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The
**United
Reformed
Church**

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Time for Awakening

By Rev Fiona Bennett

The theme of the 2016 Scottish Mental Health Arts and Film Festival (SMHAFF) is 'Time'.

Time is both a dimension to our reality and a very precious commodity in a world which can constantly appear to be pushing its foot further and further down on the accelerator pedal. So as we at AUC enter our season of Wholeness, which corresponds with Mental Health Sunday and SMHAFF, (see the Seeds calendar for AUC activities in 2016 SMHAFF) this year we will be thinking about 'Time for Awakening'.

Anthony de Mello (S.J.) said that "Spirituality is waking up". * Waking up to reality. Waking up to the Source of Life in all things. Waking up to truth. So what might it mean to waken up to time?

The reality of time means that we can only consciously exist in the present moment. Reality as existed 5 minutes or 5 years ago is gone. Reality as will exist in 5 minutes or 5

years is always yet to come. The only reality in which I am fully awake is this very moment. This very moment. This very moment exists right where you are and at the same time exists billions of light years away in the farthest reaches of the universe. This very moment exists right where you are and at the same time exists in the deepest and strangest canyon in the ocean. In this very moment where you are, a life (human, animal, fish...) will end and a new life will be born.

This very moment is all that we have and yet at the same time is huge, cosmic, and infinite.

This very moment (the present moment of time) connects us to all life in the universe of which we are part as a dimension of reality. But to awaken to the connection and the reality, to be able to notice it, is a privileged and a potential source of peace, shalom, wholeness (all

Getting involved

Within AUC there are 7 Ministry Teams which are responsible for different areas of Church Life. If you would like to know more or get involved with one of these please e-mail the contact person

Children & Young People

Kirsty Murray

kirsty.murray@ed.ac.uk

Membership

Alex Peden

a.peden@ed.ac.uk

Our Tribe (LGBTI Ministry)

Nicola Robinson

nicola.a.robinson1@gmail.com

Commitment For Life

(Social Justice Ministry)

Kathleen Ziffo

secretary@augustine.org.uk

Pastoral & Mental Health

Doris Caldwell

hhfcaldwell@gmail.com

Worship & Christian

Education

Rev Fiona Bennett

minister.auc@gmail.com

Centre, Property & Finance

Tom Murray

murray.tom@blueyonder.co.uk

If you would like to get involved volunteering within AUC or the local community:

AUC Volunteering

Anne and Nicola Robinson

rota.auc@gmail.com

Local Community

Volunteering

Della Morris

dellagreenlanes@gmail.com

< 1 these words are connected).

Shot through every atom of this moment is the living, loving divine presence, the Abba/Amma of Life whom Jesus revealed. In this very moment the divine Source is pulsing through time, loving each atom of this universe and seeking its/our wholeness and joy. The divine Source who can only meet us now, in this moment as each present & infinite moment is all we have.

So in the month ahead whether you feel time is flying past or dragging on, remember that this present moment we share with all of the universe; and in this moment God, who is in the heart of every atom, is working for our wholeness and joy, and the wholeness and joy of all life. If only we waken up to notice what is going on, in this very moment.

(*Quote taken from 'Awareness' by A de Mello 1990)



Quiz Night

Saturday 29th October
6.45 for 7pm at AUC

Our Tribe in October will be a quiz evening with prizes, compèred by our very own Christine Rarity-Middleton.

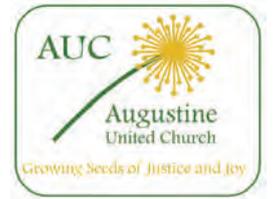
Folk are invited to contribute a small donation which will be donated to Positive Help, a charity which offers volunteer-led practical help to those affected by HIV/AIDS and Hepatitis C in Edinburgh and the Lothians.



As at every Our Tribe gathering, there will be opportunity to share communion during the evening!

All Welcome

Covenant and Stewardship Sunday (9th October)



On this day we will be saying together the words of our Covenant. Our evolving congregation has been recommitting itself to this pledge, in various forms, every year since the first version was written by Eric Routley, sometime during his ministry (1959-1967). Our church has undergone numerous changes and diversifications in the last fifty years, and this journey of faith has required us to live out the meaning of this Covenant in various ways.

