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The
**United
Reformed
Church**

In this edition

2. Milestones
3. Fresh from the Fringe
4. Pilgrimage Reflections
5. Ecological Harvest Tips
6. Church Meeting Reports
7. Seedlings
8. Calendar

There Is No Planet B, By Rev Fiona Bennett

When I do our weekly shop in the local supermarket, I usually spend some time reading and considering where the food (especially fresh produce) comes from and try to buy produce which has travelled less.

I was surprised to have to rethink this in reading the book 'There Is No Planet B' by Mike Bernards-Lee. We will be discussing the book in our Book Group in September, which is open to all. You can find the dates for Book Group in the calendar at the back of Seeds.

In the book, he clearly states that there is no place for air freighted food in the 21st century, but what I had not considered is that produce which travels by ship has a relatively low carbon footprint. In fact, he suggests that "local tomatoes grown in an energy-intensive hot house in winter could be many times less sustainable than the shipped alternative from a sunnier part of the world."

His advice is to think whether food produce is hardy enough to sustain shipping - like bananas and oranges - or whether it is more fragile like strawberries and grapes, which can't. So oranges are back on my shopping list!

This is one among many perceptions which this book has offered me and is changing some of my ideas on everyday living. I am now pondering if it would be possible to campaign for marking to be put on produce (as it is for nutritional content) to indicate the level of carbon consumption used to produce, pack and transport products? What do you think?

'There Is No Planet B' is a book full of accessible information to help us understand and address the climate crisis we are in. It is not despairing or hopeless. The book invites us to think about what we can do as individuals and collectively to bring

Getting Involved

Within AUC there are 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.

Centre, Property & Finance

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Children

Kirsty Murray

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Our Tribe (LGBTI Ministry)

Rev Maxwell Reay

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To get involved volunteering within AUC or the local community:

AUC Volunteering

Fiona Somerville

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Local Community Volunteering

Della Morris

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about the changes needed in human culture to allow us to continue as a species on the planet.

Is it possible? Yes. Is it easy? No. But as the individual threads of activism and change draw together the strength of their fabric intensifies beyond what an individual could offer.

This is what the early church experienced as it continued to follow the way of Jesus after his death. As they continued to lived in compassion and hope, Jesus' life was resurrected in them and magnified through their collective action and life.

So we hope that as Christ's body today, our collective action to live humbly and gratefully as part of this diverse planet will be magnified and new good life will be woven for all.

Celebrating Milestones Together



Ian and Elizabeth Rathjen celebrated a very big wedding anniversary with us all back in July! We pray they have many more years of happiness.



The wonderful Molly Glen, celebrating her 90th birthday a couple of days early at church in August. Congratulations Molly!

Fresh from the Fringe with Paradise Green

This year at Paradise Green we had a new seating rig and a new space to celebrate. We also had a number of shows receive four and five star reviews from a range of publications. We are also extremely excited to share that Woven Voices won a Fringe First Award from the Scotsman with their show Subject Mater!

Here's a few snippets which hopefully offer a little flavour of what life is like in AUC during August.



A sold out run of a Chorus Line. Audiences seemed to enjoy the new purpose-built seating rig.



Our lovely office assistant answering emails while helping hold a shelf together during build week!



This year we had both Sid the Sloth and Ignis the Dragon as our staff mascots. Both had a great time at the Fringe and were extremely helpful volunteers.



There was a new space called the Snug in use this year. It is an intimate performance space with about 30 seats. The performers loved the new space this year and many of the shows in the space sold out!

With thanks to **Theresa**, from the **Press & Marketing Team at Paradise Green!**

Diverging Paths: the TLC Pilgrimage 2019

TLC and GCP friends left the hustle and bustle of Edinburgh on a Festival Sunday in two large coaches and a minibus bound for the tranquillity of the Borders.

The skies were bright and we enjoyed the very green and pleasant land and the opportunity to chat with our neighbours as we travelled south.

On arrival at Dryburgh we gathered beside the ruined Abbey Church where Richard Frazer led a short reflection.

Saint Cuthbert had been here 1500 years ago, and monks had lived and worshipped in the abbey for 400 years until the Reformation.

So we were standing on hallowed ground, which could tell stories of building up and of destruction, and of faith and doubt—just as our own lives tell stories of ups and downs.

We shared in the Iona Benedicite and then some folk returned to the coaches for the drive to Melrose and others set off on the 4(?) mile walk.



But were we following the 'Borders Abbey Way' or 'St Cuthbert's Way'? There was some uncertainty and in spite of maps, mobile phones and the occasional way marker we somehow got dispersed!

There was no time to picnic but the walking was good, although sometimes very muddy, and we enjoyed woodland, river, the time to chat and plenty of fresh air.



Some reached Melrose just in time for the short, simple Communion service, conducted by Richard in the Melrose Abbey grounds, but others had to be rescued by one of the coaches from the village of Bedworth – a pretty place – and reached

Melrose just in time for the journey home.

