use of journaling as a creative and spiritual resource. The workshops will be conducted as four consecutive weekly sessions: making marks; journaling as practice; your spiritual history; inner/outer reflections; dialogue with the sacred.

## When & Where

**Weekly** sessions potentially running from late **October** to **November**. Register your note of interest to [julia@juliamacintosh.uk](mailto:julia@juliamacintosh.uk) by **13 October**. Julia will arrange a doodle poll to determine the most suitable meeting dates and times.



## **Complementary Therapies Fayre**

Join us for a day of rest, relaxation, and self-care — a wonderful opportunity to try a range of therapies to support health and wellbeing, provided by some of the experienced complementary therapists we are blessed to have within our community.

**Christina Harper — Massage:** relax and let go by allowing me to connect with you and soothe your body and spirit. Massage helps to soothe muscles and 'sore spots', as well as improving sleep, de-stressing, and improving tissue function.

**Christina Harper — Facial Cleansing with Head, Neck & Shoulder Massage:** soften frown lines and brighten your skin. Facial and head massage will soothe muscle tension and allow blood to refresh and flow freely.

**Hilary Anderson — Kinesiology:** Kinesiology is the study of human movement. As a Kinesiologist, I can identify what your unique body wants and needs to bring it into better balance.

**Philippa Crawford — Life Skills:** can involve some of the following: meditative relaxation techniques; Indian head & shoulder massage; hands-on healing; talking; movement; music and poetry. Each session is led by the individual needs of the person, as they present on the day.

**Rainbow Meditation & Healing — Therapeutic Healing:** the practice of working with your energy, which involves the gentle laying on of hands (or in very close proximity) which enables you to receive the help that will improve your physical and emotional health.

**Rainbow Meditation & Healing — Clairvoyant Readings:** know that there is life after death. Allow us, as Spiritualist Mediums, to share with you evidential messages of love and upliftment from your family and friends in the spirit world.

### **When & Where**

**Saturday 9 November, 10.30am-4pm, throughout St Mark's.**

A suggested donation per therapy will be advised. All proceeds will go towards supporting the running costs of our community. Advance bookings will be taken during October. For more information or to make a booking, speak to Rev Peter Fairbrother or email him at [minister@edinburgh-unitarians.org.uk](mailto:minister@edinburgh-unitarians.org.uk).



## In and around St Mark's

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Peggy Kanada, an American who has been based in Tokyo for many years, is Vice President of the International Association of Liberal Religious Women, and is Chair of the Tokyo Unitarian Fellowship. Peggy and her husband were touring Scotland and arranged to be in Edinburgh on Sunday 25th August to attend St Mark's. Peggy gave greetings from the Tokyo Fellowship during the coffee period.



A few members of St Mark's joined Peggy for lunch at the Filmhouse after the service.

*Peggy Kanada and Barbara Clifford (back)*

*Jane Aaronson and Margery MacKay (front)*

*Image by John Clifford*

## Celebrations at St Mark's!

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**Huge congratulations to Richard Ross who recently sat and passed Higher Gaelic.**

Not only did Richard pass, he got an 'A'.

Well done Richard from all at St Mark's!

***Tha e na thoileachas mòr dhuinn uile aig Eaglais Naomh Mharcais meal-a-naidheachd a chur air Richard Ross a tha air a' chùis a dhèanamh air an deuchainn Àrd-Ìre Gàidhlig.***

*Agus chan e a-mhàin gun do rinn e a'chùis air – fhuair e 'A'.*

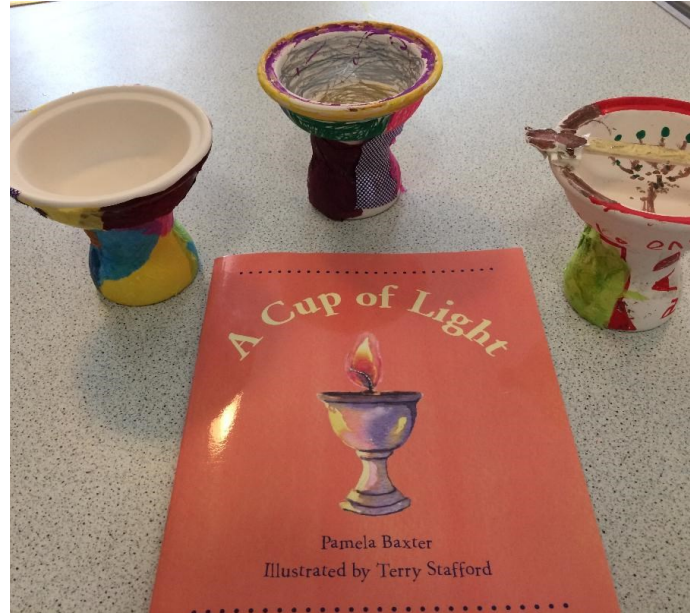
*'S math a rinn thu, Richard!*



# Children's Corner with Sara Robertson

## Welcome to the Children's Programme!

In August we looked at how different people and societies see the world in different ways and how this affects the way knowledge, information and prejudice is spread. September was a month of looking at community, what this means to us and how we can work together in community. We learned about the international symbol of our Unitarian community, what the flaming chalice can symbolise to different people, and decorated our own chalices to use at home.



