

RECHARGE

Your
Spiritual
Battery



The Connect

Sunday 7th February 2021
5th Sunday after Epiphany

The Weekly Newsletter for the congregation and friends
of St Leonard's Lasswade & St Mary's Dalkeith



Happy Birthday

Robin Donald - Thursday 4th February

Scottish History Group

Our new group plans to meet using ZOOM on the 2nd Monday of the month at 2.30pm.

Our next meeting will be held on the

Monday 8th February

To join in please contact MITCH THOMSON on 01875 320067 or by email on mitchonline16@gmail.com



Lyfe Group - a Small Group Study on Zoom

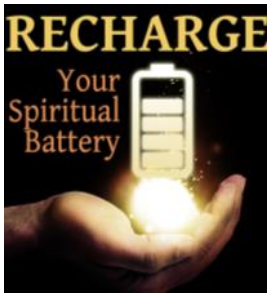
Tuesday 9th February 8pm

We invite you to join in with our On-line Home Group, a chance to fellowship, discuss and learn about our faith with others from the church family. Contact Vicki Clark or Fiona Harris for joining details..

Online ZOOM Coffee at Mary's

10:30 am Saturday Mornings
bring your own coffee, cake and chat.
For details of how to join the Zoom
Coffee Morning please contact
Andrew Watt
andrew@andrewwatt.org.uk





Rectors Muse

I have been reading up on the benefits of having solar panels and electric cars. A few years ago this would have been a pipe dream due to cost but over these last couple of years the cost of ownership or installation has come down. Of course there are still those who are sceptical

but the case for solar power or electric cars is not only about cost but also about the carbon savings. With the reduction in cost of panels and the availability of more affordable EV's (electric vehicles) we could all be doing our bit to further reduce our carbon foot print.

One of the main worries about EV's is range anxiety as early vehicles could only hold a small charge resulting in them being limited in the range they could travel. Even though most peoples daily commute is under 30 miles people were anxious about having enough charge to complete their journey. Many of the more modern cars can now safely run for 200 miles between charges and even a decent second hand car should be able to do about 90 miles depending on the battery size.

Do you ever feel that you could do with a recharge, are you running low wondering how long can you continue? How is your spiritual battery?

It has been a long time since any of us have physically worshipped together in our church buildings, watching on line is ok to a point but many of us are missing that special encounter of receiving communion and meeting with one another in worship. This may sadly leave us feeling spiritually empty.

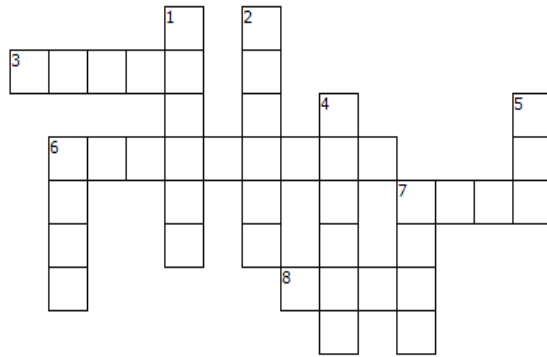
Jesus too knew times of tiredness but also knew that he needed to plug into to heaven, to spend time with the Father. He knew and practiced the promise from Isaiah 40 v31 that those who waited on the Lord, would renew their strength and that they would rise up again like eagles. All of us can grow tired and weary and wonder if we can last the journey of life, but we need not have range anxiety for God promises us that if we wait on Him, spend time in prayer and in his presences, then we will find that place of renewal, of power to continue to love and serve in his name.

With love from Peter & Fiona

Bible Quiz Time

V S H Z X U C N P N O D N J S
 I I Z J C R R T Q E M K K J I
 L M V J E H D B E D O C G F C
 L O I O X P N E Q B S P I C V
 A N P P S I C K R L Y D L Z Y
 G L R J Z W E W K R N X J E N
 E V E N I N G H O A A A G O G
 S C A V D Z X O H R G N H Y U
 X Q C O X A D E L Q O D E W J
 H T H R Q T O W N C G R L S A
 U E R J K Q T I E O U E P U M
 T J A H E R Y U P T E W E N E
 F O D L L S D E M O N S D S S
 M H H B E I U H S M I U F E J
 R N Z E A D P S F E V E R T A

