

Cockpen & Carrington

The Link

Lasswade & Rosewell

Christmas 2014

HAVE A VERY MERRY
CHRISTMAS AND A
HAPPY NEW YEAR



Church of Scotland

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PULPIT SUPPLY ROTA - DECEMBER 2014 - APRIL 2015

DATE	LASSWADE (10.00 am)	COCKPEN & CARRINGTON (11.30 am)	ROSEWELL (please check times below)
14.12.14 (3 rd Sunday in Advent)	Rev W Armitage (Nativity Play)	Rev W Armitage	Eddie Yeoman (11 .30 am)
21.12.14 (4 th Sunday in Advent)	Rev M Schofield	11.30 am Rev M Schofield with Nativity Play. 7 pm: Nine Lessons and Carols by candlelight.	Janet McKenzie Service 11.30 am)
Wed. 24.12.14 CHRISTMAS EVE	Rev Fred Harrison (Christingle Carol Service) 7.30 pm	Prof Kerrigan (Watchnight Carol Service) 11.20 pm	Rev Fred Harrison Carol Service 6 pm
28.12.14	Prof Kerrigan	Prof Kerrigan	Service at Lasswade (10.am)
04.01.15	Service at Rosewell	Rev M Schofield	Rev M Schofield (10 am) with Sunday School
11.01.15	Rev Ian Dick	Rev Ian Dick	Eddie Yeoman (11.30am)
18.01.15	Prof Kerrigan	Prof Kerrigan	Rev M Schofield (11.30 am)
25.01.15	Rev M Schofield (Communion)	Rev M Schofield	Communion Service at Lasswade (10 am)
01.02.15	Service at Rosewell	Rev Ian Dick (Communion)	Rev Ian Dick (10 am) with Sunday School
08.02.15	Janet McKenzie	Janet McKenzie	Rev M Schofield (11.30 am)
15.02.15	Prof Kerrigan	Prof Kerrigan	Eddie Yeoman (11.30 am)
22.02.15	Rev W Armitage ASM	Rev W Armitage	Service at Lasswade 10 am ASM
01.03.15	Service at Rosewell	Rev M Schofield (Church Hall, Dundas St) with Annual Stated Meeting	Rev M Schofield (10 am with Sunday School)
08.03.15	Rev W Armitage	Rev W Armitage	Eddie Yeoman (11.30 am)
15.03.15	Janet McKenzie	Janet McKenzie	Eddie Yeoman (11.30 am)
22.03.15	Rev Ian Dick	Rev Ian Dick	Service at Lasswade 10 am
29.03.15	Worship Group	Rev M Schofield	Rev M Schofield (10 am)
EASTER DAY 05.04.15	Service at 8 am at Lasswade (WG) 10 am at Rosewell	Rev W Armitage	Rev W Armitage (10 am) Communion

FRIDAY 6TH MARCH 2015 - WORLD DAY OF PRAYER - COCKPEN CHURCH 7.30PM

Lasswade and Rosewell News ...

Christmas Eve Services:

6.00 p.m. Service at Rosewell Parish Church: Rev. Fred Harrison

7.30 p.m. Christingle Service at Lasswade Parish Church: Rev. Fred Harrison

Everyone will be made most welcome. Retiring Offering: Medicins Sans Frontieres. (Doctors without Borders). It is an organisation that helps people worldwide wherever the need is and has been delivering medical aid since 1971.

Lasswade and Rosewell Baking Days

A huge thank you to everyone who contributes to the success of our baking stall at the Pitcairn Centre. Our next dates are 11 December, 8 January, 12 February and 12 March. More Volunteers are required to help on the stall in 2015 – please speak to either Cathy Drysdale or Moira Campbell.

Garden Party

Many thanks to all those who came along and supported the Garden Party, which was held on Saturday 23 August. The fantastic sum of £585 was raised.

May Murdoch



Coffee Mornings

On the second Saturday of each month there is a Coffee Morning in Rosewell Church Hall from 10.00 a.m. to 12 noon. Please come along and bring a friend or neighbour – you are always assured of a warm welcome!

Midlothian Foodbank

Thank you to everyone who continues to support the Midlothian Food Bank Appeal. In Midlothian there are families struggling to put food on the table. For people on low incomes, a sudden crisis – redundancy, benefit delay or even an unexpected bill – can mean going hungry. Parents are skipping meals in order to feed their children and they are being forced to choose between paying a bill and heating or eating. According to media reports and information from relevant agencies the Foodbank is only going to get busier.

Collection boxes are in both Churches. Please feel free to donate the following long-life items:-

- | | |
|--------------------------|---------------------|
| • tinned meat or pies | cartons of UHT milk |
| • cartons of fruit juice | packets of biscuit |
| • toiletries of any kind | pasta / sauces |
| • tinned vegetables | tinned beans |
| • tinned spaghetti | tinned soup |
| • tinned fruit | cereal |

Many thanks for your continued support

--oo0oo--

Bereavement

We were sorry to hear of the passing away of **Miss Mary Purves**, aged 98 years, on 30 October 2014 at Springfield Bank Nursing Home. Miss Purves worked with the Nursing Staff of NCB Burghlee and Bilston Glen Collieries, and was a great supporter of the Church: she will be sadly missed.

