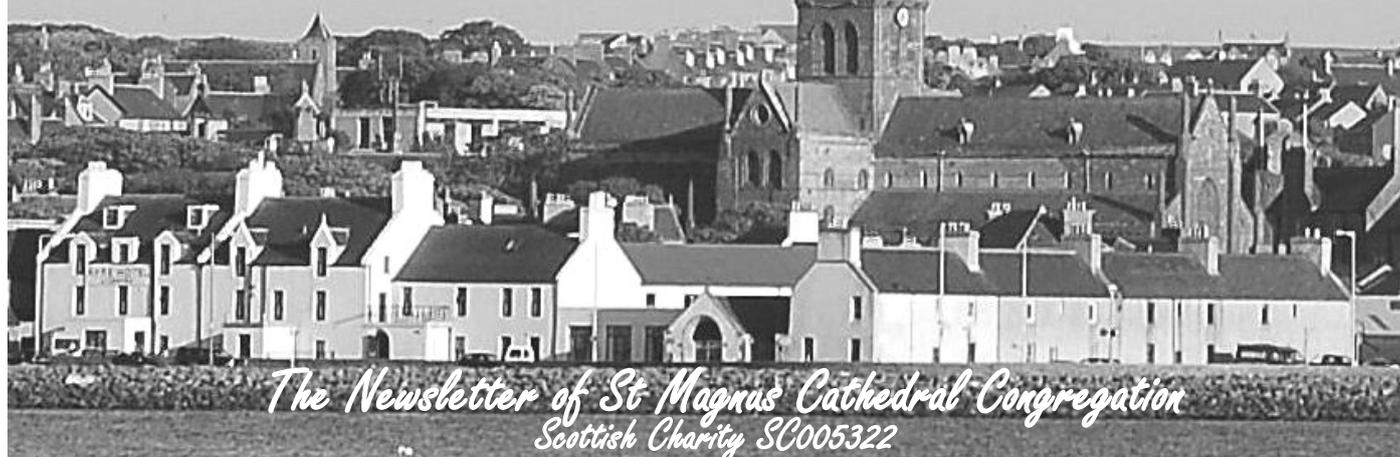


EASTER 2019

The Grapevine



*The Newsletter of St Magnus Cathedral Congregation
Scottish Charity SC005322*

SERVICES

DATE		SERVICE
Sunday, 14th April	11.15 am	Palm Sunday. Guest preacher Mark Calder from 'Embrace the Middle East'
Monday, Tuesday, and Wednesday of Holy Week	1.15 pm	Reflective Service in the St Rognvald Chapel
Good Friday, 19th April	12 noon to 3.00 pm	GOOD FRIDAY – Walk of Witness. This event will begin at St Olaf's at noon, and will go around the Kirkwall churches, with a short time for reflection in each, arriving at St. Magnus Cathedral at about 2.05pm. You are welcome to join for some or all of this short pilgrimage around Kirkwall, marking the time Jesus was on the cross on Good Friday
Good Friday, 19th April	6.30 pm	Stainer's Crucifixion, performed by the St Magnus Cathedral Choir
Easter Sunday, 21st April	9.30 am	Short Reflective Communion Service in the St Rognvald Chapel
	11.15am	Morning service of Holy Communion
Sunday, 19th May	11.15 am	Nature Festival Service.

Contacts

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From the Manse



It is now becoming widely recognised, in a world that seems ever more discourteous, mean and nasty, that the more we practise kindness, the better we will be at it and the easier it will become. As American social writer Eric Hoffer said, 'Kindness can become its own

motive. We are made kind by being kind.'

Time and again, in our recent trip to South India, Carole and I were recipients of many acts of random kindness, such as a gardener making a small posy of flowers for Carole's hair, or a flower seller giving us a garland each.

Here are some practical ways that we can be kind to others:

Thank someone for something. Be sure that it is worthy of thanks and that your thanks are sincere.

Compliment someone for an action, attitude, or ability (speedy service, good job, thoughtfulness, solution to a problem, patience in a difficult situation).

Hold the door open for someone.

Send a card to someone to let him or her know how much he or she means to you.

Give a hand to someone who is struggling with a physical problem (after asking if he or she wants help).

Generously allow someone to merge into your lane in front of you.

Forgive someone for something he or she has done to hurt you.

Do the laundry or wash the dishes for your partner.

Prepare a special dinner for your partner.

Show interest in something that excites someone else.

You may also try doing random acts of kindness anonymously (so that the other person cannot figure out who did it and cannot return the favour).

Send a helpful book, CD, or tape as a gift.

Send flowers with an anonymous note saying something like: 'From someone who respects and appreciates you.'

Tell an employer about someone who needs a job.

Clean up after yourself (so that things are clean for the next person).

Pick up someone else's litter and put it in a bin.

Try some of these acts of kindness. You may discover what reporter and philanthropist George Elliston did — 'How beautiful a day can be when kindness touches it!'

Perhaps this is all best summed up in the words of a song sent to me by one of our members, Eunice Bonner.

