Holiness is all around us

Revd Fiona Bennett



he fullness of joy is to behold God in everything, wrote Julian of Norwich.

The periodic table is a wonderous thing; a picture of all the elements from which everything is made. The tree by the road and the bike leaned up against it are made up of elements in the periodic table.

The pigeon on the wall and the stones which make up the wall, the air and the stars, my computer and my body are all made up of elements named in the periodic table. All of matter is connected, a type of kin, sharing the same broad range of elements.

When St Francis of Assisi talked about 'Sister Moon and Brother Sun', he was not aware of the periodic table and yet he was expressing something he sensed: that everything which exists is all part of the creation and kin of God.

Julian of Norwich expressed this in a similar but different way; she understood that all things exist and are held in existence by God's love. She lived in hard and challenging times and yet she came to understand that: 'The fullness of joy is to behold

God in everything. God is the ground, the substance, the teaching, the teacher, the purpose, and the reward for which every soul labours.'

To know fullness of joy is not to live in luxury, nor to escape the challenges of life; it is to discipline ourselves to perceive and appreciate the intimate, infinite, accepting, loving Holy One in every moment and everything.

"The pigeon on the wall and the stones which make up the wall are all made up of elements named in the periodic table"

Learning to open our minds and hearts to this transforms our perception. The everyday reveals holiness. The hard things (conflicts, challenges, pain, loss, fear) do not become less hard, but opportunities to know more deeply God's creative Spirit and the kinship of all life.

As we move in our worship from the Season of Creationtide (September) to the Season of Wholeness (October), may our experience of the fullness of joy deepen as we perceive and appreciate God in everything.

This Month

PRISONS WEEK

Alex Peden looks at the state of Scottish Prisons



ART FOR THE PLANET

Junior Church shows off banner for COP26 conference



FIONA AS MODERATOR

Our minister reflects on URC honour and responsibility



THE UNBROKEN THREAD

A case for traditional values over modern individualism?







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LOCAL COMMUNITY VOLUNTEERING

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Local and Global

News from the United Reformed Church

SALE OF AUC LOCKDOWN CRAFT

The lockdown period has proved to be a surprisingly fruitful time for some of our skilled knitters, crocheters and crafters.



There will be a sale of crafts accumulated over the past months on Sunday 7 November. All proceeds to AUC. Payment can be made using the electronic payment method in the vestibule. Hopefully you will find some Christmas presents.

CHRISTIAN RESPONSE TO AUSTERITY

More than 15 million people are living in poverty in the UK. 'Life on the Breadline' has been a three-year research project analysing Christian responses to poverty in the UK during the 'age of austerity'.



The results of the project's research are now available online and include an austerity timeline that explains how policies have affected people's daily lives since 2008.

The website includes a video taster of a photographic exhibition, with reflections from guests at its launch earlier this year. Visit breadlineresearch.coventry.ac.uk

#KEEPTHELIFELINE

#KeepTheLifeline is the social media campaign opposing plans to cut back Universal Credit by £20. The increase, which represents £1,040 over a year, was added in April 2020 in response to the impact of the first lockdown.

Christian Action on Poverty and Christians Against Poverty have written an open letter to the Prime Minister, saying the cut 'would be the single biggest overnight reduction in the basic rate of social security since the welfare state was established in the 1940s.

'Millions of low-income households will be swept further into poverty as a result. As Christians, we are compelled by the gospel imperative to prioritise the needs of the poorest and most vulnerable.'

BARCLAYS BANK CRITICISED ON BILLBOARDS

In the lead up to COP26, climate activists 'Brandalism' say they have 'hacked' 200 billboards across the country with spoof adverts protesting alleged greenwashing by Barclay's bank.



The adverts have been designed by various artists to depict 'environmental impacts we don't see'. They protest Barclays bank's investment in oil, gas and meat industries and show images of pollution and deforestation with slogans like, 'Barclays, drilling our way to Net Zero.' The billboards, on bus stops and major roads, have appeared in cities like Liverpool, Brighton and Bristol.

Brandalism has staged similar protests against companies like Shell and HSBC.

WALKING THE WAY WITH PODCASTS

Have you tried the new, fortnightly podcasts from the URC, exploring Christian discipleship?