Take Charge of Your Health

Now that it is the Winter season, perhaps it is time to think about reprioritising those health habits and relationships that keep us at our best – JUST START WALKING –

Documented Benefits of **Walking**:

- Prevent up to 91% of cases of obesity and Type 2 diabetes
- Prevent up to 50% of all cases of heart disease
- Prevent up to 50% of all stroke deaths
- Reduce congestive heart failure by 63%
- Normalise blood pressure and reduce risk of developing high blood pressure
- Restore and maintain normal cholesterol triglyceride levels
- Reduce risk of breast cancer by up to 60%
- Increase immune system function
- Decrease all-cause mortality by 50% in the 61 – 81 year old age group
- Prevent osteoporosis and increase new bone formation
- Enhance learning by 12 times

The majority of these selected benefits are based on 30 minutes brisk walk but more has been shown to be even better... **Remember walking is FREE !!

For further reading refer to Dr James Chestnut's booked titled "The Wellness Prevention Paradigm".

Dr Chris Thomson, Eskbank Chiropractic Clinic

Service of Blessing

On Sunday 12 October 2014 The Rev. Fred Harrison conducted a Service of Blessing for the lives of Benjamin and Thea Walker at Lasswade Church. We were delighted to welcome the parents, family and friends and we hope that they all felt happy to be amongst us at such a special time.

Meg's Pancakes

8 oz S.R. Flour, 1 level teaspoon baking powder, 3 large tablespoons sugar, 2 eggs, full cream milk.

Using a large pyrex jug add flour, sugar and baking powder. Break eggs into a mug, add milk up to the top of mug. Pour into the pyrex jug. Beat well several times to get air into mixture.

Rub the griddle with dry kitchen roll before you start making the pancakes. When you see bubbles starting, turn the pancakes over. Always rub the griddle with the kitchen roll before you make any more pancakes.

Meg Laing

MACMILLAN CANCER SUPPORT - BIGGEST COFFEE EVENT HELD ON 26 SEPTEMBER 2014 AT 44 CARNETHIE STREET, ROSEWELL, RAISED THE SUM OF £710 - THANKS TO ALL WHO SUPPORTED THIS EVENT.

Agnes Anderson

Holiday News

One of the most interesting and fascinating ports of call for cruise ships is St Petersburg in Russia where members of our Churches have previously visited. Prior to the break up of the Soviet Union, May and I stayed at a hotel next to Victory Square and noticed the magnificent Palaces, Gardens and Art works in what was then Leningrad. This was in contrast to the drab blocks of concrete flats and lengthy queues of working citizens of that City for basic needs which were taken for granted. Our guides spoke with passion about the great patriotic War 1941-45, but no mention was made of the sacrifice made by the Allies on the Arctic convoys bringing much needed supplies and materials to the Soviet forces. As we had purchased holiday cards we were told at the hotel to go across the road to their equivalent of a Post Office to stamp and post them. Such was the curiosity and wonder of the postal workers that they all stopped work to come out and meet and greet us. Also while in that city we got lost on the underground rail system and, after much pointing and probing, we emerged safely out of the underground station, and to our pleasant surprise were again at Victory Square just a few yards from our hotel.

Ian Murdoch

Lasswade and Rosewell Choir

This year the Choir will be singing at Rosewell on 7th December and at Lasswade on Christmas Eve during the Christingle service. We may also be providing background support when the Sunday School visit us on 14th December.

Lasswade has hosted a Christingle service for some years now. It started off being held on the second Sunday in December but in recent years it has been incorporated within the Christmas Eve service. The custom in most places is for a Christingle to form part of the Christmas celebrations but equally it could be held during Epiphany. The idea of a Christingle dates to around 1747 when, in a castle not far from Frankfurt, the Bishop held a service for children of the local Moravian Congregation.. He asked the children questions about the Saviour's birth and read verses that some of the children had written. Describing the happiness that comes to us from the Saviour's birth, Brother Johannes von Watteville , the Bishop, told how Christ had lit a flame of love on each of our hearts that should always burn there and each child received a lighted candle to remind them of that love.

There are a number of ways in which a Christingle service can be conducted. In Lasswade the congregation is given an orange and a "packed bag" as they enter the vestibule. In the packed bag is a candle, red ribbon, and 4 cocktail sticks on which to place a supply of jelly tots and sultanas. At a given point in the service the people can assemble their Christingles- if they have not already done so – and these are lit by tapers. Hymn 292 in CH4 sums up the meaning of the various symbols perfectly:-

The orange represents the world

The candle, burning brightly, represents The Light of the World

The ribbon round the orange reminds us of the cost

The jelly tots and sultanas, and cocktail sticks, represent either the fruit of the earth and the four seasons which supply our food (verse 4) or these symbols could also represent the people from the four corners of the world.

Once more can I just express my appreciation to the regular choir for all the support they give me Sunday by Sunday and also I want to thank these same people and those who augment the choir at special times of the year to allow us to do some special music. Thank you all.

