

# Connect News



PSALM 121:1

I lift up my eyes to the mountains—  
where does my help come from?  
My help comes from the Lord,  
the Maker of heaven and earth.

**Sunday 1st March 2026**  
**2nd Sunday of Lent**



## “I lift my eyes up to the mountains”

Have you ever been to Suffolk?  
Fiona and I moved to Bury St Edmunds in 1998. Our children Sam and Grace were both born in the flat county of Suffolk.

The highest point in Suffolk is only 420 ft above sea level. St Edmund's Cathedral completed in 2005 with its new tower standing at a height of 160 ft has become the new dominant building watching over the countryside.

Whilst working and worshipping in the local community I was often asked if I missed Scotland? Although we both loved our time in Suffolk I knew the one thing that I did miss was the beauty and permanence of the Hills and Glens.

Moving to Midlothian enabled me once more to lift my eyes up. Blackhope Scar stands at 2136 ft, Scald Law reaches to 1900 feet and Carnethy Hill not far behind at 1881 ft. And as I look to the hills, today's Psalm touches my heart and reminds me that whatever I may face today the maker of heaven and earth watches over me. Just as these hills have watched over our countryside for the last however many thousands years. A nearly permanent reminder of a faithful and ever present God watching all the comings and goings of humanity.



Psalm 121 is known as one of the Songs of Ascents, said to have been written or attributed to King David. The Psalm is often recited in times of trouble to encourage us and to help us change or refine our focus. Sometimes our troubles rises before us like mountains. The journey ahead can be tough and steep and at times we can become overwhelmed by the task ahead of us that we become paralysed and fear taking the next step. But we are to take heart and trust that God watches over our going out and coming in and he will not let go of us even if we feel we are failing. God forgives us and encourages us to take the next step. To step out in faith looking upward to God trusting that he is always there more permanently than any of the hills and mountains of earth.

Keep going pilgrim, Easter is on the horizon.

## Welcome

Grace, mercy and peace to you from God  
our Father and the Lord Jesus  
**Amen.**

## Hymn

**IMMORTAL, INVISIBLE, God only wise,**

In light inaccessible hid from our eyes,  
Most blessed, most glorious, the Ancient of Days,  
Almighty, victorious, Thy great name we praise.

Unresting, unhasting, and silent as light,  
Nor wanting, nor wasting, Thou rulest in might;  
Thy justice like mountains high soaring above  
Thy clouds which are fountains of goodness and love.

To all life Thou givest, to both great and small;  
In all life Thou livest, the true life of all;  
We blossom and flourish as leaves on the tree,  
And wither and perish; but naught changeth Thee.

Great Father of glory, pure Father of light,  
Thine angels adore Thee, all veiling their sight;  
All laud we would render: O help us to see  
'Tis only the splendour of light hideth Thee.

## Prayer of Confession

Let us confess our sins in penitence and faith.

**God our Father, we confess to you  
and to our fellow members in the body of Christ  
that we have sinned in thought, word and deed,  
and in what we have failed to do.**

**We are truly sorry. Forgive us our sins,  
and deliver us from the power of evil.**

**For the sake of your Son who died for us, Jesus Christ our Lord.**

God, who is both power and love, forgives us and frees us from our  
sins, he heals and strengthen us by his Spirit,  
and raise us to new life in Christ our Lord.

**Amen.**

## Collect

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

## Reading of Psalm 121 - A song of ascents.

I lift up my eyes to the mountains where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth.

**My help comes from the Lord the maker of heaven and earth**

He will not let your foot slip he who watches over you will not slumber;  
indeed, he who watches over Israel will neither slumber nor sleep.

**My help comes from the Lord the maker of heaven and earth**

The Lord watches over you the Lord is your shade at your right hand;  
the sun will not harm you by day, nor the moon by night.

**My help comes from the Lord the maker of heaven and earth**

The Lord will keep you from all harm, he will watch over your life;  
the Lord watches over your coming and going, now and for evermore.

**My help comes from the Lord the maker of heaven and earth**

## Hymn      **I LIFT MY EYES TO THE QUIET HILLS**

in the press of a busy day;  
as green hills stand in a dusty land  
so God is my strength and stay.