Discussing Christian mission from a range of different perspectives, the podcasts are part of the URC's focus on 'Walking the Way' of Jesus today. Each audio discussion shares different voices and perspectives on what 'walking the way' means as we explore the big questions and issues life throws at us

Topics already discussed include climate justice, the workplace, coronavirus a year on, money, and racism. Six episodes are available and can be heard on the URC website or via Spotify and other podcast delivery services.

New ways of worshipping



hroughout October, we continue to offer Sunday worship online every week, and in-building on the first and third Sundays (when there is also communion).

In-building worship no longer requires advanced booking, but Track & Trace is taken on the door, seats are still distanced and masks are required to be worn throughout the service. Junior Church is also in-building on the 1st and 3rd Sundays. [Note slightly different arrangements on Sunday 10th.]

SUNDAY 3 OCTOBER

We are celebrating Harvest. During the service we will join with churches across the world as we support the work of Christian Aid (in particular their campaign to support Afghan Refugees www.christianaid.org.uk/get-involved/campaigns/stand-afghanistan) through financial giving, campaigning and praying.

As part of the service, we will also join with the Young Christian Climate Network in making paper prayer boats to join their collection being carried from St Ives to Glasgow, and strengthen the voice calling for action from those meeting at COP 26 (www.christianaid.org.uk/pray/prayer-chain). As a first Sunday in the month people are invited to share in worship online and in the building. There will be Junior Church activities in the building and communion.

SUNDAY 10 OCTOBER

We are entering the Season of Wholeness with a christening and trying something new with in-building craft activities for people of all ages.

How will this work? For those who are worshipping online and in the building, we will share in the same worship activities from the start of the service at 11am (including the christening) until the Bible reading and sermon.

Those online will then hear the reading and sermon while those in the building will share round tables in themerelated craft activities suitable for all ages. After the sermon, the craft activities will end and everyone online and in the building will share together for the rest of the service.

Seats in the building will be around tables to enable the crafts. The seats are open to all but are limited by capacity, so for this service advanced booking in advance is essential. (Rachel will send out an Eventbrite link the week before.)

SUNDAY 17 OCTOBER

We are marking Mental Health Sunday with Maxwell Reay preaching. This will also be a service with in-building worship and communion.

Mike Holroyd is preaching on **Sunday 24th** and Laurence Wareing on **Sunday 31st**.

SINGERS

For the next few months, we are experimenting with having pairs of singers lead our hymn singing in the building on the 3rd Sunday. This is to address the challenge of having live singing as part of worship that streams well online (people in the building singing with masks on is not very clear for people at home).

Getting the right blends of voices to sound good online may take a bit of time but, fortunately, Katrina Hadland has offered to do the coordinating.

If you are a confident singer and interested to be part of a singing pair, please drop her an email (katrina.hadland@augustine.org.uk) and she will try to work out good blends of voices and dates!

Meet Your Neighbour

Getting to know members and friends of the AUC community

Victoria Turner

As someone who spends a lot of time researching and analysing, Victoria Turner has discovered at AUC a space where she doesn't just have to think, but where she can 'feel'.



orship at AUC, Victoria says, is somewhere where she can be 'just me'.

Victoria is currently a PhD Candidate in World Christianity at the University of Edinburgh's New College. She is exploring practical responses to changing theologies of mission, looking especially at how the Council for World Mission (CWM) and the lona Community have expressed Christian mission differently in their work.

As she talks about the Iona Community, for instance, she wants to emphasise that, while leading lights John Bell and Graham Maule have been known for their wonderful music making over the years, they started their life of Christian mission doing important youth work in some of the west of Scotland's most difficult urban communities.

Victoria herself may appear to be deeply imbedded in the mission and committees of the United Reformed Church nationally (she's been on a lot of them!), but it hasn't always been like that. She grew up in Cardiff, where she learnt Welsh and worshipped within a five-way ecumenical partnership. (Is it any wonder that she is currently a trustee of Churches Together in England and membership secretary for the Society for Ecumenical Studies?).

Nevertheless, she was glad to spread her wings when she went to Bristol University to study Religion and Theology. She is pleased that the chaplaincy still makes use of her undergraduate dissertation on 'how Christianity can help student mental health'. The university wasn't always an easy place to find community, however – Victoria experienced a strong class divide, with a lot of competitiveness and financial pressure, as well as 'an edgy party scene'. And it wasn't initially church groups where she found her own

sense of place. In fact, she pursued Taekwondo and Kick Boxing, and found like-minded friends who she felt were very grounded.