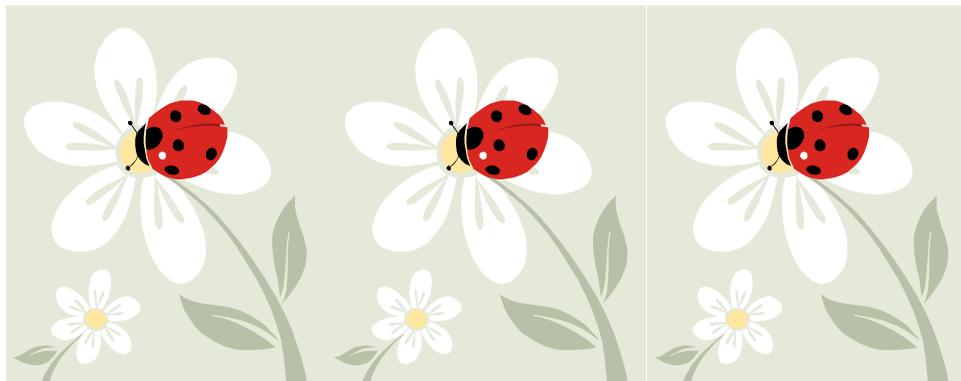
I am aware that this time of year can be difficult for some of you but one cannot ignore the fact that Christmas is coming. On behalf of the Choir can I wish all our readers and their families the Compliments of the Season and I hope that you can experience the Peace, which the Christ Child brings.

Rosewell Flower Rota

Once again 'thank you' to all the people who provide flowers for our Sunday worship and to the small band of ladies who organise and deliver the flowers each week. The recipients are always so delighted to be remembered in this way. Although we keep the Christmas flower arrangement over the season, fresh flowers are bought from the flower fund for anyone sick or bereaved at this time. There is one vacant Sunday this year in March so if anyone would like to provide flowers that day, please get in touch with me.

Jean Lindsay

Jan	11 th	Isabel Henderson
	18 th	Betty Thomson
Feb	1 st	Eleanor Marshall
	8 th	Morag McFarlane
	15 th	Sandra Carey
Mar	1 st	Moira Campbell
	8 th	VACANT
	15 th	Celia Kinmont



Saint Andrew – and his Saltire

I am becoming increasingly worried that people are using the Flag of Scotland, the Saltire of Saint Andrew, to make political points and therefore detracting from the reason why the Saltire is attributable to our Patron Saint.

We all know who Andrew was. Hymn 339 in CH4 can tell you more about Andrew than I can and I would suggest that you read over the words. Andrew led a comparatively quiet life. He was a fisherman around the shores of Galilee. He had a brother, Simon, who tended to dominate situations and people with whom he came in contact. Andrew, on the other hand, was always content to stay quietly in the background and never sought the limelight. At some stage in his life Andrew may have been attracted to the teachings of John the Baptist but when he began listening to the words spoken by the Carpenter of Nazareth he realised that he must do something – and that was to bring his brother Simon to hear Jesus. The rest, as they say, is history. The twelve were called to follow The One who was chosen to choose but one does not hear a lot about Andrew afterwards, except he was always there, following the Master, helping where he could and it was Andrew who brought forward the small boy with five loaves and two fish.

When Andrew died, he was crucified at Patmos. He felt he was not good enough to be crucified on a cross similar to that on which Jesus was crucified. Instead the authorities nailed him to what has become known as a *Crux Decussata*, the Cross of St. Andrew, taken from the Latin words *crux*, meaning cross and *decussis*, having the shape of a Roman numeral X.

Legend has it that when Angus mac Fergus, High King of Alba and Kenneth macAlpin, grandson of the Dalriadan King, were leading a combined army of Picts and Scots in a 9th Century battle against the Angles led by Athelstan, near to the present Athelstaneford in East Lothian, a miraculous white saltire appeared in the sky. Angus vowed that if his side won the battle he would appoint Andrew Patron Saint of Scotland. Angus' troops were roused to victory.

Saint Andrew's Day is 30th November and very often the Sunday nearest to that is the first Sunday in Advent when, in large parts of the country (and sadly I include Scotland in this) Andrew tends to be forgotten. This year 30th November is a Sunday and the first Sunday in Advent. At Lasswade, as we always do, we shall be remembering Andrew.

But just think about this – and I have mentioned this before. If the quiet men of the New Testament, the Shepherds of Bethlehem and Andrew the Fisherman, had not left what they were doing and followed the Star or the Master then it is questionable whether Christianity would have taken off and if it had not then we would not be celebrating Christmas, let alone Advent. So let us give credit to the Shepherds and Andrew.

Lasswade Church Flower Rota

It seems no time at all since I was making up the rota for the year 2014! It proved to be quite simple because I managed to find some new helpers and it certainly made a great difference.

Thank you to all the helpers who make our church look so beautiful every Sunday. I sometimes receive letters and thanks from the recipients and I know the flowers are greatly appreciated.

We live in a beautiful world and having just had a weekend in the Lake District it is apparent that the colours in every season are stunning. Each season has its own colour chart and it makes us appreciate the differences.

If there is anyone who would be willing to help with the flowers I would be very happy to add their name to the rota.

January	11 th	Mary Sharpe
	18 th	Nita Adams
	25 th	Maureen McGeachy
February	8 th	Liz Wilden
	15 th	Janette Barnes
	22 nd	Betty Burns
March	8 th	Norma Sangster
	15 th	Ann McDonald
	22 nd	Cathie Drysdale
	29 th	Sheila Turner
April	12 th	Marlyn Davidson
	19 th	Lorna Oliver
	26 th	May Murdoch

Moira Dryden



Lasswade & Rosewell Parish Church

Christmas Fair and

Coffee Morning

**In: ROSEWELL PARISH CHURCH
HALL**

On: Saturday 13 December

From 10:00am to 12 noon

**Home Baking, Tombola, Raffle,
Bric-a-Brac, Visit from Santa,
Entertainment by Bonnyrigg and
Lasswade Brass Band and lots more**



Everyone Welcome

My Favourite Things

To commemorate her 69th birthday on 1st October 2004, actress/vocalist, **Julie Andrews** made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP.