FEVER	SIMON	HAND	DOOR	ANDREW
SUNSET	VILLAGES	PREACH	BED	DEMONS
JOHN	SYNAGOGUE	PEOPLE	JESUS	HELPED
HEALED	TOWN	EVENING	JAMES	SICK



ACROSS

- A condition when the body temperature is higher than normal
- A place of meeting for worship in the Jewish faith
- The body part used for holding things
- To cure from sickness or disease

DOWN

- To deliver a sermon
- Evil spirits
- The time of day when the sun disappears below the horizon
- A piece of furniture for sleeping
- To be ill or have a disease
- To give assistance; to aid

Izzy's News



I would like to table a motion that all animals are equal but some animals are more equal than other especially dogs! Dogs are more equal than cats.

My apologies for last weeks interruption to your Izzy's news.

I will try and keep that cat in his place but every time I chase him he pops out of his cat flap leaving me barking my nose through the small hole that he escaped through. To be honest I just want to be friends and have a play but Honey seems to prefer just snuggling up on the sofa or in his bed rather than enjoying a game of tag with me.



Now you may have heard that dogs like me are not allowed chocolate and so it should be with you too.

I recently sat in on the Eco film about the Chocolate Case and was horrified to hear that some of our cocoa producers use forced labour, slaves for want of a better word, to help maintain the plantations of cocoa. Modern day slavery sadly

takes many different forms so wouldn't it be good to try and support a company that is campaigning for Slave Free Chocolate. Therefore, Dad and all you other chocolate lovers out there please do consider looking for Slave free chocolate like Tony Chocolonely. You can also buy Fairtrade Chocolate too but sadly even Fairtrade Chocolate can not claim to be 100% Slave free. They are however, challenging the status quo and encouraging more and more plantations to stop using forced labour and give every worker their worth and their rights. So lets do our bit too,

With love and licks from Izzy



Weekly Worship Online

Sunday @ 10am with Eucharist Celebration

Wednesday @ 10am Informal Worship

Join us on ZOOM for Worship and Fellowship

ZOOM Meeting ID: 656 157 5203 at 10am

Or watch our Facebook group at

"St Mary's and St Leonard's Church Family" Or phone in



Telephone Worship Service

join in with your church family by dialling into worship

(0131) 460 1196

Aware that some people in our congregations do not have access to a smart phone or computer, or are not comfortable using Facebook or Zoom we have decided to try a Dial in Service. By dialling a **local rate number** you will be able to listen to the weekly worship services both on a Sunday and a Wednesday and be able to speak and contribute to a time of fellowship with other church members after the service. We invite you to give it a try:

Step 1: At 9.55am just before the Worship Starts dial **460 1196**

Step 2: You will be asked for a Meeting ID

type in 656 157 5203

Step 3: then press the # key

Step 4: There is no additional Password

so press the # key again

you will then be connected to the Service

*Please note that depending on your Phone Contract
you may be charged for using this service at a local rate call.*

SUNDAY 7th February The fifth Sunday after Epiphany

Welcome *Jacqui*

The Lord be with you

And also with you

Do you not know? Have you not heard?

The Lord is the everlasting God

He strengthens the weary and increase the power of the weak

But those who hope in the Lord will renew their strength.

They will soar on wings like eagles;

they will run and not grow weary,

they will walk and not be faint.

Based on Isaiah 40:28-31

Hymn

LORD, I COME TO YOU, Let my heart be changed, renewed,
Flowing from the grace that I found in You.

And Lord, I've come to know

The weaknesses I see in me will be stripped away

By the power of Your love.

Hold me close, let Your love surround me.

Bring me near, draw me to Your side.

And as I wait, I'll rise up like the eagle,

And I will soar with You, Your Spirit leads me on

In the power of Your love.

Lord, unveil my eyes, Let me see You face to face,

The knowledge of Your love as You live in me.

Lord, renew my mind as Your will unfolds in my life,

In living every day by the power of Your love.

Prayer of Confession - *Peter*

As we draw near to God and seek his mercy and grace

We confess our sins with penitence and with faith

**Father we acknowledge that we have not loved
as you would have us love.**

We turn to you again and ask for your mercy,

forgive us and renew us through Jesus Christ our Lord.