We were all thankful that the rain held off until the last few minutes, that the same number of folks were counted in as had been counted out (there had been some anxiety about lost souls at one stage!) and

that while experiencing the reality of the earth beneath our feet we had had the opportunity to reflect on 'higher' things.

I wonder whether this was a 'coddiwomple'?
(Ask Maxwell.)

Anne MacKenzie

Harvest Reflections

Revelation 22:1-2 Eden Restored: *Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb ²down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.*

When I was asked to write an article for on environmental issues, I thought this is going to be so easy. We can't open a paper or turn on the TV without the constant stream of information and stories telling us how we are destroying God's great creation.

I suddenly became overwhelmed with ideas. I can only do even a small amount of the things I am being told to do in order to reverse the damage being done. How am I supposed to write something that will inspire others to make changes?

Perhaps I can start by sharing a little of what I do: I no longer have a car, but when I did it was a hybrid; I use green energy and have LED lights; I have appliances that are energy efficient; I don't consume meat and my vegetables are bought locally; my clothes come from charity shops; I think twice about buying anything new; and I haven't had a holiday abroad in over 10 years because of the environmental impact.

And yet, this article that I thought was going to be so easy was tying me in knots. So I went back to basics and thought about some of the small things that if we all did them could start to make a big impact, and to be honest they are easy changes to make.

The biggest thing I can ask is that we tell one friend about the changes we are making, share ideas and tips with others and maybe, just maybe we will make bigger changes together.

Buy local: Buying locally produced food will reduce the energy used on transportation and production. Talk to the farmers at the farmers markets and find out what they have growing and where they source items they are selling that they don't grow themselves. Find out what is in season. Asparagus has a season of about four weeks in the UK!

Batch Cook: Buying larger quantities of food uses less packaging than individual portions and takes less energy to cook. If you have a freezer then keeping it fuller will reduce energy usage and save you money. If you make a Bolognese

and make extra, it can easily become lasagne too.

Plastic carrier bags: Refuse plastic carrier bags, or at least reuse them. Cloth bags are better, but remember to keep a separate one for your meats and to wash them often. You can now buy reusable bags to replace plastic ones for your loose fruits and vegetables too. Edinburgh is also lucky enough to have shops opening where you can buy items loose and fill up with your own jars.

Meat free Mondays: Why not try and increase the amount of meat free days you have per week? This is not only great for your health but for the planet too as the production and transport of meat produce a higher amount of pollution than growing vegetables and grains.

Soft drinks and bottled water: Buy drinks in glass bottles and steer away from plastic. Treat yourself to a refillable water bottle and ask for it to be refilled in cafés etc. Most will be happy to do so. Buy a reusable coffee cup too.

Spring, Summer, Autumn and Winter clean: Cleaning the back of your fridges and freezer can increase energy consumption by 30%. Keeping all your appliances clean will help them run more efficiently. Emptying your Hoover more often will keep its suction high. Look online to find greener solutions to cleaning products.

Children's toys: With Christmas just around the corner we will soon start to be bombarded with adverts showing us what the next must have toy is. Be aware when you are buying them that mixed colour plastic toys cannot be recycled. Kids love crafting so think about all the things you use to do and get joy out of.

Fast fashion: Every week we throw away or donate tons of clothes. Charity shops will sell the ones they can and the rest go off to be ragged. Increasingly the clothes coming into shops items that are low cost to make and do not last. These clothes not only have a huge environmental impact but also a human cost.

Jayson Mannings

Church Meeting Reports: July

Our annual review of what the adult, children and young people's educational requirements are in AUC takes place on Sunday 6th October at 12.20- 1.20pm. Contributions are needed from anyone interested as well as our Church Life Ministry Teams.

There will be 3 evening sessions from 5.30-7pm about 'Reading the Bible with Confidence' on Sundays 20th and 27th October and Sunday 3rd November, led by Dr Martin Scott.

Our Local Ministry and Mission Review was completed in June. The 3 recommendations are that: 1) we should heed our consultant's advice about how we can sustain AUC into the future; 2) We should consider how we might liaise more with our Centre Users; 3) We should consider someone who might ensure our Minister takes sufficient time off work and has sufficient encouragement & support.

Our Ecumenical Officer, Rev John Bremner will be invited to attend a meeting of our Church Council and a meeting of The Local Church

Steering Group in October or November. Rev David Scott will be invited to attend the next 'Shaping a Healthy Future for AUC' meeting led by our Consultant Deborah Pike, which will be on 22nd September following worship. These are efforts to help Synod officials better understand our relationships with our ecumenical partners and for the churches involved to better understand us and our URC relationships.

Lastly public transport re-arrangements and private car parking in Edinburgh are being reviewed by the City Council, with more immediate parking restrictions envisaged. We are making representations to the Council through meetings and surveys for all the affected city centre churches, about the need for access to churches on Sundays, on weekdays and evenings, particularly for older or less able people, for deliveries of goods and for access for the likes of funerals and weddings which would obviously be at unpredictable dates and times.

Kathleen Ziffo

**christian
aid**

Millions of excluded people in India face a life of poverty and prejudice. But a new

project breaks down barriers and offers them a lifeline.