One of the musical numbers she performed was "**My Favourite Things**" from the legendary movie **Sound Of Music**.

Here are the lyrics she used:

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

(She received a standing ovation from the crowd that lasted over four minutes and repeated encores!)

COCKPEN & CARRINGTON PARISH CHURCH

BAPTISMS

We were delighted to welcome the following babies who, along with parents, families and supporters joined us at recent Baptismal Services. We hope that all felt happy being amongst us at such a special time.

24th August - *Lucy Jean MacArthur*, daughter of Louise and Scott.

19th October - *Logan Fraser*, infant son of Derek and Jane.

(both by the Rev. Melville Schofield).

GREAT NEWS!

As I was preparing this article for the magazine we received the happy news that Kristina and Matthew are now the proud parents of a little girl, Hannah Eilidh Herbold-Ross. Hannah was born at 9.47 a.m. on Thursday 30th October and 'weighed in' at 6lb 7oz. (2.92kg). We are delighted for the whole family and wish them all the very best as they cherish this little girl so much wanted by all.

'May the Lord Bless Thee and Keep Thee.'

WEDDINGS

We congratulate the following couple who were married recently in Church and wish them every happiness.

11th September - *Jamie Turnbull to Kayleigh Fraser (the Rev. Bill Armitage)*

(see Church website at www.church.cockpen.co.uk for information on weddings)

BEREAVEMENTS

We continue to pray for the respective families and any others from our Congregation(s) (and outwith) who grieve at this time of loss. As a Church, we are here for any who feel that we can help in any way.

Jesus said, 'I am the Resurrection and the Life'.

Cockpen & Carrington Flower Rota

November

16th Cathie Robertson
23rd Liz Macdonald
30th Bill Taylor

December

7th Susan McKechnie
14th Nancy Richardson
21st Dorothy, Helen & Kathleen
28th Liz Laidlaw



January 2015

4th Irene Ramsay
11th Barbara McInnes
18th Jean Sharpe
25th Lynne Hanson

February

1st Ian Fowler
8th Irene Ramsay
15th Barbara McInnes, Liz Mills
22nd Helen and Dorothy

March

1st Maria Hall
8th Liz Mills
15th Cathie Fisher
22nd Stella McLeish
29th Nancy Richardson

I can't believe we are doing the flower rota for 2015 but as I have said before the weeks just fly by. Wishing you all a good Christmas and every good wish for 2015, and thank you to all who participate in such a good cause keeping our church well supplied with flowers.

Irene

CAKE STALL

Another good year at the stall when we've been able to meet many old and new friends. The dates for the stall (at the Pitcairn Centre) are -

22nd January, 2015.
26th February, 2015.
26th March, 2015.
23rd April, 2015.
28th May, 2015

We again thank Bonnyrigg Church for the use of the Pitcairn Centre and to all of you for your continued support, which is much appreciated. We wish you a merry Christmas and, a good 2015 when we can meet once more.

Helen, Isobel, Wilma.

Bric-A-Brac

It's been a pleasure to welcome so many of you during 2014. It seems such a long time since we started the Thursday bric-a-brac. Firstly to get funds to repair the Church tower that many outwith our Church felt wasn't worth doing. With the determination of many of the congregation and dear friends of Cockpen and Carrington it was **done and paid for by ourselves**. The next step is to have work done to enhance the Church Hall and we are blessed with a team who are working hard to see what the best way forward will be. **Watch this space!!**

When you read this the bric-a-brac folks will be having a well-earned short break over Christmas but will be back refreshed to greet you on the Thursday mornings early in 2015.

Best wishes to you all a Merry Christmas, and thank you for the support you give.

The Thursday Team.

TWINNING NEWS

Early in 2008 we entered into talks about the possibility of our Church making efforts to twin with a Church in the Diocese of Eastern Himalaya in the Church of North India. This came about through one of our Presbytery readers, Mr. Hugh Trevor, who at one time had spent time working there. Quite a few of our Churches had made contact and since 2008 a few more have become involved. In time, it was decided that we would be twinned with a Church in Baradighi, which I hope to mention in more detail in a future magazine.

I'm aware that this was probably spoken about in the early days of the twinning, but for a number of years now I've not kept you up to date with news from that far off country.

I, and quite a number of my fellow correspondents, have found that making contact with our respective Churches has been quite difficult with sometimes long delays or indeed no replies forthcoming. Saying that, we must remember that in some of these areas a computer is not as available as we are accustomed to and it has been known for the contacts there to have to travel many miles to get to a computer probably at an internet café or suchlike.

We have frequent Presbytery meetings to discuss these problems and depend on Hugh to make contact with India with a view to finding out the easiest way for us all to communicate.

