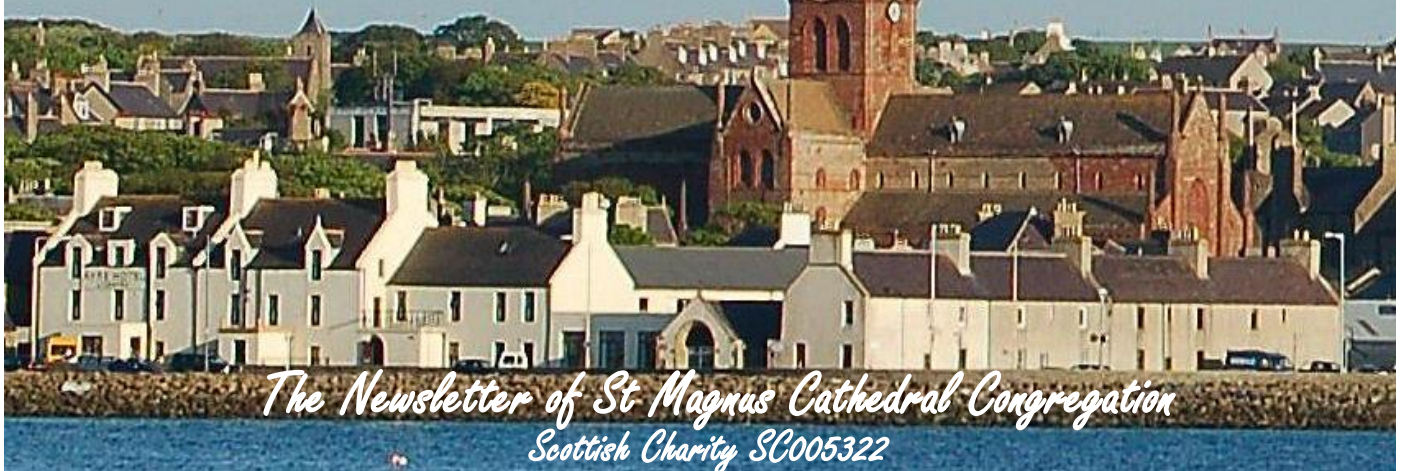


SUMMER 2023

The Grapevine



The Newsletter of St Magnus Cathedral Congregation
Scottish Charity SC005322

Contacts

Minister: Rev Fraser Macnaughton, Tel: 873312 FMacnaughton@churchofscotland.org.uk

Pastoral Minister: Rev June Freeth, Tel: 721449 JFreeth@churchofscotland.org.uk

Website www.stmagnus.org

Facebook <https://www.facebook.com/StMagnusCathedralCongregation/>

Scottish Charity SC 005322/CCL No 119086

Each Sunday in July and August	9.30 am 11.15 am	Communion in the St Rognvald Chapel Morning Service of Celebration
30 th July	9.30 am	Communion in the St Rognvald Chapel
30 th July	11.15 am	Morning Service of Celebration
27 th August	9.30 am	Communion in the St Rognvald Chapel
27 th August	11.15 am	Morning Service of Celebration
10 th September	11.15 am	Science Festival Service

From the Manse



The past five years have seen a growth in interest in studies on human happiness. Numerous books have been published on the topic, not least Sonja Lyubomirsky's, *The Myths of Happiness*, which has become for many a secular bible for happiness and meaning. In a recent book, *Called to Happiness*, Sidney

Callahan critically evaluates many of these studies. Whatever the merit of these studies, all of us nurse our own secret dream of what will bring us happiness and often that fantasy is at odds with what we know to be true at a deeper level. What will make us happy?

In a recent interview (July 29, 2014) for the Argentine weekly, *Viva*, Pope Francis weighs in on this topic, submitting his own "Top 10 Tips" for happiness. What are Pope Francis' tips for happiness or, as he puts it, "for bringing greater joy to one's life"?

In presenting these, I will be faithful to his captions but, because his commentary on each one was rather lengthy, I will risk synthesizing his central point in my own words:

1. Live and let live.

All of us will live longer and more happily if we stop trying to arrange other peoples' lives. Jesus challenged us not to judge but to live with the tension and let God and history make the judgments. So live we need to live by own convictions and let others do the same.