On Sundays, she 'church-hopped', but it was when friends introduced her to URC Youth that she began to find her voice within faith communities, among which CWM holds an important place for her, fuelling her deep commitments to ecumenical and cross-cultural faith expressions.

"You need to slow down sometimes.... to 'be' in order to learn"

Back in June, Victoria was able to participate in an Iona Community youth pilgrimage. She received some financial support from AUC to help her do this (including the purchase of midge spray - so that was extremely important support!), and the experience was something of a revelation. Four days trekking across Mull, and three days on lona, camping. Seals, otters, golden eagles, deer and oyster catchers. And beside her, a 79-year-old female companion easily nailing the 20 miles walking per day. In Iona Abbey itself, Victoria helped lead a service for Refugee Week - complete with a tent pitched in the sanctuary.

But what was most important was what Victoria says she learned about herself. 'I love being in control', she says. 'With my PhD work, for example' – she's a detail person and writes prolifically. But on her pilgrimage, she realised that, while people around her were 'obsessed with maps and time', she was simply walking, not being worried. 'I love learning, being part of the world, but you need to slow down sometimes. You need to "be" in order to "learn".'

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Through the barred windows



The Peace and Justice Team is focussing on prisons as one of their 'Windows on the World'. Alex Peden discovers that the state of prisons in Scotland is probably as bad as he feared, but that there is hope.

risons are a blind spot for many churches: a window that's just too difficult to look into.

On the one hand, being a Christian is all about forgiveness and fresh starts. On the other, we can all think of terrible crimes which we ourselves may feel demand punishment. We wouldn't want to be vengeful, nor fall into the trap of being over-sentimental and naïve. However, by ignoring the issue, might we be tacitly accepting the 'who cares, just lock 'em up' overtures of some sections of our society? It seems to me that we have a responsibility to know more about our prisons.

Very recently at a Zoom social, I learnt that my assumption, that our own church had nothing to do with prisons, is wrong. Members of our church, not long ago, had volunteered to serve refreshments to prisoners and to be visitors at Saughton prison (HMP Edinburgh). Others have served as prison chaplains.

I wanted to bust other assumptions I may have made about prisons. That's why I was glad to speak to John Nonhebel, the newly appointed Executive Director of Prison Fellowship Scotland. PF Scotland is a nondenominational charity that works alongside prison chaplains to provide opportunities for prisoners to discover the Christian faith, as well as reflecting on the impacts of their crimes on individuals and communities, through a process of 'restorative justice'. 'It involves Bible study and exploring faith with the prisoners... it's good fun,' John told me.

A little to my dismay, soon into our conversation John was confirming some things I had feared were true:

Firstly, Scottish prisons are 'bursting', currently with around 7,000 people. 'We lock up more people than any other country in Western Europe,' John said. I checked this fact and indeed Scotland appears to have a higher rate of incarceration per capita than any other Western European country.

He also confirmed that serious mental health issues are rife amongst prisoners. Prison chaplains are having to work hard on suicide prevention, with an increasing number of deaths in custody. The problem is compounded by drugs: large numbers of inmates are there for drug-related offences, and the infiltration of drugs into prisons is an increasing problem.

Although all this was difficult to hear, I was at least very glad to be speaking to someone with first-hand knowledge of the system. John has devoted his life to working in the charitable sector, being strongly motivated by Jesus' example of bringing good news to the poor and exploited, something he did for 20 years in India.

Frustratingly for him, he came into his current role at PF Scotland just three months before the first Covid lockdown, which severely limited contact with prisoners (as well as cutting off inmates from a raft of





support services). However, he is greatly looking forward to getting back 'behind the walls' very soon.

Why is our imprisonment rate so high, I wanted to know? Is it tougher sentencing? His belief was that the Scottish Government is not properly looking at alternative solutions which he believes are 'way more successful'. According to him, other European countries are achieving more by treating crime as a public health issue, with low crime and decreasing rates of imprisonment in Portugal being just one example.

The vast majority of prisoner are men, but something I learnt from John was how much harder prison life can be for women. 'They are very isolated, and they have very few visits. The mental health issues are worse for women.' For one thing, the pain of separation from their children and families can be more acute.