I have to admit; due to other pressures I haven't always been able to

make the contact as often as I probably should with of course the feeling of frustration when I send something and then get no reply. *(If someone else would be interested in this venture, please get in touch with me).*

Hugh and the Convener of our World Mission committee, the Rev. David Torrance, will by the time you read this have made a visit to the various Churches in the Diocese when hopefully discussions there will have been fruitful with regards to the communication problems.

Saying all that, the reason for this letter is just to say that it's hoped that matters are improving and, as I said at the beginning of this article, I should to be able to give you more news in future editions of 'The Link'.

The people of Baradighi tell me that they regularly pray for our congregations and, I would ask that you do likewise for them.
George. (Clerk and, Twinning Correspondent).

SPRINGFIELD BANK CHURCH SERVICES

Started in 1995 when the Home first opened and Wendy Drake was the Minister, this Service still proves to be popular with the Residents. We are grateful to all in the past and to those who continue to give of their time to offer this valuable outreach Service from the Church. The Service is held on the first Wednesday of the month at 2pm within the Home.

As part of a Midlothian Local History Art Project, and with the help of their Activity Co-ordinator and visual artist Kirstie Hustler, residents of eight Care Homes in Midlothian were invited to take part to create a large canvas inspired by local places and events.

Springfield Bank is in Cockpen Crescent, within the boundary of the Church and with

the connection through the monthly Service, the Church itself was chosen as the basis of their collage.

Photographs were taken of the Church inside and out, and ideas given that culminated in the picture you see. This picture has been displayed in the Mining Museum, Newtongrange and in Penicuik Library. This is a free event as part of 'Luminate, Scotland's Creative ageing festival'.

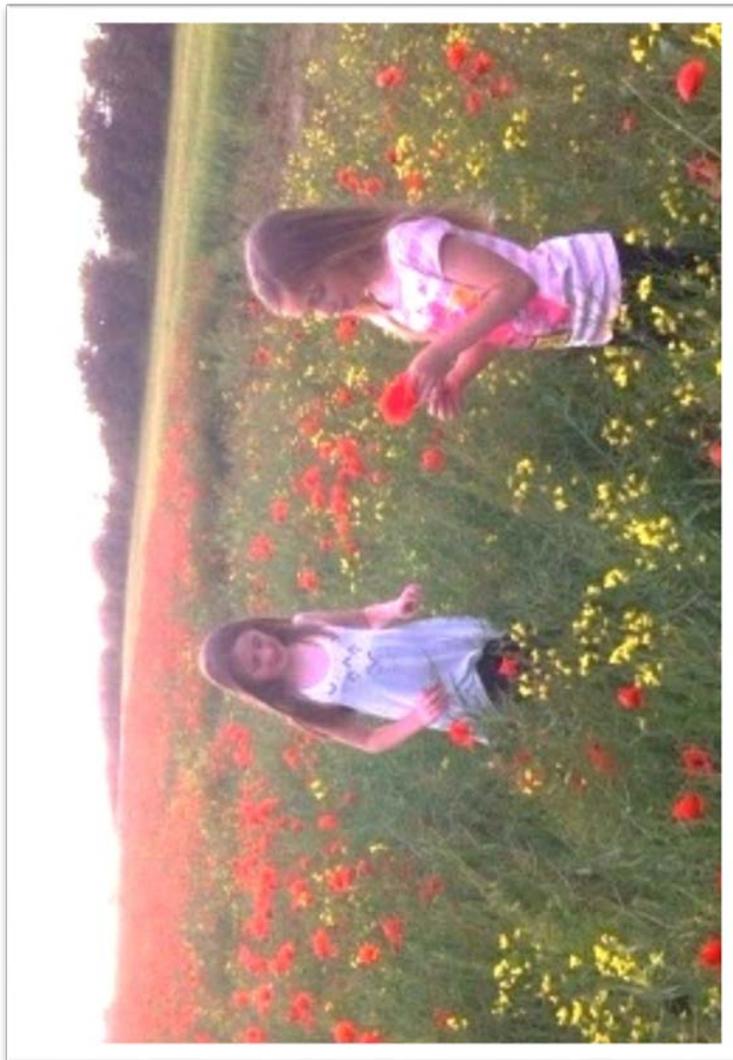
A lot of thought and help has gone into this project and the collage will eventually be hung within the building at Springfield Bank. Many thanks to the Staff, Residents and Friends who took part in this project and congratulations on a job well done. May God bless you all.

The Springfield Bank Team



Forrest Scott's great great granddaughters.

Forrest Scott is one of the names on the ww1 memorial in the church and these are his great great grand daughters playing in freedom in a field of poppies. Quite poignant don't you think.



A Daughter's Letter

Dear Mother,

Mick's grandfather is still staying with us. He is ninety-four now. The first thing he does in the morning is read the newspaper in bed. He looks at the deaths and if his name is not in it he gets up.

Last week he thought he had a hole in his heart but it turned out to be a polo mint in his pyjama pocket.

There was a washing machine in the new house when we moved in but it has not been working very well. Last week I put in ten shirts, pulled the chain, and haven't seen the shirts since.

Mick wants to buy me a dog; he says if he gets a black and white one the licence will be cheaper.

Uncle Paddy has just been given a suspended sentence. They have hanged him.