God, who is both power and love
Forgive us and free us from our sins
Heal and strengthen us by his Spirit
And raise us to new life in Christ our Lord **Amen**

Collect We pray together

Merciful Lord, grant to your people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen

Gospel Reading Mark 1.29-39 - read by Neil Stewart

Hear the Gospel of our Lord according to Mark
Glory to Christ our Saviour.

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

That evening after sunset the people brought to Jesus all who were ill and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: 'Everyone is looking for you!'

Jesus replied, 'Let us go somewhere else – to the nearby villages – so that I can preach there also. That is why I have come.' So he travelled throughout Galilee, preaching in their synagogues and driving out demons.

Give thanks to the Lord for his glorious Gospel.
Praise to Christ our Lord.

Sermon - *Peter*

Hymn

O LET THE SON OF GOD ENFOLD YOU

With His Spirit and His love,
Let Him fill your heart and satisfy your soul.
O let Him have the things that hold you,
And His Spirit like a dove
Will descend upon your life and make you whole.

*Jesus, O Jesus,
Come and fill Your lambs.
Jesus, O Jesus,
Come and fill Your lambs.*

O come and sing this song with gladness
As your hearts are filled with joy,
Lift your hands in sweet surrender to His name.
O give Him all your tears and sadness,
Give Him all your years of pain,
And you'll enter into life in Jesus' name.

Prayers for Today *Led by Anne MacKay*

The Peace - *Jacqui*

The peace of the Lord be always with you
and also with you.

Eucharistic Prayer V

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

Worship and praise belong to you Father in every place and at all times.
You made us, all the people of the world and everything that is.

You give us the daylight. Your Word lights up our minds.
Jesus was born among us to be light in our darkness.

Your Spirit lives in us so that we can look at the world with your eyes.

One day we will be with you in heaven,
but already we laugh with the saints and angels and sing their song:

**Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory,
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Father you never forget us or turn away from us even when we fail you.
You sent your Son Jesus who gave his life for us.
He healed those who were sick,
cared for those who were poor
and cried with those who were sad.
He forgave sinners and taught us to forgive.

For all your love we give you thanks
in the way that Jesus showed us.

For on the night before he died,
while he was having supper with his friends,
he took bread and offered you thanks.
He broke the bread,
and gave it to them, saying: Take, eat.
This is my Body: it is broken for you.'

After supper he took the cup, he offered you thanks,
and gave it to them saying:
'Drink this, all of you. This is my Blood of the new covenant;
it is poured out for you, and for all, that sins may be forgiven.
Do this in remembrance of me.'

**So, as we do what he told us, we open our hearts to him;
we remember how he died and rose again to live now in us.
Together with him we offer you these gifts:
in them we give you ourselves.**

Send your Holy Spirit on us and on this bread and this wine;
that they may be the Body and Blood of Christ,
and that, sharing your life, we may travel in your company
to our journey's end.

**With all your people we give you thanks and praise
through the Son and in the Spirit, now and for ever.
Amen.**

The living bread is broken for the life of the world
Lord, unite us in this sign.

Lord's Prayer

As our Saviour Christ has commanded and taught us,
we are bold to say:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.**

Communion

You are invited to say this prayer as the Priest takes communion on your behalf

*God of mercy, we thank you for Jesus our Saviour,
Though we cannot consume the gifts of bread and wine this day,
May we know the presence of Holy Spirits kindling in us the fire of love,
the forgiveness of sins, and life eternal. Amen*

Prayer after Communion

**Lord God continue to renew and refresh us as your children,
That we may go in the power of the Holy Spirit to love and
serve you to our journeys end Amen**

Blessing

Christ the Son of God
gladden your hearts with the good news of his kingdom;
and the blessing of God almighty,
the Father, the Son and the Holy Spirit,
be among you and remain with you always.

Hymn

WHAT A FRIEND WE HAVE IN JESUS,

All our sins and grief to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit!
O what needless pain we bear!
All because we do not carry
Everything to God in prayer.