On Covenant Sunday Tom Murray, (Centre, Property & Finance Team) and Alex Peden (Membership Team) have been invited by Rev Fiona Bennett to give their thoughts on how we, as a church, might live out the meaning of this Covenant today. The pace of change now is greater than it has ever been and our city centre location continues to present new challenges and opportunities on a daily basis. We need participation and input from as many new people as possible, even if only on a temporary basis. Therefore, before October 9th please could I ask you to read and prayerfully reflect upon the words of our Covenant as shown right:

Alex Peden



Setting for the LGBTQI-friendly Church Fair in September...and trying out the Lucky Dip (raising money for Christian Aid)

AUC Covenant

We, acknowledging God to be our God, Jesus Christ to be our Lord, and the Holy Spirit to be our Guide, commit ourselves to one another to live together in church order as a company of Christ's people.

We seek to fulfil the will of God, as declared in Scripture, in bearing one another's burdens and sharing each other's joys, in welcoming the stranger and befriending the poor and lonely, in caring for the young and building up our families as part of the great family of God.

We promise to endeavour in prayer, personal service and conscientious giving, to proclaim God's will in all human relationships in which we have part, whether social, economic and international.

We intend that our Church should be in membership of the United Reformed Church in the United Kingdom, but seek by God's grace, fellowship with other Churches, especially those of our neighbourhood, working and praying together with them for the unity of Christ's Church in the world.

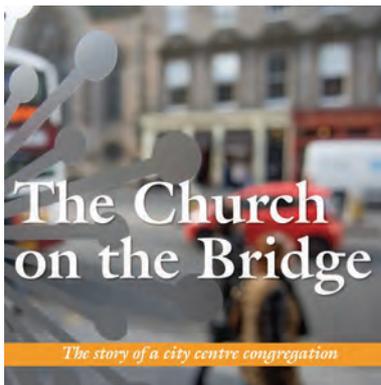
Finally we commend ourselves to the whole Church of Christ on earth and commit ourselves to God our Maker, in the knowledge that God will not leave us or forsake us, and that at the last, all will be gathered in Christ our Redeemer.

Amen

Learn Our Story—Tell Our Story

As the re-roofing of Augustine progresses, the work on presenting our heritage and telling our story is also well on course and will be completed in time for our launch events on **Sunday, 27th November**.

New booklets and leaflets have already arrived. They tell the story of *'The Church on the Bridge'* – both our history and our values as a modern congregation. Exhibition boards are in preparation, and you may already have noticed the screens that have appeared in the porch and vestibule, which will show (amongst other things) the video currently being made about our life together.



Another important goal in our project is to recruit and train a group of members and friends of Augustine who would be willing, on occasion, to act as Volunteer Guides. They will be able to offer some explanation of our story *in situ* and, we hope, answer questions that visitors sometimes have.

If you are learning more about our story – and perhaps telling it too – below are some dates that you should pop into your diary.

Do consider coming to the sessions. It may turn out that guiding is not for you; it may also be that there are only a very few occasions on which we are asked to guide. But, above all, I trust that the training sessions will offer an opportunity for all AUC members and friends (whether or not they decide to offer as guides)

to explore our remarkable heritage in order to be able to share it in more detail with others.

If you have any questions, please get in touch with me by phone (01968 672243) or by email (lw@laurencew.org)

(And whatever you decide, keep Sunday 27th November as a red letter day in your diary!)

Laurence Wareing

Dates for your diary:

- **Sunday 25th September:** Training session #1 – 2-4pm (following church lunch). An opportunity to explore the task of guiding, think about what might be involved, and consider what we wish to say about our church.
- **Sunday 9th October:** Training session #2 – 12.45-2pm; followed by a talk from the Rev Dr Jack Dyce on the history of the URC in Scotland (which will be useful but optional for guides).
- **Sunday 23th October:** an ecumenical TLC service at our church will offer an opportunity to do a little bit of guiding and to have our new exhibition on show for the first time.
- **Sunday 27th November:** Heritage Project launch – service, meal and formal launch.