Spread A Little Happiness

I've got a creed for every need, so easy that it must succeed,

**I'll set it down for you to read, so please take heed,
Keep out the gloom! Let in the sun! That's my advice to everyone,**

It's only once we pass this way, so day by day...

Even when the darkest clouds are in the sky, you mustn't sigh,

And you mustn't cry,

Just spread a little happiness as you go by, please try!

What's the use of worrying and feeling blue?

When days are long keep on smiling through,

And spread a little happiness 'till dreams come true.

Surely you'll be wise to make the best of every Blues day,

Don't you realise you'll find next Monday or next Tuesday...

'Your Golden Shoes' Day',

Even when the darkest clouds are in the sky, you mustn't sigh

And you mustn't cry,

Just spread a little happiness as you go by!

Says it all, really!!!

Yours,

Fraser



Violet Grieve receiving a bouquet after more than 70 years in the choir

The Cathedral Choir

The Cathedral Choir sings every Sunday, and rehearses every Wednesday evening and Sunday morning before the service. They also sing at many other events, such as St Rognvald House once a month, and at social gatherings.

The members of the Cathedral are immensely grateful to all the choristers for the contribution they make to the worship. Every Sunday they sing an introit and an anthem, and lead the singing of the hymns.

They process in, sit in the choir stalls and then process out at the end of the service. Some have been in the choir for years and others for only a short time. Quite often a member of the congregation will ask, “Who is that man sitting in the back row second on the right?” or “Who is that new alto with the blond hair?”

We think it's about time we all got to know the choir! So, this *Grapevine* and the next few will have a choir feature, with photos of a few of the members and a short comment on each. It will take a few *Grapevine* issues to get through them all, as there are quite a few. We hope that you will look forward “introduced” to them and get to know them all. We'll test you at the end.

Ha Ha! Just joking, but if you do see any of them in or out of their scarlet gowns, please say hello and tell them how beautifully they sing.



Michael Bell

Michael came to Orkney in 2005 and became Co-director of the choir in 2011. When Ian Campbell retired, he became the Director. He lives in Kirkwall with his family, and is a curriculum support assistant at Kirkwall Grammar School. Some will remember him for his star role in KAOS's production this year of *Chicago*.

Margaret Pettet

Margaret has been in the Cathedral Choir for about seven years, but has been an active member of the Cathedral since she and her family came to Orkney in 1986. Her two daughters played in the church music group every Sunday for years, Margaret taught in the Sunday School, and she has been an elder since 1992. She is now retired, but was a teacher at Glaitness Primary.

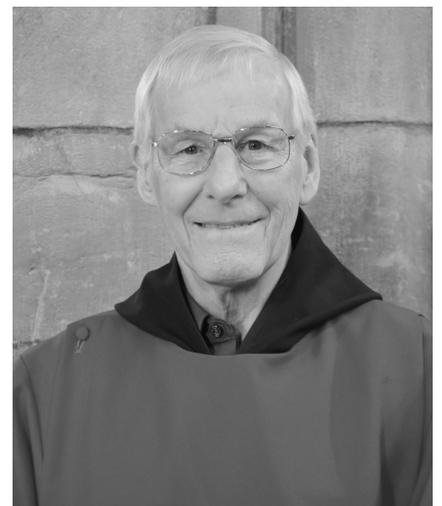


Barbara Hutchison

Barbara and Margaret are sisters. Barbara has been a choir member since 2017, but has been an active member of the Cathedral and an elder for many years. She came to Orkney in 1977, married Keith, an Orcadian, in 1979, and has two daughters. She worked as a nurse, finished her working life in education and is now retired.

Derek Bristow

Derek came on holiday to Orkney sixteen years ago, and loved it so much that he came back every year. After the death of his wife, he came to live here permanently. He joined the choir in 2010. Before retirement he was in local government working as an engineer.



EMBRACE THE MIDDLE EAST

Embrace the Middle East was one of the chosen charities to be recipients of some of the money we raised from our candles last year.

You may have seen the recent story on the Church of Scotland website, or in the press and radio programmes, about the seemingly impossible 1,700+ mile run that is being undertaken by Mark Calder, of Embrace the Middle East, to raise awareness of their campaign to help Iraqi Christian refugees return home. On **Sunday, 14th April**, he will be preaching in the Cathedral, and on **Tuesday, 16 April**, he will be running the fourth of his 14 ultra-marathon pilgrim routes:

St Magnus' Way from Egilsay to St Magnus Cathedral, via Birsay and Orphir.

You can find out more about the Embrace campaign on their website here:

<https://www.runninghome2019.co.uk/what>

<https://www.runninghome2019.co.uk/event>

and details of the run on **16 April** here: <https://www.runninghome2019.co.uk/run-details>

'AN IMPORTANT MINISTRY'

That was the phrase used by a visitor to the St Magnus Centre from the USA last year, describing the welcome and hospitality offered by our dedicated team of volunteers who staff the Centre during the busy visitor months, right through from April till the end of September. Whether it is a friendly 'hello', ushering folk to the Friends' Room to see the video, offering helpful advice on a whole host of questions that tourists ask about the Cathedral and Orkney in general, or just spending a few minutes graciously listening to folks' stories, our volunteers do indeed offer a very important ministry to our visitors. Such a ministry perhaps needs to be affirmed and valued more, because it so often adds to the positive experience people have when they visit and, as anyone in the industry will tell you... it's all about positive experiences!