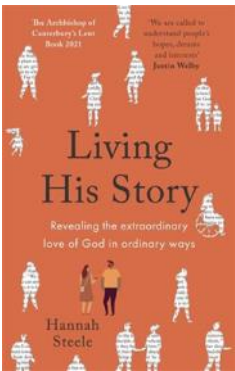
Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Saviour, still our refuge,
Take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take and shield thee,
Thou wilt find a solace there.

Dismissal *Peter*

Go in peace to love and serve the Lord
In the name of Christ Amen

Lent Study - Living His Story



Our Lent Study book for this year is the Archbishop of Canterbury's Lent Book "Living His Story". Set out in six sessions to take you through Lent the book can be used as a single study for individuals or why not consider joining in with one of the Study Groups as we journey together towards our Easter Celebrations for 2021.

If you would like your own copy please let us know and we can purchase and delivery it to you.

We are also planning to freely distribute a small booklet based on the Living His Story Book called

#LIVE LENT



God's Story
Our Story



#LiveLent: God's Story, Our Story

This is a daily reflections booklet set out for each of the days in Lent. The booklet follows the weekly themes drawn from the Archbishop of Canterbury's Lent Book 2021, Living His Story: Sharing the extraordinary love of God in ordinary ways by Hannah Steele. We pray you will enjoy using this over the Lenten Period for your own prayers and actions.

If you would like a copy of the booklet please let us know.



Hello everyone,

It's February, a new month, a new theme, 'Powering our homes and Keeping warm,' and I have details of several items discussed at our last Eco meeting to share with you.

Ready for a list of things to consider doing, to improve our eco status?

Go Margaret go, I hear you say.

Or will I draw your attention away from the winter weather and have a look towards spring and spending time in our gardens once again?

Oh, let's do it...

We are all very Eco friendly with our plant pots, reusing them, sharing them, returning them to the garden centres. We upcycle old containers and turn them into planters. We do not really need any further advice on our recycling methods for flowerpots, do we? but what if we really do need new ones?

At our last Eco meeting Val brought to our attention the story of Ocean Plastics. <https://oceanplasticpots.com/>



Ocean Plastic Pots is inspired by Ally Mitchell's passion and determination to help turn the tide on the large volume of plastic found in our seas, causing grave harm to the future of our planet.

As a commercial diver having worked across the world from the Ivory Coast to Singapore and Europe, Ally has experienced first hand the detrimental impact plastic waste is having on our oceans and marine life.

It is estimated 8 million tons of plastic enters our oceans ever year, a

terrifying amount. Ally the father of two has gone from making small pots himself and selling them at a local food market in Edinburgh to securing a manufacturer in Scotland to produce larger pots on a much bigger scale to meet demand.

Designed in Glasgow and made in Scotland, Ocean Plastic Pots is planting the seed to encourage more of us to reduce the amount of plastic we use on a daily basis and in turn protect our planet and our future.



They are made from 100% waste material and can be used time and time again or recycled themselves to produce new pots. You may have read about the company in the Herald Magazine January 2021. New Year New Hope.

With spring and Easter on the horizon wouldn't they just make a lovely Eco Easter gift for someone, planted up with spring flowers or herbs? Now that would make a change from chocolate eggs.

Please do check out their website and read more about their interesting support work for Hebridean Whale and Dolphin Trust.

Of course, there are more examples of sustainable plant pots now being made by other companies; so, if you are looking for a new spring collection of Eco-friendly pots, enjoy browsing the internet, while the snow falls outside and the snow drops and daffodils begin to push their way through.



Next week: I will bring suggestions from Eco Scotland about 'Powering our Homes and Keeping warm' and provide an insight into our after-film discussion on The Chocolate Case.

Meanwhile keep warm at home, Margaret



St Leonard's AGM

Wednesday 10th February

at 7pm on ZOOM

Meeting ID 820 7369 0346

We invite all members of the congregations to join us for our On-line AGM. Please join by Zoom if you can or phone in by dialling (0131) 460 1196 and then typing in the meeting id when requested to do so.

A Verse for this new year

1st Peter 1 verse 3

*Praise be to the God and Father of our Lord Jesus Christ!
In his great mercy he has given us new birth
into a living hope
through the resurrection of Jesus Christ.*

**St Mary's
Dalkeith**

stmarysdalkeith.org.uk



**St Leonard's
Lasswade**

stleonardslasswade.org.uk

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Do call or email if you need help