C4L CLMT Update— Refugees



The 'refugee crisis' associated with people fleeing to Western Europe from the war in Syria has hardly been out of the news recently, and was one of the issues focussed on in the referendum campaign that led to Brexit. Currently plans to close the Jungle in Calais and the issue of unaccompanied minors have been highlighted. But do these news stories represent a true picture of the overall situation?

The Joint Public Issues Team (JPIT) has chosen the fair treatment of refugees and asylum seekers as one of its focus issues for this year. Associated with this they issued a report 'Made for Goodness: a faithful response to the refugee crisis' in July this year (available from www.jointpublicissues.org.uk/issues/refugees/).

The report outlines that 65 million people globally are now either a refugee, internally displaced or seeking asylum. That's **1 in every 113 people** across the world.

The top 6 'host' countries (Pakistan, Lebanon, Jordan, Turkey and South Africa) are hosting 50% of the world's refugees, despite not being rich themselves – combined they only have 2% of the world's GDP. Lebanon, for example, is hosting 1.1m Syrian refugees – 1 in 5 of its total population. The town of Arsal in Lebanon, the town supported by Edinburgh Direct Aid, has a population of 35,000 which has now been joined by over 70,000 Syrian refugees. (See 'Some ways we can help' right).

In contrast, the top 6 wealthiest countries in the world (USA, Germany, UK, France, China and Japan) have a combined 57% of the world's GDP, yet host just 9% of the world's refugees. Whilst acknowledging that the UK has been generous in its financial aid to support humanitarian work in other countries, JPIT calls for us to accept a fair and proportionate share of people too. They suggest the introduction of a humanitarian visa system by the UK which would help people fleeing violence and persecution to travel safely and legally to a country which will give them sanctuary. Such a legal route would reduce the need for migrants to resort to people smugglers/traffickers, which in the Mediterranean has led to an estimated 25000 lives lost since the year 2000 with 2868 of those in the first 6 months of 2016.

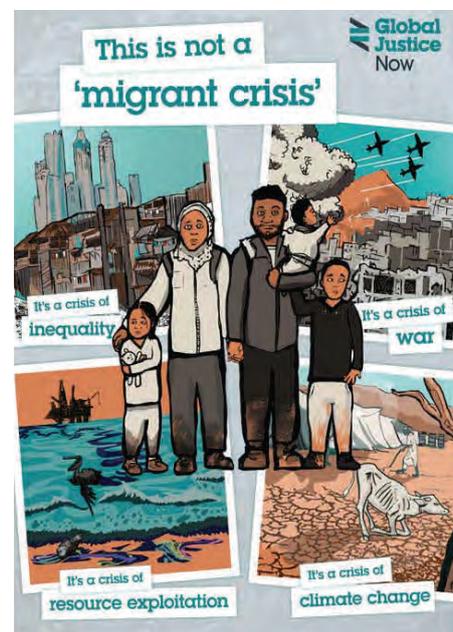
More next month...

Some Ways We Can Help

Scottish Faiths Action for Refugees— are recruiting 8 volunteers from different faith, religion and belief backgrounds to help develop a Weekend Club in Edinburgh, similar to that already running in Glasgow. The club aims to address social isolation amongst refugees and aid their integration within Scotland.

Full details and person specification are available on the SFAR website (www.sfar.org.uk) or AUC noticeboard. Closing date: 18th October.

Edinburgh Direct Aid— has launched its winter appeal to support the c.70,000 Syrian refugees at a camp near Arsal in Lebanon. As well as warm clothing for people in this high altitude camp (Arsal is about 1000ft higher than Ben Nevis!), they are collecting knitting materials, sewing machines and hand tools for community workshops, and stationary for schools. The full list is available on the noticeboard in the Sanctuary on a Sunday morning, or at www.edinburghdirectaid.org/warehouse



Prayer for Refugees

God of Abraham, Isaac and Jacob,
provide for all seeking refuge from famine.

God of Hagar, Joseph and Moses,
liberate all seeking refuge from slavery.