2. Be giving of yourself to others.

Happiness lies in giving ourselves away. We need to be open and generous because if we withdraw into ourselves we run the risk of becoming self-centred and no happiness will be found there since "stagnant water becomes putrid."

3. Proceed calmly.

Move with kindness, humility, and calm. These are

the antithesis of anxiety and distress. Calm never causes high blood pressure. We need to make conscious efforts to never let the moment cause panic and excessive hurry. Rather be late than stressed.

4. A healthy sense of leisure.

Never lose the pleasures of art, literature, and playing with children. Remember that Jesus scandalized others with his capacity to enjoy life in all its sensuousness. We don't live by work alone, no matter how important and meaningful it might be. In heaven there will be no work, only leisure, we need to learn the art and joy of leisure not just to prepare for heaven but to enjoy some of heaven already now.

5. Sundays should be holidays.

Workers should have Sundays off because Sunday is for family. Accomplishment, productivity, and speed may not become our most valued commodities or we will begin to take everything for granted, our lives, our health, our families, our friends, those around us, and all the good things in life. That is why God gave us a commandment to keep the Sabbath holy. This is not a lifestyle suggestion, but a commandment as binding as not killing. Moreover, if we are employers, the commandment demands too that we give our employees proper Sabbath-time.

6. Find innovative ways to create dignified jobs for young people.

If you want to bless a young person, don't just tell that person that he or she is wonderful. Don't just admire youthful beauty and energy. Give a young person your job! Or, at least, work actively to help him or her find meaningful work. This will both bless that young person and bring a special happiness to your own life.

7. Respect and take care of nature.

The air we breathe out is the air we will re-inhale. This is true spiritually, psychologically, and ecologically. We can't be whole and happy when Mother Earth is being stripped of her wholeness. Christ came to save the world, not just the people in the world. Our salvation, like our happiness, is tied to the way we treat the earth. It is immoral to slap

another person in the face and so it is immoral too to throw our garbage into the face of Mother Earth.

8. Stop being negative.

Needing to talk badly about others indicates low self-esteem. Negative thoughts feed unhappiness and a bad self-image. Positive thoughts feed happiness and healthy self-esteem.

9. Don't proselyte, respect others' beliefs.

What we cherish and put our faith into grows "by attraction, not by proselytizing." Beauty is the one thing that no one can argue with. Cherish your values, but always act towards others with graciousness, charity, and respect.

10. Work for peace.

Peace is more than the absence of war and working for peace more than not causing disharmony. Peace, like war, must be waged actively by working for justice, equality, and an ever-wider inclusivity in terms of what makes up our family. Waging peace is the perennial struggle to stretch hearts, our own and others, to accept that in God's house there are many rooms and that all faiths, not least our own, are meant to be a house of prayer for all peoples.

Offered with apologies for whenever my own thinking replaced that of Pope Francis.

Fraser

Dear Friends,

As I write this my time here on the Orkney Isles is drawing to close, sitting here reflecting on my 5-week placement with you I feel very blessed to have had the opportunity to spend time with you at the Cathedral. I am very grateful to Rev Fraser Macnaughton and the Kirk Session of St Magnus Cathedral for giving me this opportunity.

I'm very grateful for all the love and encouragement I received from you all.

I have no doubt that the opportunity to experience and participate in worship at the Cathedral has been a real benefit to me and my future ministry. It has really opened my eyes to new, or at least, different ways of worship.

In each of my placements I have sought to gain experience in a wide range of different settings, city, town, rural and island chaplaincy because I don't know where God is leading me to. All I can do is trust and be as prepared as I can.

Although my time here has been short, I have the opportunity to participate in a wide range of church-based activities from zoom meditations, to participating in various services at the Cathedral including Sunday services, weddings and communions. I was also very pleased to be able to take the services in Rousay and St Rognvald's House. I have been able to help out at the St Magnus Centre.

I am very grateful to Kerr and Moira Wintersgill for putting me up, or, putting up with me during my stay! Also thanks to the congregation at Milestone Community Church, Dounby. I have also been blessed to have been able to help them with services at Milestone and Smiddybrae House care home and some outreach activities within the local Primary



School.

However, it hasn't all been work and no play, I have been able to take some time for myself to go out exploring and visiting places like Skara Brae, the Italian Chapel and even the upper tour of the Cathedral.