I lift my eyes to the quiet hills  
to a calm that is mine to share;  
secure and still in the Father's will  
and kept by the Father's care.

I lift my eyes to the quiet hills  
with a prayer as I turn to sleep;  
by day, by night, through the dark and light  
my Shepherd will guard his sheep.

I lift my eyes to the quiet hills  
and my heart to the Father's throne;  
in all my ways to the end of days  
the Lord will preserve his own.

### **Gospel Reading** John 3 1-17

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

A Pharisee, named Nicodemus came to Jesus at night and said, 'Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him.' Jesus replied, 'Very truly I tell you, no one can see the kingdom of God unless they are born again.' 'How can someone be born when they are old?' Nicodemus asked. 'Surely they cannot enter a second time into their mother's womb to be born!'

Jesus answered, 'Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, "You must be born again." The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.' 'How can this be?' Nicodemus asked. 'You are Israel's teacher,' said Jesus, 'and do you not understand these things? Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? No one has ever gone into heaven except the one who came from heaven – the Son of Man.

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.' For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

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

## Sermon

### The Creed

Let us declare our faith together in the words of the Creed

We believe in one God,  
the Father, the almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God, eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God, begotten, not made,  
of one substance with the Father.  
Through him all things were made.

For us and for our salvation  
he came down from heaven;  
by the power of the Holy Spirit  
he became incarnate of the Virgin Mary,  
and was made man.

For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father.  
With the Father and the Son, he is worshipped and glorified.  
He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.

## Prayers of Intercessions

### The Peace

We meet in Christ name

**Let us share his peace**

**Hymn**      **IN HEAVENLY LOVE ABIDING,**  
No change my heart shall fear;  
And safe is such confiding,  
For nothing changes here:  
The storm may roar without me,  
My heart may low be laid;  
But God is round about me,  
And can I be dismayed?

Wherever He may guide me,  
No want shall turn me back;  
My Shepherd is beside me,  
And nothing can I lack:  
His wisdom ever waketh,  
His sight is never dim;  
He knows the way He taketh,  
And I will walk with Him.

Green pastures are before me,  
Which yet I have not seen;  
Bright skies will soon be o'er me,  
Where darkest clouds have been;  
My hope I cannot measure,  
My path to life is free;  
My Saviour has my treasure,  
And He will walk with me.

### Offering

Let us present our offerings to the Lord:

**Generous God, accept the offering of your people  
for the work of your Kingdom,  
through Jesus Christ our Lord.    Amen.**

## Eucharistic Prayer

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.**

Maker of light and darkness.

Your wisdom draws beauty from chaos,  
brings a harvest out of sorrow and leads the exiles home.

In Christ your Son enemies are reconciled,  
debts forgiven and strangers made welcome.

Your spirit frees us to live as sons and daughters in our Father's house.  
We, who by Christ's power follow the way of the Cross,  
sharing the joy of his obedience, now offer you our praise,  
with angels and archangels and the whole company of heaven singing  
the hymn of your unending glory.

**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.**

Glory and thanksgiving be to you, most loving Father,  
for Christ in whom the world is reconciled.

Lifted on the cross, his suffering and forgiveness  
spanned the gulf our sins had made.

Through the dark struggle, death was swallowed up in victory  
that life and light might reign.

Before he was given up to suffering and death,  
recalling the night of Israel's release,  
the night in which the sons of Egypt died,  
your Chosen One, himself the Firstborn,  
freely offered up his life.

At supper with his disciples  
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.'

**We now obey your Son's command.  
We recall his blessed passion and death,  
his glorious resurrection and ascension;  
and we look for the coming of his Kingdom.  
Made one with him, we offer you these gifts  
and with them ourselves, a single, holy, living sacrifice.**

Hear us, most merciful Father,  
and send your Holy Spirit upon us  
and upon this bread and this wine,  
that, overshadowed by his life-giving power,  
they may be the body and blood of your son  
and we may be kindled with the fire of your love  
and renewed for the service of your Kingdom

**Help us, who are baptised  
into the fellowship of Christ's Body  
to live and work to your praise and glory;  
may we grow together in unity and love  
until at last, in your new creation,  
we enter into our heritage in the company  
of the Virgin Mary, the apostles, and prophets,  
and of all our brothers and sisters living and departed.**

Through Jesus Christ our Lord,  
with whom, and in whom, in the unity of the Holy Spirit,  
all honour and glory be to you,  
Lord of all ages, world without end.  
Amen.