God of Esther, Naomi and Ruth,
strengthen all seeking refuge as families.

God of David, Elijah, and Jeremiah,
protect all seeking refuge from conflict.

God of Ezekiel, Ezra and Nehemiah,
comfort all who are longing for home.

God of Jesus, Mary and Joseph
journey with all seeking refuge today.

In the name of the One who was
both refuge and refugee.

Amen.

(For refugee week ,
Christian Aid, 2016)



Harvest Sunday

On Harvest Sunday, our all-age worship
service was held in café style. We
made collections for Christian Aid and
Edinburgh Central Foodbank.

During the service we also welcomed Lucy
Parker as an Associate Member.



Exploring Church Membership

*Mondays 31st October and 7th/14th
November 2016, 7.30pm at AUC.*

The next of our biannual Exploring Church
Membership courses begins at the start of
November.

This 3-week course is offered to give folk the
opportunity to learn more about being part of
the worldwide church, the URC and AUC. It is
a space both for people who are interested in
taking up membership in one of its forms at
AUC to come and explore, and also for
existing members to refresh their membership.

If you're interested in attending do speak to
Fiona—if the dates are unsuitable for those
wishing to attend they may be adjusted.
(Keep an eye on the website/noticesheet for
any changes).

All welcome.



*(If you'd like more information about
membership, booklets are available in the
foyer. Whilst this course is offered, it is not a
pre-requisite for full or associate membership.
Do speak to the minister, Fiona if you are
interested or have any questions).*



Helplines:

- LGBT Support: 0300 123 2523
- Samaritans: 116 123
- Childline: 0800 1111
- Silver Line: 0800 4 70 80 90
- Rape Crisis: 8088 010 302
- Breathing Space: 0800 838587
- Edinburgh Crisis Centre: 0808 8010414

Scottish Mental Health Arts and Film Festival @ AUC

The theme for this year's 10th Scottish Mental Health Arts and Film Festival (SMHAFF) is 'Time'.

Time for Tea Café @ AUC

Do come along to this drop-in café. The puppets and stained glass windows created by members of the Mental Health Chaplaincy drop-in together with people from Augustine will be on display. Themes for each week match those in the windows:

Thursdays 1.30-3pm

- 13th October—Hope
- 20th October—Friendship
- 27th October—Talking

Time for Reflection

On Sunday 16th October we will be holding our Mental Health Sunday service. The focus will be on giving time to activities and spiritual practise that maintain good mental health and wellbeing. An open and inclusive event we welcome people of any faith or none.

All welcome



Time for Remembrance



You will have seen this tree in the Sanctuary at Augustine during September. It represents memories and thoughts shared at the Time for Reflection for Those Touched by Suicide held at Augustine on 11th September. The poem below was written for the service by Lynne MacMurchie (Community Mental Health Chaplain), inspired by a prayer from the Iona Community.

*We are given hands to hold:
 Young hands and old hands
 Warm hands and cold hands
 Soft hands and well-worn hands
 Smooth hands and scarred hands
 The clasping hands of love
 And the reluctant hands of those
 Who don't believe they are worth holding
 Hands stretched out for help
 And to give help
 Hands which cling on for dear life
 And hands which let go
 All, precious hands
 Which are cradled in the hand of life
 As we remember...*

In Memoriam

We are sad to share the news that since the last edition of Seeds we have lost two much-loved members of our Augustine family, John Robertson and David Wright. Both were long-standing members of Augustine, and also Elders.

John Robertson passed away on 15th September, his funeral being held at Warriston Crematorium on 27th September. We think of and pray particularly for John's wife Sheila and children Alistair and Jennifer at this time.

David Wright passed away on the 3rd October after a short illness. His funeral was held at Warriston Crematorium on 13th October. Our thoughts and prayers are with his children Margaret, Graham and Sheila, grandchildren, and all his extended family.

Memories of both John and David will be shared in next month's Seeds.