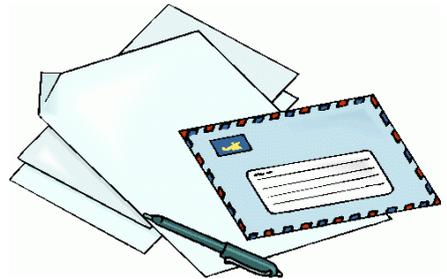
Mick went to the doctor last week, but when he came home he said the doctor was no good because all his patients were sick.

The doctor told him to take a hot glass of orange after a hot bath; he's still drinking the hot bath. The doctor said he suffers like his father from alcoholic constipation. It means he can't pass a pub.

The weather has been very bad – Monday was so windy one of the chickens laid the same egg four times.

Your loving daughter.

(Printed on a tea towel).



Elsie Inglis Memorial Maternity Hospital

In the Harvest edition of 'The Link' I read with great interest Mr Dryden's article about Dr Elsie Inglis and thought that readers might also enjoy a brief insight to the hospital as it was some sixty odd years ago.

It was in September 1950 when, along with eleven other nurses, I was about to begin my training as a Pupil Midwife, we had read about Dr Elsie Inglis and sensed we had much to live up to.

The hospital was opened in 1925 with eighty-two beds and all the medical and nursing staff were female. The Doctors were non-resident, always on call and dedicated to their mothers and babies.

One male janitor, who lived out, spent most of his time in the basement tending the temperamental boiler on which the central heating and hot water systems depended.

Also in the basement was the laundry, the exclusive domain of a tiny fierce lady who did not allow anyone to enter her hot steamy kingdom. Standing in the doorway was akin to looking into Hades!

The Isolation Unit was separate from the main building where babies with an infection or high temperature were nursed. Sadly, a small number of babies were born with sexually transmitted diseases, presumably passed on by their fathers recently discharged from the services. The staff had living quarters there and were not allowed into the main Hospital while on this duty.

The Nurses' home, adjacent to the Hospital, had small functional bedrooms and a sitting room. At night the front door was locked at 10.30pm, when we were all expected to be indoors. A Nurse with an 11 pm late pass would gain entry by reporting to the Night Sister.

Pupil Nurses had to take it in turns making the toast for the patients' breakfasts. This duty involved going into the kitchen half an hour early to light the medieval gas toaster comprising of two long gas tubes under the elements that hissed and blew back. We were terrified of it!

Waiting for the gas toaster to get up to speed gave us time for a quick breakfast (no toast) before we were, hopefully, able to start making the toast for the patients. A burnt slice was quickly hidden with the resultant smoke being wafted out the window with tea towels because at that time bread was still rationed. At teatime we sliced long loaves by hand, becoming quite good at it.

Every Sunday morning chairs and hymn books were made ready for the Sunday Service conducted by a Deaconess or a lady Preacher. A captive audience, so always well attended.

The dining room was graced with a very long table. At lunchtime Matron presided at the top of the table with Sisters on either side in order of

seniority. Nurses were seated towards the other end. Soup and main courses were dished out by Matron and one tried not to look at all the thumbs making contact with the dishes as they made their way down the line.

The Pupil Midwives were allocated a small number of patients to look after, dealing with their admissions and attending throughout their labour.

In the admission room was a sunken bath designed for heavily pregnant women. I was admitting a lady, a Minister's wife from North Uist, when I slipped on the wet floor and ended up on my hands and knees beside her in the bath. Giggling hysterically I called for assistance from another nurse while I went to change. The outraged lady complained to Matron and I was severely reprimanded. Someone else took care of her after that for which I was thankful.

We all loved dressing babies in their new clothes, wrapping him or her in a shawl and handing them over to the happy family.

The Mothers were encouraged to eat well to build up their strength before going home. They were kept in for nine days, which seems a long time now. One Sister remarked, 'it was the only time they had a rest', because most were returning to poverty and several other children.

Being a small hospital we were able to give personal care, which helped both Mother and Midwife. Babies were moved into the nursery at night ensuring that the Mothers had a good nights sleep.

Sometimes a baby would have to be supplemented with a milk formula to which was added a tiny half spoon of condensed milk and the Nursery Sister was heard to comment that 'according to the number of tins of condensed milk used, she must be feeding a nursery full of elephants!' Red faces all round.

Visiting time was 6pm but only fathers were allowed in with the baby being held up behind the glass wall of the Nursery for them to see. I thought that this was unfair on the new Dads who were unable to bond with the infant.

Towards the end of September, I was puzzled when extra beds and cots were brought into the wards and was told it was due to Hogmanay. Hogmanay? There must have been more going on than my own experience of ginger wine and black bun!

Mothers often remarked on the relaxed and cosy atmosphere of the Elsie Inglis Hospital and ladies I met years later remembered the Hospital with affection.

There were very busy ante natal and post natal clinics with a successful District Midwifery Service where we experienced our part 2 training.

Stevie Gray

THE HOLY HIKERS

"Of all exercises walking is the best"
Thomas Jefferson.



This is usually one of the hardest articles to write as it follows on so quickly from the Harvest issue but on this occasion I have three walks to tell you about and a glimpse of what we will be doing in the future. Our September walk took us down to Duns Castle and its policies. Duns Castle was built in the 14th century by Robert the Bruce's nephew, the Earl of Moray, and has been the seat of the Hay family since 1696. Each generation of the family has enlarged and embellished the original tower transforming it into the castle we see today. The castle is private but the grounds are open to the public at no charge. We walked past a lovely pond blessed with the name Hen Poo Lake. I can't tell you where that came from I'm afraid but it was beautiful. Then it was into the woods for a magnificent circular walk which near its end had wonderful views of the Castle.