Before entering training for the ministry I trained as a dental nurse and worked in various 'dental' roles with NHS Highland and latterly as a Tutor for NHS Education for Scotland where I was involved in the planning and delivery of a range of training courses and workshop for dental teams across Scotland and all the Islands. I was also an Examiner and Trustee for the National Examining Board for Dental Nurses.

It's been a real privilege to get to know some of you and I'm sorry that I have been able to know more of you during my short stay. As I return home to begin my next 5-week placement with Highland Hospice, know that my time here on the Orkney Isles has been very spiritually enriching and I leave you with my grateful thanks and every blessing for the future.

Yours in Christ,

Tommy

SOME DATES FOR YOUR DIARY

MUSIC FOR MALAWI
SATURDAY LUNCHTIME CONCERTS
St Magnus Cathedral 1pm

26 August

Heather Rendall & Iain Campbell *piano duet*

2 September

Michael Mappin *organ*

King Street Halls 1pm

9 September

Elizabeth Sullivan *violin*, Karen Tweed *accordion*

16 September

members of Orkney Camerata

23 September

Orkney's Young Musicians

Admission free; donations to
Malawi Music Fund

ORKNEY GUILDS TOGETHER

Orkney Guilds Together held their summer rally on Thursday 1st June in the St Magnus Centre when the ladies of St Magnus Guild played host.

There was a large turnout from several Orkney Guilds who had come along to hear Reverend Dr Marjory McLean give a most interesting illustrated presentation of her experiences as chaplain in the Royal Naval Reserve.

I think it is safe to say that we all had a most enjoyable afternoon sharing fellowship and friendship whilst sampling the tea and goodies provided by our own ladies.

Thank you to all who made it such a success.

Orkney Foodbank

Dear friends

Rhoda Featherstone (Chair) and I are contacting you on behalf of the Orkney Foodbank to ask for your help both in terms of prayer, as our client numbers keep increasing, but also as to whether there are any of your respective congregation members would be interested in volunteering with us.

We are a local charity run almost entirely on volunteer input - our Foodbank Manager is Alan Scott and we have moved to employing our first staff member who can link more with individual clients - this is Kate Brown.

Orkney Foodbank was initially set up almost 10 years ago. Since opening in Nov 2013 we have provided support to a total of 8404 people of all ages - with 3139 of those being children. We have had donations of 123675.32kgs of food and other items in that time and issued 122569.1Kg in that same period.

However, during 2022/23 we provided food parcels and other support to 1,275 people - with 432 being children. As well as food parcels we offer an electricity top up, supermarket gift cards to purchase fresh food items and a variety of other items and support.

As you can imagine given last years activity we are increasingly busy but we are also finding we need more volunteers to be able to make sure we can meet client need. At the moment we are open Tues and Fri 12-2. however if anyone is interested in helping us and can't make these times there are other opportunities we can discuss

In terms of prayer needs - please pray for wisdom for the Board to manage the service, that we have the volunteers we need to make sure the workload is evenly spread and manageable for our teams, and that those who need our service are truly blessed and supported in their time of need. Volunteering can be weekly, monthly or just when have some free time.

I know I don't have every church contact details and would ask if you can forward to any you spot as being missing or let me know and I can forward.

If anyone is interested in volunteering with us can they contact either myself on details below - or Rhoda F on the email address above or mobile below - we'd be delighted to discuss any aspect or answer any queries!

Many many thanks

Rhoda F and Rhoda W

Rhoda Featherstone
Chair to Orkney Foodbank
phone 07761748078

Rhoda Walker
Secretary to Orkney Foodbank
Phone 01856 874729,
mobile 07921574200

Foodbank phone 01856 873685 - please leave a message



Did you know....?

St Magnus Cathedral is the only completely medieval cathedral in Scotland. Only two survived the Reformation – St Magnus and Glasgow Cathedral, and the latter was partially rebuilt in the 18th and 19th centuries.

Most of the stained glass dates from the 1910s, and was made by Glasgow artist Oscar Paterson. He also designed the interior windows for the SS Lusitania, sunk by a German U-Boat in 1916 whilst crossing the Atlantic.

The tiles on the floor of the choir and chapel were made about 100 years ago by Shropshire company Craven Dunnill, using the same techniques as the original 12th-century craftsmen.