Hurricane Matthew

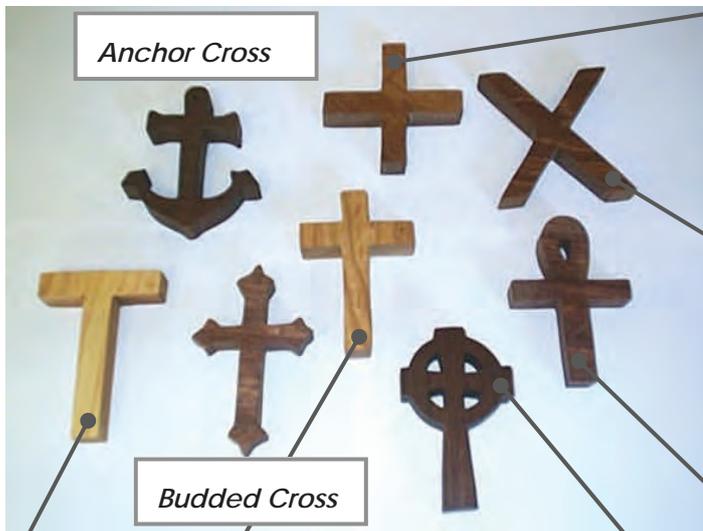
On 4th October, Hurricane Matthew swept through Haiti. As well as leaving a death toll of around 900, some 120,000 homes were damaged or destroyed, and 1.4 million people were left in need of humanitarian aid. Aid distribution is hampered by the loss of bridges on key routes, and many of the worst-hit areas can only be reached by air or sea. One of the major risks at the moment is an outbreak of cholera, such as followed the 2010 earthquake, so access to clean/purified water is a priority.

The Disasters Emergency Committee is urging people to support appeals opened by their member organisations, such as Christian Aid. Christian Aid are working with their local partner KORAL to distribute hygiene, shelter and food kits, as well as roof materials.

Further details of the Christian Aid campaign can be found at: www.christianaid.org.uk/emergencies/hurricane-matthew-appeal

Crosses of the World (Part 2)

How did you get on with last month's quiz? Could you name as many as Junior Church? As well as the crosses Junior Church explored, this month should answer other outstanding queries sent to the editor. If I've missed yours do let me know—Ed.



On the **Greek Cross** all four bars are the same length. The red-coloured cross of this shape (Red Cross), alongside the Red Crescent, are internationally-agreed symbols of protection in war zones. (Although currently within Syria...)

The **St Andrew's Cross** or **Saltire**. No prizes for getting this one! Tradition states that Andrew, one of the twelve apostles, asked to be crucified on a different-shaped cross as he did not feel worthy of dying the same way as his Lord.

The **Egyptian** or **Coptic Cross** was adapted from the Egyptian symbol 'ankh' which symbolises life.

The **Celtic Cross** consists of a Latin or Greek Cross with a circle around the cross's centre. There are several traditions about its origins including that St Patrick incorporated the pagan sun symbol (symbol of life) when converting Irish pagans as it was a symbol they would be familiar with. The (never-ending) circle is also seen to represent eternal life, as brought about by Christ's death on the cross.

The **Tau** or **St Anthony Cross** is shaped as and named after the Greek letter Tau. This is one of the earliest crosses and can be found in early New Testament manuscripts as an abbreviation for the word cross (tau-rho). It is associated with St Anthony, St Francis of Assisi and the Franciscan order.

The **Latin Cross** resembles the cross on which Christ was crucified on Golgotha. Displayed empty it represents the resurrected and living Christ.

When a cross has an image of Christ on it, it is known as a crucifix and emphasises the sacrifice Christ made for us.

Orthodox Cross

The bottom bar on the Orthodox cross arises from the belief that Christ was crucified with his feet side by side rather than on top of each other; thus the cross includes a footrest. The top bar represents the inscription that was placed over Jesus' head: "Jesus Christ, King of the Jews" (INRI (Latin), INBI (Greek) or INCI (Russian; C=Tz).



Holding Cross

A holding cross is designed not so much as to look right as to be easy to hold and feel. The cross-beam is deliberately uneven in order to fit between one's fingers more comfortably. A holding cross can be used to focus during prayer; to be mindful of its feel when words are harder to find.