We are indeed all grateful to the many people who make up our welcome team each season, and the time and effort they are prepared to give to the Centre in order that our visitors do feel welcome and valued. So if you feel that this would be something with which you could become involved, even if it started as being on the back-up rota, please get in touch.

Meanwhile, The St Magnus Centre has secured the Blue Door for the week of [25th to 30th November 2019](#) as part of its fundraising activities. Please support us by setting aside items to donate and bring along on the week of the Blue Door operation. If you have any queries, or would like to volunteer your time during the Blue Door week, please contact secretary@stmagnuscentre.org

Karen Groat



Daughters Emma and Josie, husband Lee and Karen – no, not on Scapa Flow but in the Mediterranean

Karen is the new Treasurer of the Cathedral.

The Cathedral has known Karen for a long time. Her parents, David and Inga Oddie, are members of the Cathedral, and Karen has been coming to the Cathedral ever since she was a wee girl. On a Sunday morning she used to sit in the choir stalls with her dad. She remembers being fed peppermints by Ian Deans, and then going up to the old hall for Sunday School. And then, not that long ago in the circle of time, she was bringing her own children to church.

Her husband is a marine pilot; their daughters now both attend Kirkwall Grammar School. They follow in their mother's footsteps and are keen hockey and netball players. On returning home to Orkney in 1993, after studying in Newcastle, Karen joined the Junior Inter-County Sports Committee – and remained there until her 'retirement', 24 years later, in 2017. This comes as a real surprise, as she hardly looks 24 herself!

They have another family member - a young retriever called Willow, who is awaiting an assessment to see if she will be eligible to begin her training as a 'therapet'.

Willow isn't the only one training these days. Karen is one of an eleven-strong team, six mothers and five children, training to compete in an assault course challenge on June 15th – The Tough Mudder.

The job of Cathedral Treasurer is a lot of work, and it's hard to find someone to do it, so we were delighted when Karen volunteered to take it on. It's not as if Karen is sitting around twiddling her thumbs with nothing to do. Not only is she fully committed to family life, but she works four days a week.

As the saying goes- if you want something done well, pick a busy person, and Karen certainly is that.

A Prayer of Awareness

Settle in a chair you feel comfortable in.

Take a few deep breaths.

Ask God to shed light on your day.

Slowly recall the day, allowing the moments which you enjoyed or were
life-enhancing to emerge. Pause over these times.

Ask God to show you the events, the people, the moods, the feelings,
the circumstances which were enlivening and for which you would like
to give thanks. And give thanks.

Again, slowly recall the day, looking for those moments which were difficult,
when you felt not at your best. What is being revealed here?

Ask God for help, or perhaps for forgiveness to deal with what has come up.

How does tomorrow seem to you?

Ask for God's help and entrust yourself to God's love and care.

Ewan Kelly

ALL IN THE APRIL EVENING

(Choral piece)

All in the April evening, April airs were abroad
The sheep with their little lambs passed me by on the road,
The sheep with their little lambs, passed me by on the road
All in the April evening I thought on the Lamb of God.

The lambs were weary and crying with a weak human cry
I thought on the Lamb of God going meekly to die.

Up in the blue, blue mountains, dewy pastures are sweet,
Rest for the little bodies, rest for the little feet.
But for the Lamb, the Lamb of God, up on the hill-top green,
Only a cross, a cross of shame, two stark crosses between,
All in the April evening, April airs were abroad;
I saw the sheep with their lambs
And thought on the Lamb of God.

Music by Hugh S. Robertson

Words by Katharine Tynan

PARISH REGISTER

BAPTISM

10 Mar Pippa Karoline Bain Kemp

FUNERALS

14 Dec Ann Edwards - St Rognvald House, Kirkwall
15 Dec Emma Barton - 51 Victoria Street, Stromness
19 Dec Craig MacPherson - 4 Pickaquoy Loan, Kirkwall
21 Dec Alastair MacLeod - 3 King Street, Kirkwall
22 Dec Rowan McCallum - Fairhaven, Annfield Crescent, Kirkwall
29 Dec Barry Slater - The Glebe, Grimbister, Kirkwall
12 Jan Audrey Pottinger - 4 Papdale Road, Kirkwall
12 Feb Raymond Smith - 37 Scapa Crescent, Kirkwall
18 Feb Innes Sutherland - 21 Clay Loan, Kirkwall
22 Feb Doreen Plant - Braevilla, Rendall
23 Feb Rena Paterson - Veltigar, Tankerness -
2 Mar David Marcus - 6 Quoybanks Crescent, Kirkwall
27 Mar Michael Lyall - Christie Park, Heathery Loan, St Ola