## Breaking of the Bread

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

## Lord's Prayer

Let us pray together as our Lord taught us to pray

**Our Father in heaven,  
hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins  
as we forgive those who sin against us.**

**Do not bring us to the time of trial  
but deliver us from evil.**

**For the kingdom, the power  
and the glory are yours, now and for ever.**

**Amen.**

## Distribution

*All are welcome  
to come and receive as we gather at our Lord's table*

## Prayer after communion

Give thanks to the Lord for he is gracious  
**and his mercy endures forever.**

Creator of heaven and earth, we lift our eyes up to you O Lord,  
and acknowledge that you are the one who watches over us,  
in this life and in the life eternal, through Christ our Lord.

**Amen**

## Hymn

**BE THOU MY VISION, O Lord of my heart,**  
naught be all else to me, save that Thou art;  
Thou my best thought in the day and the night,  
waking or sleeping, Thy presence my light.

Be Thou my wisdom, be Thou my true word,  
I ever with thee, and thou with me, Lord;  
Thou my great Father, and I Thy true child;  
Thou in me dwelling, and I with Thee one.

Be Thou my breastplate, my sword for the fight;  
Be Thou my armour, and be Thou my might;  
Be my soul's shelter, and Thou my high tower:  
Raise Thou me heavenward, O Power of my power.

Riches I need not, nor man's empty praise:  
Thou mine inheritance now and always;  
Thou and Thou only the first in my heart:  
High King of heaven, my treasure Thou art.

High King of heaven, when battle is done,  
grant heaven's joy to me, bright heaven's Son;  
Christ of my own heart, whatever befall,  
Still bethou my vision, O Ruler of all.

## Blessing

Christ give you grace to grow in holiness, to deny yourselves,  
to take up your cross, and to follow him;  
and the blessing of God Almighty  
the Father, the Son and the Holy Spirit,  
be among you and remain with you always

**Amen**

## The Dismissal

Go in peace to love and serve the Lord.

**In the name of Christ. Amen**

***please do join us for refreshments  
served at the close of the service***



## **“I Will Give You Rest: Come”**

The 2026 World Day of Prayer materials from Nigeria bring us a powerful invitation drawn from Matthew 11:28-30. At a time when people worldwide are carrying heavy burdens, our Nigerian sisters offer profound insights into finding rest in God.

Through their exploration of different kinds of burdens - shame, systemic oppression, religious persecution, poverty and despair - the writers help us understand both the weight of human suffering and the depths of divine rest. Their work shows us that true rest isn't just about physical relief, but about transformation through God's grace and community support.

The Nigerian committee has woven together their cultural wisdom with the universal need for rest. Through symbols like the calabash bowl, which represents both daily sustenance and divine provision, they remind us how God meets us in our weariness.

Join us for prayer for the world and ourselves:

Roswell Parish Church Fri 6th March 7pm

or alternatively

St David's Dalkeith Wed 11th March 2pm

**All Welcome**



# Bring and Bid

Auction night  
Friday 20th March

**On Friday 20th March**, we are excited to host our first Bring and Bid Auction. Tickets will be available for purchase at both churches prior to the event, priced at £2.00, which includes refreshments.

**Doors will open at 7pm**, allowing everyone to browse the items for sale on display. The Auction will officially commence at 7:30pm, with Peter Harris and Anne Mackay serving as our auctioneers.

Come and get involved bring an item and bid for others . We are expecting an evening of entertainment with all proceeds from the evening going towards the ongoing mission and maintenance of the churches.