In October we travelled to Galashiels for a 6 mile circuit around Buckholm. This is just as you enter the town up on the hills to the left of the A7. On route we passed Buckholm Tower built in 1582 by John Pringle. We also passed close to a cairn known as Dobie's Grave. According to local tradition, in 1790 Dobie accepted a wager to play his bagpipes all the way from Lauder to Galashiels. He collapsed and died at the spot where the cairn now marks his grave. I suspect that alcohol would play some part in accepting a wager like that. The weather was lovely but clouded over with a few spots of rain arriving just about the time we got back to the start.

November's walk was to Pressmennan Wood and lake near Stenton in East Lothian. Trees were planted and the lake formed in 1819 and it was taken over by the Woodland Trust in 1988. Ten of us did a short

circuit of the wood. It was a rather muddy walk after the rain that had fallen during the week, but fortunately it stayed dry for us.

Our next outing is in December when after a walk at Penicuik we will have our Christmas meal in the Toby Carvery at Mortonhall.

We have no walk in January and in February we will be going to Gore Glen with Denise and Ian.

Next year's Walking Weekend has been arranged for 21st March when we will return to Pitlochry.

Happy Hiking

Jim Scott

§§§

COCKPEN & CARRINGTON CHURCH – CHRISTMAS MUSIC 2014

Once again the dark nights are upon us, which means Christmas rehearsal time for the choir. We will be offering our usual programme of musical events to mark this busiest season in our church year. Fingers crossed that the weather is kind to us!

This year's musical diary will be following the well-established pattern, so here are the dates to note:

Monday 8 December

This will be the date for our always popular Guild Carol Party, starting at 7.30 pm in the Church Hall in Dundas Street – the date is rather earlier than usual this year (due to a dates clash the following Monday) so make sure you don't let it slip past! As always this is an open evening, and male voices will be made particularly welcome to boost the audience participation. This year nearly all of the choir's musical offerings are new to our repertoire, so we can promise you won't be hearing what you've heard before. The new carols we'll be singing are drawn from all over the world, including items from the USA and New Zealand. As usual, the seasonal refreshments will be one of the main attractions of the evening, so your vocal efforts will I'm sure be well rewarded.

Sunday 21 December

Our Christmas Family Service with the children's **Nativity Play** will take place at our usual morning time of 11.30 am. Production standards are always high at these events so I'm sure we can look forward to a memorable performance. This tends to be one of our most popular services, so come in plenty of time to make sure of a seat!

At 7.00 pm that evening our **Festival of Nine Lessons and Carols** will take place, which along with the children's service is one of the central parts of Christmas worship. As in past years, the service will take place entirely by candlelight and we can be sure it will have a very special atmosphere. There will be plenty of opportunity to participate in the singing of the traditional hymns and carols, as well as hearing the choir in a wide-ranging selection of Christmas music.

Wednesday 24 December

At the time of writing our timetable for the first part of Christmas Eve remains to be confirmed, but I will be surprised if the choir is not performing to the guests at Dalhousie Castle, as we have for many years now. The traditional **Watchnight Service** will take place in the Church at its long established time of 11.20 pm. A traditional mix of carols and readings, plus a further item from the choir, will take us up to midnight and the ringing of the church bell to mark the coming of Christmas Day. We have seen encouraging attendances in recent years despite the sometimes very challenging weather and we hope as many as possible of you will join us once again.

Our regular choir will be reinforced for these events by a number of "friends", as has been the case for a few years past now. We really appreciate their support and finding time to join us in their own busy Christmas schedules to help us make the season a memorable one.

Graham Burnside
Organist

The life of a leaf

Hello my name is bud. I am a leaf and I live in the canopy layer of the rainforest.

I listen and can hear lots of noises. I can hear other leaves rustling and monkeys swinging from vine to vine. I can hear snakes slithering and jaguars hissing. From the canopy I can hear right down to the forest floor, ants crawling and beetles scurrying.

It's warm. I can hear the rain pattering and it's dripping and dribbling. But I can't feel it; I must be sheltered by something bigger than me.

All of a sudden it starts to go cold and the shadow seems to be growing. I can hear owls hooting and bats flapping. The wind whistling around me. I start to sway from side to side. It goes quiet around me but in the distance I can still hear frogs croaking and crickets squeaking. I suddenly start to doze.

When I awaken from my slumber I see bright lights. Bright lights shining in my... EYES! I have eyes I can see, I'm alive!

I start to adjust to the light. I look around me and see lots of other buds. Like I was, they are curled up in a ball until they are ready to grow, into a grown-up leaf like me.

I feel special! Not many other buds have grown, but are starting to grow bigger. Just a few more days and they will be like me. Lunch arrives through the branches. I have moisture soup and a nice cool drink of water that dripped off long branches.

Me and my friend leafi talked for a while. She told me that she was the first bud to grow fully. She is very nice and is

Huuh!

my best friend (even though I haven't met any other leaves yet.) After that we watched down below us. We watched parrots singing tunefully to each other. We watched a Jaguar prowling for its scared prey. It moves slowly purring like a pussycat.