Many have spent their lives against a backdrop of physical and mental abuse. A recent study showed that 80 per cent of female prisoners had a history of serious head injury. 'There are too many women in the prison system at the moment. It's about 400 whereas it should be 40,' John said.

John is hopeful about an initiative of the Scottish Prison Service (SPS) for Custodial Care Units in which groups of no more than around 30 women are housed together in a supportive open prison environment.

"some prisoners have done horrendous things, but the majority are people who have maybe made just one mistake"

I wanted to know what ordinary people can do to help. 'Educate yourself, find out more,' he said. Also ask your MSPs 'why they aren't looking at alternative solutions'. However, John's own focus is to get back working with prisoners and running courses. That's where he feels he can do his best work

PF Scotland recruits new volunteers every year, who often come from churches in the local areas of many of Scotland's 15 prisons. PF Scotland provides volunteers with opportunities for exploring faith with small groups of prisoners or helping to run a course

called 'Sycamore Tree' on restorative justice (named for the tree Zacchaeus climbed to see Jesus coming), where prisoners reflect on the suffering their crimes have caused others. This is a scheme the SPS is keen to expand. Full training is provided for all programmes by PF Scotland, even for letter writing to prisoners, where a balance is needed between safety, anonymity, and keeping the communication meaningful for the prisoners.

John was upbeat in his message that 'God is at work' in Scottish prisons, and lives are genuinely 'being transformed'. And as we finished our interview, John said something to make me think: 'They're just like us you know.' Yes, some prisoners have done horrendous things, but the majority are people 'who have maybe made just one mistake'.

Focussing on prisons might be more like looking into a mirror than a window – but having started to look, I want to find out more.

Prisons Week takes place 16 – 22 October. You can download specially written prayers at prisonsweek.org

Back to the Building

Augustine Centre Manager Rachel Fitzgerald describes the work being done to reopen the church building and make it the safe, welcoming space we know it can be.

ince covid restrictions eased most recently in August, the AUC staff team has been gearing up for a return to the building in a more serious way.

And we've certainly needed to gear up! After more than 18 months of either our doors being closed or incredibly infrequent *ad hoc* hire, our regular groups are returning in their droves. The removal of social distancing, coinciding with the start of a new 'term', has meant that almost every one of our regular hirers is looking to start up their activities again in September or October: a welcome boost to the church finances, but we have not forgotten our responsibilities to keep people safe from what is still a very prevalent disease.

We have reduced our room capacities and instilled a rigorous cleaning regime after each group, as well as ensuring that rooms are as well ventilated as they can be. Our groups are also taking a strict approach to risk assessments. The Choral Union is back but split into two groups and singing with face coverings on. The Holyrood Art Club has booked an additional room every week so members can distance more effectively. And almost everyone is requesting the use of our new streaming system so they can reduce numbers in the building and offer folk the opportunity to stay home instead.

It's interesting to see a real spike in interest from theatre groups wanting to put on productions over the next few months – it's clearly something that has been missed after two reduced Fringe years. Plus, we'll be supporting our friends at the Grassmarket Community Project by providing space for their classes throughout their redevelopment works.



All in all, it's shaping up to be an extremely busy autumn. It's wonderful to see the building back in use and to see people's delight in meeting face to face again for the first time in months. Staff are coping brilliantly with the additional responsibilities and our building absolutely couldn't run without them, so a huge thank you from me for all their hard work.

Me though? I'm looking forward to a rest at Christmas!

Doors open

The final weekend of September saw us open our doors to the public once again for Doors Open weekend.



huge thanks to all who gave their time and energy to Doors Open weekend.

We didn't know how many visitors would be around, and it was certainly a quieter weekend than in previous years.



But as ever, the conversations we had with individuals who wanted to know

more about both the building and people who inhabit it were varied and encouraging.

We were also delighted that our herstory pilgrimage, which we had trialled with members of The Local Church ecumenical partnership a month earlier, received its first outing with members of the general public. Anne MacKenzie guided an enthusiastic small group of students from Glasgow around the route – and it turned out that three of them had personal connections with different women mentioned in our narrative.

Indeed, one young woman worships at the church which was formerly Partick Congregational Church in Glasgow, where Vera Findlay was ordained to become Scotland's first female minister.

Journeys with God

New year, new theme for Junior Church, reports Tamsin Kilgour ince the start of the school year, Junior Church and Crèche have been mirroring the congregation's gradual return to the church building for Sunday worship.