## How can you help?

Participate in the Big Bid! Let's see how much we can raise from items we no longer need. If you have a cherished or valuable item, you can place a reserve on it. If it doesn't sell, you can take it back at the end of the evening. There will be an interval during which sold lots can be paid for and further browsing time will be provided. The next auction slot will begin around 8:30pm. With doors closing at 9:30pm

As this is our first fundraising auction, we are focusing on smaller items rather than furniture. We hope you will join us, bring 'LOTS' to auction, and enjoy the lively atmosphere once the bidding starts!

You can bring your items on the evening or better still bring them to church the week prior to the event handing them over to one of the Social Committee Anne McKay & Rebecca Brouwers Harries at St Mary's or Alison Bruce & Elizabeth Baker at St Leonard's

**Please donate, buy a ticket and come and have fun**



Join us on the first Saturday of each Month  
for a catch up with old friends and to make new ones too.

**Come along to St Mary's Church, Dalkeith  
in the Country Park**

**On Saturday 7th March 10.30am -12noon**



**For the monthly Swap Shop and Coffee  
Where we Swap not Shop**

**This month's theme is CLOTHING –**

**Bring along any items of clothing in good  
condition for swapping with friends.**

**NOTHING TO SWAP, JUST COME ALONG AND  
BROWSE, YOU MIGHT FIND SOMETHING YOU NEED**

## **BAKE STALL**

**Thursday 5th March  
Pitcairn Centre Bonnyrigg**

Our Monthly Bake Stall in Bonnyrigg  
takes place on the First Thursday of the  
Month from 10 – 1pm. Donations of  
baked goods can be dropped off on the  
morning of the sale or Speak to Fiona if  
you are able to help in anyway.





# St Mary's Church

(Dalkeith Country Park)

in conjunction with  
Edinburgh Dog & Cat  
Home

LOVE WITHOUT LIMITS

## PET FOOD BANK

First Tuesday of every month  
10am-12 Noon

Need some help to feed your  
pets, pop into St Mary's  
where we have a pop up pet  
food bank be sure of a warm  
welcome and a cuppa!

Dogs welcome!

Donations of unopened pet  
food welcome.



## Jam and Chutney

A stock of wonderful tasty homemade Jam's and  
Chutney is offered for sale at both churches for you to  
purchase for yourself or even to give away.

Choose your jar and place the money in the honesty  
box. Spread and enjoy....



## easyfundraising

When you shop on-line did you know you could be raising  
funds for the church without it costing you a penny. By  
using this QR Code you will be taken to Easyfundraising  
where you can enter in the "St.Leonard's Church  
Lasswade" and then start browsing your favourite online  
stores knowing that we will receive a penny or two.



Remembering that pennies make pounds at the end of the year.

# This year's Bishop's Lent Appeal is for Aberlour Children's Charity.



aberlour  
scotland's children's charity

Aberlour Children's Charity works to provide tailored support to families facing poverty, disadvantage and discrimination. It provides support at the earliest opportunity by offering a range of services across Scotland, utilising the voices of those impacted to create and implement tools for change. The charity has been in operation for just over 150 years, with a long and varied history, seeking always to place the children at the heart of what they do giving every child the best possible start in life.

Please consider supporting this years Lent Appeal by taking a Donations Box home with you and leave it in a prominent place in the home or work to encourage people to donate to this amazing work.

**Remember to return the box after Easter.**



Alternatively you can use the QR Code here to be taken to the Stewardship Page run by the Diocese to donate online to this years Lent Appeal.



**St Mary's**  
[stmarysdalkeith.org.uk](http://stmarysdalkeith.org.uk)

**St Leonard's**  
[stleonardslasswade.org.uk](http://stleonardslasswade.org.uk)

Find us on  **@StLandM**

**Church Office & Rectory** 11 Peacock Parkway Bonnyrigg EH193RQ



0131 663 7000 or email  [office.stlandm@gmail.com](mailto:office.stlandm@gmail.com)

Our Rector's Day off is usually a Monday

Both Churches are registered Charities

St Leonard's Episcopal Church: Lasswade SC014151

St Mary's Episcopal Church: Dalkeith SC001677