Organic farming gives them a sustainable way of life: it means healthcare, education, and a better future for their children. The EcoVeg project is transforming lives now.

By contributing to our Harvest collection, you can help people move from a life of hardship and rejection, to a future with dignity and joy.

All over the world, people are working to build a more sustainable future for themselves. Stand with them, and make this a season for change.

Harriet Davidson



Helplines:

Stand Alone: www.standalone.org.uk (for those experiencing family estrangement)

LGBT Support: 0300 123 2523

Samaritans: 116 123

Childline: 0800 1111

Rape Crisis: 08088 010 302

Breathing Space: 0800 838587

Edinburgh Crisis Centre: 0808 8010414

Pastoral Care

"...bearing with one another in love..."

(Ephesians 4:2)

At AUC, we aim to provide a web of care which promotes growth in relationships and good spiritual/mental health, through both informal and formal contacts. If you are looking for individual support please contact a minister: **Rev Fiona Bennett (minister@augustine.org.uk)** or **Rev Maxwell Reay (associateminister@augustine.org.uk)**.

As well as offering 1:1 support in the setting which is most appropriate for you, they can link you with the pastoral visiting team which offers regular support to the housebound.

Prayer requests are welcomed. They can be shared with the ministers directly 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-12pm in the Sanctuary. This is hosted by AUC and run by the NHS Lothian Spiritual Care team. Further details available through Maxwell.



Sprouting into the New Year



It was a bumper filled summer of fun for those involved with Junior Church: from learning about Augustine of Hippo to exploring the Oor Wullie Bucket trail!



As if that wasn't enough excitement, both Quinn and Miriam started P1 in August. We wish them all the very best.

Check back next month to find out what we've been up to in the new term.



August and September have brought/are bringing a glut of birthdays in Junior Church!

In August Quinn turned 5, while Sara had her third birthday and Oliver turned 2.

In September Miriam will be 5, Caleb is going to be 2 and Joseph has his 7th birthday.

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.

Calendar

Worship Services at 11am on Sundays at AUC, George IV Bridge. All events at AUC, unless otherwise stated. Later updates on website/notice sheet

September		Season of Creationtide
Sunday 1 st	11am	Morning Worship with Communion, led by Gill Lawrence and Fiona Bennett
	12.30-1.30pm	Church Business Meeting
	1.30-3pm	Door Stewards Training
	1-3pm	TLC Youth Group
Tuesday 3 rd	6.30pm for 7-9pm	Place for Hope Training Session 1 at St Columba's by the Castle (pre-arranged with Fiona)
Sunday 8 th	9.15-10.15am	Contextual Bible Study: Lamentations 1:1-6
	11am	Morning Worship, led by Gill Lawrence with preacher Richard Frazer
	3pm for 3.30-5pm	Our Tribe – Godly Play with Fiona Macdonald and Alternative Reflections from Lorraine Millar
	5.30-7pm	Book Group 1: There is No Planet B
Tuesday 10 th	6.30pm for 7-9pm	Place for Hope Training Session 1 at St Columba's by the Castle (pre-arranged with Fiona)
Friday 13 th	10am-12pm	Walk & Talk
Sunday 15 th	9.15-10.15am	Living the Questions video and discussion: 'Evil, Suffering and a God of Love'
	11am	Harvest Sunday Worship with Communion, led by Fiona Bennett, with collection for Christian Aid and donations for food bank
	12-1.30pm	Harvest Lunch (gives names to Kathleen by 8 th if possible)
	1-3pm	TLC Youth Group
	5.30-7pm	Book Group 2: There is No Planet B
Tuesday 17 th	7.30-9pm	Living the Questions video and discussion: 'Compassion'
Saturday 21 st	11am-4pm	Synod of Scotland Meeting in Nairn
Sunday 22 nd	9.15-10.15am	Introduction to the Spirituality of St Francis of Assisi
	11am	Morning Worship, led by Linda Harrison and Fiona Bennett
	12.30-2pm	Special Church Discussion on Shaping a Healthy Future at AUC
	5.30-7pm	Book Group 2: There is No Planet B
Tuesday 24 th	7.30-9pm	Coffee, Cake & Conversation
Thursday 26 th	1.30-3pm	Coffee, Cake & Conversation
Saturday 28 th	10am-4pm	Doors Open Day
Sunday 29 th	9.15-10.15am	'Animate Study Series' – Sparking Discussion about Jesus
	11am	Morning Worship, led by Linda Harrison, with preacher John Miller
	1-3pm	TLC Youth Group
	2-4pm	Doors Open Afternoon
October		Season of Wholeness
Sunday 6 th	9.15-10.15am	Contextual Bible Study – John 17: 20-26
	11am	Morning Worship with Communion for Poverty Sunday, led by Lewis Reay and Fiona Bennett
	12.30-1.30pm	Church Discussion Meeting – AUC Education Forum
	2-5pm	Exploring Church Membership

Please note the deadline for material for the October issue is Sunday 29th September.

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