## Coming Up!

**October** will be a month of scientific exploration, learning about Unitarian scientists and doing some experiments of our own.

**November** into **December**, we will be exploring light festivals and how the impending winter affects the natural world.

## Can you share a Sunday morning in worship and spiritual exploration with children every month or two?

Each Sunday St Mark's needs two adult leaders in order to run the children's programme. We are looking for people who enjoy fun, singing or crafts, and who respect children, to join the current leaders team. Speak to Sara or a current leader to find out more about joining the team, or you can email [stmarkschildrensprogramme@gmail.com](mailto:stmarkschildrensprogramme@gmail.com).

## Waymark Deadlines

**8 November** — December / January issue

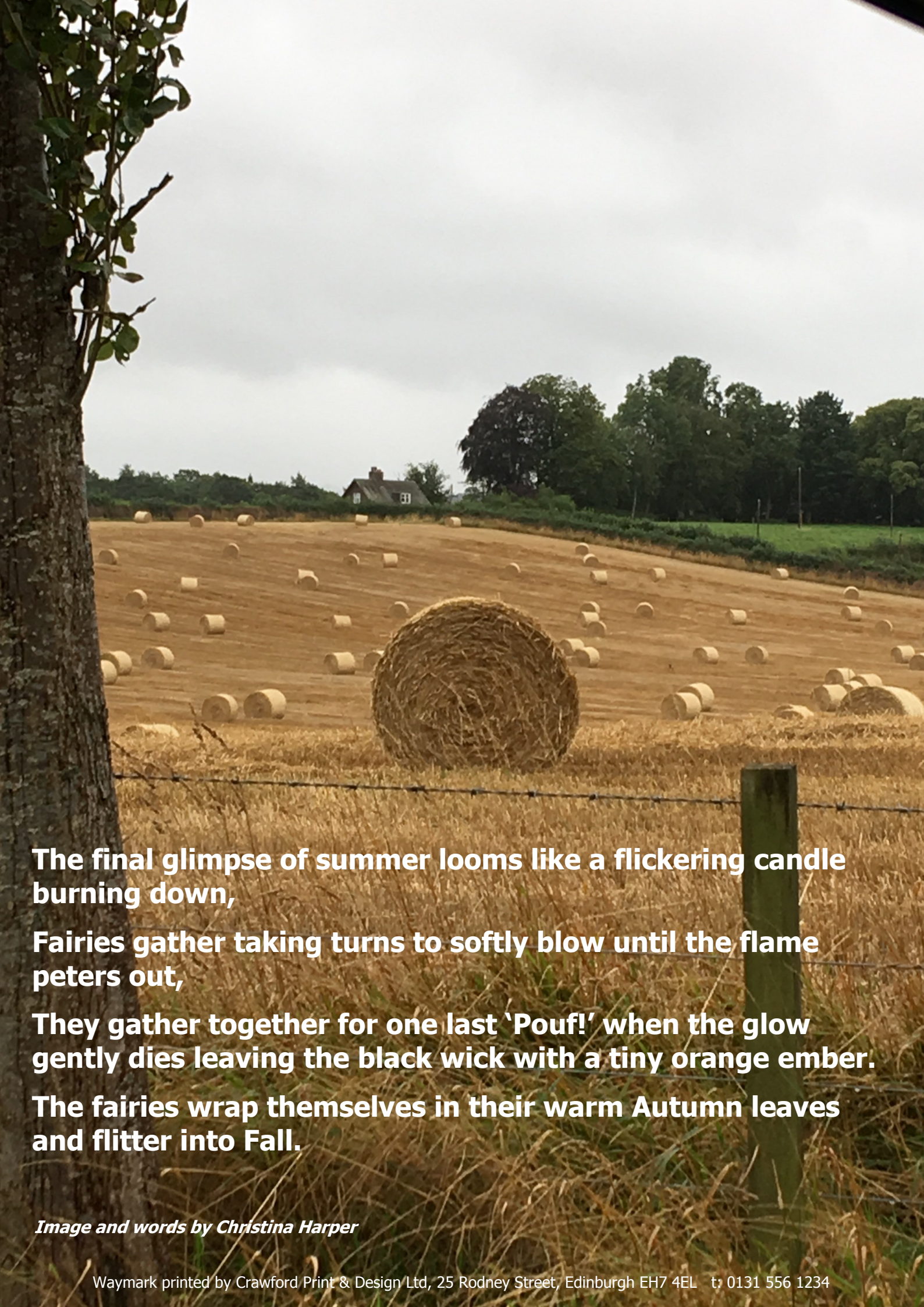
**10 January** — February / March issue

**6 March** — April / May issue

e: [editor@edinburgh-unitarians.org.uk](mailto:editor@edinburgh-unitarians.org.uk)



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



**The final glimpse of summer looms like a flickering candle  
burning down,  
Fairies gather taking turns to softly blow until the flame  
peters out,  
They gather together for one last 'Pouf!' when the glow  
gently dies leaving the black wick with a tiny orange ember.  
The fairies wrap themselves in their warm Autumn leaves  
and flutter into Fall.**

*Image and words by Christina Harper*