On weeks where the congregation are gathering in AUC, we are providing Junior Church activities in the building; when the service is online, we will provide materials for the children to use at home. In response to parent

preference, Junior Church leaders will be doing a lateral flow test before leading the group.

As another step back towards our previous pattern, we have an overarching theme for the year, alongside monthly topics. For the first few months we're choosing activities which will give the children (and leaders) time to reconnect after 18 months spent mainly apart.

Our theme for this year is 'Journeying with God'. In September we focussed on Creation. The children designed and made a panel for the 'Art for the Planet' banner, which will be displayed on the front of New College on the Mound during COP26. Everything used was gathered from homes, not bought.

After celebrating Harvest on 3 October, our theme for the rest of October will be 'Leaders/people in the Old Testament'.

Star knitters needed!

Could you help with this year's AUC Christmas tree?

aking decorations to go on the AUC Christmas / Advent Tree is something we have done for several years.

This year, it is hoped to have our church tree decorated with crafted stars, so anyone who comes into our building can take away a star as a gift from us. Each star will carry a label with a message from the church.

If you can craft some stars which you would be happy to own, 4-6 inches (10-15 cm) in diameter, we would be very happy to receive them. They can be knitted, crocheted, made of card (anything you like making with). Or you might have existing star decorations that you would like to offer as gifts from the tree. We will need about 150 in total.

If you need a knitting pattern, Sheila Storrier has one that she can pass on. Contact her at sheila.storrier@augustine.org.uk.

If you can hand the stars into the church by Sunday 21 November, it will give a little time to add the gift labels and get them hung a week later. The more we have, the more we can give away and share some light and joy



Photo by CHUTTERSNAP on Unsplash

A case for tradition

Denis Mallon reviews Sohrab Ahmiri's The Unbroken Thread

ince the 18th century Age of Enlightenment, Western society has dreamt of unfettered libertarianism.

But with a mental health crisis, increasing inequality, and over-consumption - that drives debt and fuels the climate emergency - is a focus on individual freedom a blessing or a curse?

The Unbroken Thread sees Sohrab Ahmiri, opinions editor for the New York Post, making the case that our search for meaning should come from traditional ideals. An Iranian-American and recent convert from atheism to Catholicism, Ahmiri certainly has a unique perspective.

Ahmiri starts by focusing on his young son, and pictures the kind of world that he might grow into, complete with fears for him and his generation.

Taking 12 big questions, from 'Can you be spiritual without being religious?'

to 'Is sex a private matter?', *The Unbroken Thread* explores areas where seekers from non-faith

The

Inbroken

Discovering

the Wisdom

of Tradition

in an Age

of Chaos

Sohrab

hmari

Thread

backgrounds are often looking for answers.

Each chapter features a deep dive into the life of a historical figure, and discusses the question in the context of that person's life and work. As an example of 'How do you justify your life?', we hear the story of writer CS Lewis. 'Does God need politics?' is explored through

a certain Augustine of Hippo (who our own church is named after).

Ahmiri has a flair for bringing these stories to life, and they are an effective way to frame the topics of discussion. The chapter 'Is God reasonable?',

introducing us to the Italian philosopher Thomas Aquinas, made me examine my opinion of faith and reason in a whole new way.

Although the author offers a multicultural and metropolitan outlook, there are some areas where his

traditional views will not connect with many liberal thinkers. To pick just one example, in the chapter 'What do you owe your body?', Ahmari takes aim at gender ideology in a way that reads as outand-out transphobia.

This book is a well written, engaging read, helping to fill in gaps I have with theological heavyweights, as well as introducing me to new thinkers from history. A shame, then,

that the author's particular worldview will feel a little too traditional to many.

The Unbroken Thread, published by Hodder & Stoughton, is out now.



Praying for creation: Eco-Congregation Scotland chaplain David Coleman joined Christian leaders for the Nations' Climate Sunday at Glasgow Cathedral on 5 September. Amanda Khozi Mukwashi, CEO of Christian Aid, reflected on the broken relationship of God's people with God and with creation.

Fiona as Moderator

As we announced in our September issue, our minister, the Revd Fiona Bennett, has been elected as the next Moderator of the UK United Reformed Church.