One of the beautifully carved stones once covered the grave of Mary Drummond, who was the granddaughter of famous Scottish mathematician John Napier, ‘discoverer’ of logarithms and inventor of Napier’s Bones.

The five carved figures around the pulpit depict Christ (holding the lamb) and the four evangelists – Matthew, Mark, Luke and John. Each saint is holding a Bible, and standing on their symbol creatures; angel, lion, bull and eagle respectively.

The word ‘nave’ comes from Latin ‘navis’, meaning ‘ship’ – the same root of ‘Navy’ and ‘navigate’. We are all sailing through the waters of life – sometimes calm, sometimes stormy!

The Norwegian flag in the north transept was carried for King Harald of Norway, when he and Queen Sonja visited Orkney on 7 July in 1994.



Life Is A Gift

Today before you say an unkind word -
Think of someone who can't speak.

Before you complain about the taste of your food -
Think of someone who has nothing to eat.

Before you complain about your husband or wife -
Think of someone who's crying out to GOD
for a companion.

Today before you complain about life -
Think of someone who went too early to heaven.

Before you complain about your children -
Think of someone who desires children
but they're barren.

Before you argue about your dirty house
someone didn't clean or sweep -

Think of the people who are living in the streets.

Before whining about the distance you drive
Think of someone who walks the same distance with
their feet.

And when you are tired
and complain about your job -
Think of the unemployed, the disabled,
and those who wish they had your job.

And when depressing thoughts
seem to get you down -
Put a smile on your face
and think *'I'm alive and still around'*.

A PARABLE - UNDER RECONSTRUCTION

Some said there had been too much rain and the
roof long cracked after years of stress gave way
from water seeping in.

Others said what fell from the heavens had nothing
to do with it, that the earth had shifted and the
church walls had pushed out toward the town centre
so that the massive mosaic of the Almighty Father
had fallen in and left a hole, a silhouette of the icon
that used to command the whole church from high
above the nave.

Services now were held under the God-shaped hole:
prayers said hymns sung infants baptised sermons
preached offerings made couples wed communion
celebrated the dead remembered.

Meanwhile reconstruction began, but it turned out
harder than planned.

Some folks had taken home bits of the original
mosaic as a piece devotion or historical curiosity,
and when it was discovered there was not enough
left to restore the original grandeur debates erupted
if they should even try to recreate what was lost.

Some said they should begin and finish the project
as quickly as possible because people were not

coming as they used to since the icon had
collapsed.

Others pointed out new people were entering the
church curious about the place in a way they never
were before. And these newcomers joined with
those who had always been scared by the icons
fierce eyes to suggest they replace the old image
with a new one.

The differences about what to do broke into conflict
so that for now the construction was nearly halted,
though some workers tried to assemble the roof in
bits and pieces.

But without an overall plan nothing would stay put.
Even the stars that surrounded the hole began to fall
from the ceiling so that another party arose
suggesting they take down the entire edifice and
start all over anew - except that the most devout
could not bear to lose this or that where they had
prayed so long and the stones were worn smooth by
the knees of many generations.

So for the time being all that was done was to rope
off the area beneath the God shaped hole to make
sure no one was hit by a piece of mosaic that would
fall from time to time from a cracked angel or star
and to pray that people would keep coming while
the church continued to be, as the sign alerting those
who entered said: **Under Reconstruction.**

Psalm 23 For Busy People

The Lord is my pace- setter, I shall not rush.
He makes me stop, and rest for quiet intervals,
He provides me with images of stillness, which restore my serenity.
He leads me in ways of efficiency, through calmness of mind,
And His guidance is peace.
Even though I have a great many things to accomplish each day
I will not fret for His presence is near.
His timelessness, His all-importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity.
By anointing my mind with the oils of tranquillity,
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruits of my hours
For I shall walk in the pace of the Lord, and dwell in his House for ever.

SMILE FOR YOU

Smiling is infectious; you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin
When he smiled I realized I'd passed it on to him.
I thought about that smile then I realized its worth,
A single smile, just like mine could travel round the earth.
So, if you feel a smile begin, don't leave it undetected
Let's start and epidemic quick, and get the world infected!

Everyone needs a smile!!!