It starts to get dark and its getting quite quiet. I'm starting to get sleepy and after a few minutes I'm out for the count.

When I wake up and look around me I realise that there are no buds left. Apart from one that didn't make it. The rest of the day is just as usual watching, listening, talking, sleeping and most of all just doing what leaves do.

Days go by and nothing much changes. Leaves start to die and grow old. I'm growing old myself and I'm guessing only have a few days left to live!

But soon I will be back as a bus again, who knows where or who knows when.

3 days have gone by and I am getting weaker and weaker as the days are going by.

I look up. This will be the last part of sunlight I see. My eyes start to flutter shut.

I listen and can hear lots of noises. Monkeys swinging, jaguars purring, snakes hissing and water droplets pattering.

I'm going cold, even though it's sunny.

I can feel myself-starting to shrivel up. Curling tight. My stalk starts to break of the branch.

I am falling, twirling, flying, and somersaulting.

I suddenly land and plant a seed on the forest floor.

I fall asleep and wont wake until I am a bud again. I start to doze and take my last breath.

By Devon Boyle



The man is called Tom. He was a judge and helped decide who won, he gave us good feedback, and gave us our awards and certificates.

I had the winning entry for Young Writer for Midlothian Prose (short story), Primary Section.

Devon Boyle

THE SUNDAY SCHOOL

1. SINCE WE LAST MET...

We returned to Sunday School at the end of August after a wonderful summer. As is now the custom, we returned with a Family Service at Lasswade Church. Our theme was The Commonwealth Games and as always we were dressed accordingly! Rev Melville Schofield, a gold medallist himself (!), led our worship. As always, our dear friend Herbert Dryden supported us in our music. We were warmly welcomed back by all our friends at Lasswade and thank you all for your generous retiring offering.

2. WHAT HAVE WE BEEN DOING?

We've been learning about Paul and what it was like to be imprisoned. We've got a new game which means we have to run about the hall! We've had some children leave and no new starts so we are thin on the ground. One of the things you might not be aware of is that many of our parents stay throughout Sunday School - they join in and can have some quality family time with their children. We're quite a close group and parents often take the opportunity to chat to one another about any concerns they have with the challenges of parenting.

We've been trying some new music for our offering and when we're in church.

3. NEW MEMBERS

We would be delighted to welcome more children to Sunday School, though, Why don't you come along? Don't worry if you are not able to attend every week; just come along when you can.

4. SUNDAY SCHOOL MONITOR

Devon Boyle is now our Monitor. Devon has been at Sunday School for a long time and is now at High School. Outside of Sunday School, Devon was Poltonhall Gala Queen for Hawthornden Primary School in June and has recently won the Midlothian Young Writer of the Year award.

5. FAMILY SERVICES

As well as our Family Service to welcome us back, we've had 2 other services in Cockpen & Carrington - we try to have these monthly. Rev Bill Armitage led our Harvest Thanksgiving service. Bill is always a delight and so comfortable in working with children. Our harvest this year went to the Midlothian Food Bank and Denise Thompson kindly took the staggering amount of goods you donated. Thank you all so much for your exceptionally generous donations. There are boxes in the foyers of all our churches where you can leave Food Bank donations.

Our October Family Service was led by Rev Melville Schofield who spoke about Halloween to the children. Melville is much loved by all of us and we look forward to both Melville & Bill leading our Christmas Family services.

6. CHRISTMAS OUTING

We're off to see Aladdin at the Kings Theatre on Sunday 30 November. It's the 5pm performance, which is not our first choice. We're sure to have a great time. Oh yes we will!

7. NATIVITY SERVICES

Auditions are being held, judging is taking place and we've still to get started with our Nativity plans! We plan to be at Lasswade on 14 December and Cockpen & Carrington on 21 December. We hope to have a cast of thousands... ! Please come along and support us.

8. FRIENDS OF THE SUNDAY SCHOOL

We are so fortunate as a Sunday School to have some generous supporters - you know who you are but thank you. Your kindness enables us to have wonderful trips and enjoy lots of craft and fun.

9. HAPPY HOLIDAYS...

The Sunday School wishes everyone a very Merry Christmas and a Happy New Year. We return on Sunday 11 January 2015 after our Christmas break.

There were a number of pictures and contributions from the Sunday School that wouldn't print well in Black & White, so the editors have decided to include them on the web site in their true glorious colour so take a look at:

<http://www.church.cockpen.co.uk/sundayschool/art2014.php>

The Sunday School Calendar is available and may be updated with any changes on the church website:

<http://www.church.cockpen.co.uk/services/sundayschool.php>

STOP PRESS

EASTER SUNDAY 5th APRIL 2015 AT LASSWADE

An early morning service, commencing at 8am and conducted by the Worship Group, will be held in Lasswade Church on Easter Sunday, 5th April 2015. Further details of this service will be given nearer the time.

Normally on the first Sunday of the month there is no service in Lasswade but a service for the united congregation is held in Rosewell and this will proceed as normal at 10am at Rosewell. However, it was felt that it would be appropriate for an act of worship to be held in Lasswade on the most important day in the Christian year and that is why the 8am service has been arranged.

Share your news, views or ideas in the Spring Issue of "The Link" send them to Magazine@church.cockpen.co.uk by Sunday, 1 March 2015

Merry Christmas and a Happy New Year to all our readers