October—Out of Egypt



Continuing our annual theme "*Trust in God. Reach out to others*" our focus during October is "*Out of Egypt*"

This month we will:

- Hear a Godly Play story about the Exodus and share a Feast together afterwards;
- Continue to learn about Exodus and the story of Moses by:
- Having an active games session—prepare to get moving!
- Cooking together—find out what we can make together!
- Share a joint service here at Augustine with our The Local Church partners. We'll explore a heritage/identity theme by making a collage together.



"The People of God were living in a place where the rains did not come... They had to go, even if it was across the desert. Their journey began..."

(Words from 'The Complete Guide to Godly Play Volume 2').

At the end of month we'll bring our next theme "*People who made a difference*" and hear the story of Deborah.

New to Godly Play?

Godly Play is an imaginative approach to storytelling that aims to support, nourish and encourage reflection about the spiritual journey. Children will share a Godly Play sacred story, told using simple objects. This is followed by a short 'wondering' session to explore, if they wish, God, ourselves, one another and the world around us. We then have time for prayer, and end with a Feast, which the children serve to one another.

Do you want to know more? Please speak to any of the Junior Church team, or check out www.godlyplayscotland.co.uk.



Junior Church welcomes families in all their wonderful diversity. We do our best to offer a safe and nurturing space for families and their friends. We have varied activities each week, from storytelling, to crafts, games and video making. We have a crèche for little ones and baby changing facilities are available. We use materials to appeal to children's different learning styles using the PowerXpress curriculum, and also use Godly Play (www.godlyplay.org.uk).

Children at Augustine are welcome to receive communion and to fully participate in the life of the church. Children regularly help during services, and sometimes serve communion to the wider church community.

Please feel free to contact us using the details on p.2 of Seeds if you have any questions.



Season of Remembrance		
Sunday 30th	11am NB GMT	Morning Worship. Preacher Val Brown (Christian Aid) on Israel/Palestine theme. (NB Clocks go back overnight).
	6pm	St C's @ SIX – Agapé service and meal at St Columba's by the Castle
Monday 31st	2pm	Women's Union at Saughtonhall URC: Halloween Trick or Treat
	7.30pm	Exploring Church Membership (1/3): Belonging to Christ's Church (see p.6)
November 2016		
Tuesday 1st	7.30pm	Church Council Meeting
Wednesday 2nd	2-4pm	Craft Group in the Library
Saturday 5th	2-4pm	Augustine Assignments (Youth Group)
Sunday 6th	11am	Morning Worship with Communion
	12.45pm	Church Business Meeting
Monday 7th	7.30pm	Exploring Church Membership (2/3): Belonging to the URC
Tuesday 8th	7.30pm	Contextual Bible Study: Lamentations 3 "Unceasing Love"
Sunday 13th	10.45 for 11am	Morning Worship for Remembrance Sunday. N.B. Earlier service start time to enable 11am silence

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Please note that the deadline for material for the next issue is Friday 28th October.

You can send your material to newsletter.auc@gmail.com or via the church office.

DISCLAIMER: Although we check all information in the newsletter, as ever with these things we can give no warranties as to accuracy or relevance and encourage active checking before you make any decisions. The views expressed in our newsletter are those of the individual contributor, they are not necessarily those of AUC or the editor.

Pastoral Care

If you have prayer requests or would like to contact a minister, please contact:

Rev Fiona Bennett (minister.auc@gmail.com)

Rev Maxwell Reay

(revmaxwell.auc@gmail.com)

Requests can also be made via the Prayer Requests box in the porch (kept locked, accessed by the ministers) or via the Church Office.

If you would like support due to a mental health issue, you would be welcome at the Mental Health Drop-in, held weekly on Tuesdays 10.30am-Noon in the Sanctuary (followed by a Time for Reflection). This is hosted by AUC and run by the NHS Lothian Spiritual Care team. Further details are available on the 'Tenants and Room Users' noticeboard, or speak to Maxwell.