Here she reflects on the honour of representing the denomination and what it will mean for our congregation. uch to my surprise, I have been elected to serve as the Moderator of the URC General Assembly, 2022 to 2023, beginning in July next year.

This will involve moderating the meetings of the General Assembly and Assembly Executive, visiting local churches across Wales, England and Scotland, representing the URC on some occasions and being available to committees and people within the URC to offer support where it is useful.



I feel very privileged to be offered the opportunity to meet such a broad range of people across the URC and beyond, and to hear their stories of joy and challenge as disciples and pilgrims in our time. I hope to particularly meet communities who celebrate the experience of people who are LGBTQI+, black and people of colour, and those who are adventuring into the new world of being church digitally.

This year (July 2021—2022) I am Moderator Elect, which means I have a year to try and get up to speed on the URC and work out what I will be doing next year. And from July 2023, I will be the immediate past General Assembly Moderator for a year, and so available to support the new Moderator for that year.

This means that to varying extents, for the next three years my calling is to serve our broad URC community in a new way alongside serving the communities of AUC and the Synod of Scotland. A significant part of the planning which I am involved with now is to work out with AUC what support needs to be in place so that the next three years are enriching for the whole AUC community.

There will undoubtedly be change, but life is always a constant process of change. The gift we have to face change in the church and in life, is the knowledge that we are surrounded and supported by a living God of love who can turn each change into an experience of new and abundant life. All we have to do is open our minds and hearts to perceive it and trust in our very creative God.

URC © 50 – sing your heart out! To celebrate the foundation of the United Reformed Church as a denomination in 1972, song-writers, composers, rappers, poets, choirs and bands are invited to submit an entry into the 'URC at 50: Worship Resources Competition'.

There are four categories to enter: traditional hymn/song, poem, contemporary hymn/song, and rap. Judges will select a winner from each category. The winning entries will be performed at General Assembly 2022

and included in a digital version of the URC at 50 celebration resource pack for local churches.

The closing date for submissions is 8 April 2022. Find all you need to know on urc.org.uk/50



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Most of our gatherings and resources are currently online. You can find out details on our website www.augustine.org.uk.

STAYING IN TOUCH

If you wish to receive weekly updates of AUC events please register to receive the Friday email by contacting our Centre Manager (centre.manager@augustine.org.uk).





Check our daily posts on the AUC Facebook page.

Worship

SUNDAYS, 11AM

Join services online every Sunday through the zoom link (see Friday emails), AUC website or Facebook page. **See page 4 for more details**.

Join services in the building for worship on the first and third Sunday of the month. No booking is required but track and trace will happen on the door and masks are required to be worn whilst inside. These will be services with communion where bread and wine/juice will be provided, but feel welcome to bring your own if that is more comfortable for you. Junior Church will also happen in the building on the first and third Sundays of the month and every Sunday there is an activity sheet on the website.

Sunday Social Time

The Post Service Social Time online is a valuable way of keeping in touch with each other 11.45 – 12.30pm and will continue each Sunday. Link in the Friday email. On the third Sunday of the month in-building there will be post-service coffee which people are welcome to take and walk round the meadows with others from AUC; or if the weather is poor or you are less mobile, to have seated in the sanctuary. We would like to encourage you to bring your own cup / travel mug, but there will be compostable paper cups available if you forget.

TLC Youth

SUNDAYS, 1.30 - C.3.00PM

Inclusive youth group for all young people from S1 up. Email Matt for more information.

Our Tribe

FIRST THURSDAY OF THE MONTH, 7.30 - 9.00PM

LGBTQI+ ministry at Augustine United Church.

Contextual Bible Studies

TUESDAY 12-1PM, WEDNESDAY 7.30-8.30PM, THURSDAY 12-1PM

Email our minister, Fiona, to join in.

Midweek Social Time

WEDNESDAYS, 1-2PM

Drop in and chat for 10 mins or the hour. Link in the Friday email.

Church dates in September

Mondays 4 & 18 – Julian of Norwich book group, hosted by David Townsend

Tuesday 5 - Church Council, 7.30pm

Sundays 3 & 10 - Blended worship (online & in-building)

Sunday 10 – Belonging: online membership course

Tuesday 12 - Church Meeting

Seeds deadline

Seeds is published on the Sunday prior to the beginning of each month. The copy deadline for the September edition is **Friday 22 October.**