(Full contact details for Fiona/Maxwell are on the cover of Seeds)

Edinburgh City Mosque



People may have seen the news of the arson attack at Edinburgh City Mosque on Sunday 18th September; fortunately little damage was done and no-one was injured. EIFA, of which Augustine is a member, issued a statement in response:

"We take great pride in the religious and cultural diversity of our city. We believe that diversity makes us stronger. We are adamant that we will not allow our communities to be divided by the hate-filled intentions of others. We stand together with our friends at Central Mosque and we wish to send out a clear statement that such attacks, as witnessed on Sunday, are not welcome here..."

We support this statement, and stand alongside our friends at the mosque.

(The full statement is available on the Sanctuary noticeboard on Sundays).

Calendar

October 2016		Season of Wholeness
Saturday 1st – Monday 17th		Edinburgh World Justice Festival. Themed events on Migration – Roots and Responses
Saturday 1st	2-4pm	Augustine Assignments (Youth Group)
Sunday 2nd	11am	Morning Worship with Communion. Including reading from “Jesus, Queen of Heaven”
	1-4pm	SafeTALK training (£10, pre-book with Church Administrator)
Monday 3rd	2pm	Women’s Union at Saughtonhall URC: Mary Queen of Scots
Tuesday 4th	1-4pm	SMHAFF Time for Creativity (see p.7)
	6.30pm	Edinburgh Interfaith Association Film and Discussion for International Day of Non-Violence – ‘Lessons from Gandhi’ at AUC. Free but book via www.eifa.org.uk/lessons-from-gandhi-international-day-of-non-violence/
	7.30pm	Church Council Meeting
Wednesday 5th	2-4pm	Craft Group in the Library
	6-8.15pm	Interfaith Scotland dialogue event: ‘The Changing Story of Religion and Human Rights’ at Scottish Storytelling Centre. Free, but register with maureen@interfaithscotland.org
Thursday 6th	7.30pm	“Getting to Grips with the Bible” – TLS Lite Module (Session 5/6). For those pre-registered. Led by Rev Trevor Jamison and Dr Nicola Robinson
Sunday 9th	11am	Morning Worship for Covenant and Stewardship Sunday.
	12.45-2pm	Church Meeting – AUC Heritage Guide Training (for all)
	2.30-4pm	“3 Streams: History of URC in Scotland” talk by Rev Dr Jack Dyce. (East Link event)
	3pm	Annual Pet Blessing Service at Greyfriars Kirk
Monday 10th-Monday 31st		Scottish Mental Health Arts and Film Festival (SMHAFF). Augustine events listed here. Full programme at www.mhffestival.com
Monday 10th	2pm	Women’s Union at Saughtonhall URC: Live Music Now
Tuesday 11th	7.30pm	Contextual Bible Study: 1 Timothy 6 “Love of Money”
Wednesday 12th	2-4pm	Craft Group in the Library
	7.30pm	TLC Steering Group at St C’s
Thursday 13th	1.30-3pm	SMHAFF Coffee Cake and Conversation: “Time for Hope”
Saturday 15th		“Getting to Grips with the Bible” – TLS Lite Module (Session 6/6) Away Day. Time/venue tbc
Sunday 16th	11am	Morning Worship with Communion for Mental Health Sunday
	7-8pm	Refugio at Greyfriars Kirk
Monday 17th	2pm	Women’s Union at Saughtonhall URC: Bring and Buy
Tuesday 18th	7.30pm	Spirituality Book Group: Inclusive Church – Disability (2)
Wednesday 19th	2-4pm	Craft Group in the Library
Thursday 20th	1.30-3pm	SMHAFF Coffee Cake and Conversation: “Time for Friendship”
Sunday 23rd	11am	TLC Joint Service at AUC – Celebration of Heritage Building Work
	12.30pm	Refreshments
	1.30-3pm	AUC Heritage Guide Training with TLC friends
Monday 24th	2pm	Women’s Union at Saughtonhall URC: America – Fred & Rita
Tuesday 25th	7.30pm	Coffee Cake and Conversation
Wednesday 26th	2-4pm	Craft Group in the Library
Thursday 27th	1.30-3pm	SMHAFF Coffee Cake and Conversation: “Time for Talking”
Saturday 29th	6.45 for 7pm BST	Our Tribe – Halloween Quiz (see p.2)