

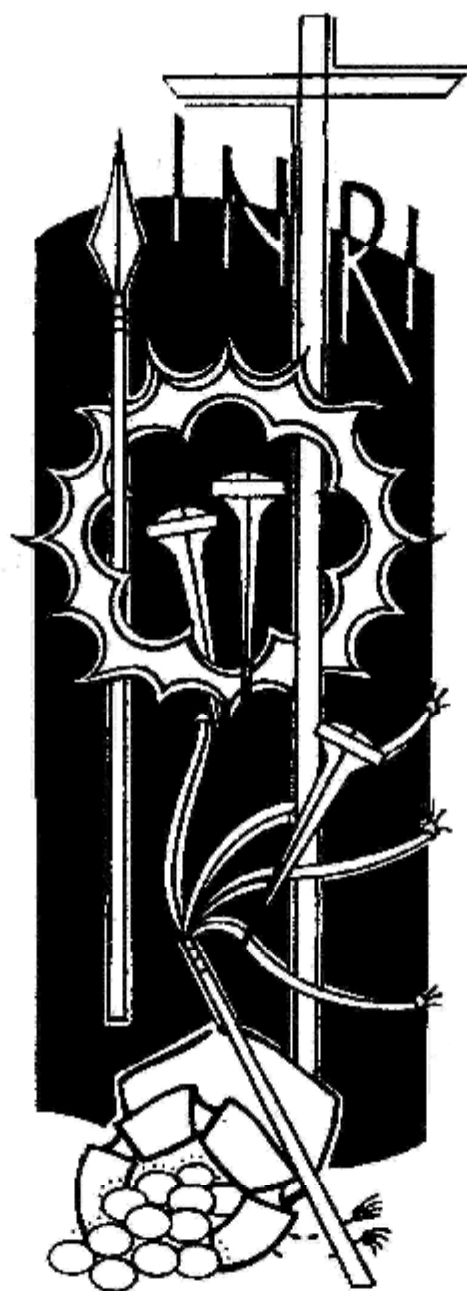
Cockpen & Carrington

Lasswade

# The Link

Rosewell

Easter 2008



WHO'S WHO .....	3
From the Rev. Sandy Horsburgh, Interim Moderator.....	4
PULPIT SUPPLY ROTA - APRIL – JUNE 2008 .....	5
News from Rosewell Church .....	6
News from Lasswade Church.....	8
Polton in the 20s and 30s .....	9
Memories of Polton .....	10
From Rev. Wendy Drake .....	11
Cockpen and Carrington Parish Church .....	12
Locum Minister .....	12
CAKE STALL.....	13
BRIC A BRAC .....	13
COCKPEN & CARRINGTON GUILD .....	13
THE HOLY HIKERS .....	14
FROM THE ORGANIST .....	14
<i>EASTER IN OTHER COUNTRIES</i> .....	15
<i>EASTER QUIZ</i> .....	15
COCKPEN & CARRINGTON SUNDAY SCHOOL.....	16
Bonnyrigg Ranger Guides.....	17
Oasis.....	18
Report on Wendy's Social .....	19
Quiz Answers .....	20
THE 'WEEMIN' OF THE ROSE 'A' .....	21
FLOWER ROTA.....	22
Ode de Toilette .....	23
Thank You, Jean.....	23
George Carlin's Views on Aging .....	24
Religion, religious practice and our response to suicide.....	25
SEASONAL FAYRE.....	27
FOR THE CHILDREN.....	28

# WHO'S WHO

INTERIM MODERATOR

Rev. Sandy Horsburgh

663 3036

## Office Bearers – Cockpen & Carrington

### *Session Clerk:*

George Sweeney (663 6546)

4 Pendreich Grove, Bonnyrigg

### *Chairperson to the Board:*

Jim Scott (660 3617)

3 Sherwood Loan, Bonnyrigg

### *Organist & Choir Master:*

Graham Burnside (556 1751)

### *Deeds of Covenant Convener:*

William Brown (01875 830354)

25 Main Street, Temple

### *Hall Convener:*

David Stocks (660 6769)

39 Dalhousie Avenue, West, Bonnyrigg

### *Life and Work:*

Jean Sharpe (663 1594)

### *Treasurer:*

Walter Renton (663 1489)

2 Pendreich Grove, Bonnyrigg

### *Sunday School*

Rosalind Dolan (663 9859)

### *Freewill Offerings Convener:*

William Brown (01875 830354)

### *Church Officer:*

Jim Dyer (663 2302)

395 Cameron Crescent, Bonnyrigg

### *Roll-Keeper:*

Ian Fowler, (01506 420481)

49 Bervie Drive, Murieston, Livingston

### *Joint Magazine Editors:*

John Adamson and Willie Tulloch

[magazine@church.cockpen.co.uk](mailto:magazine@church.cockpen.co.uk)

## Office Bearers – Lasswade

### *Session Clerk:*

Andrew Renwick (663 7678)

8 Douglas Crescent, Bonnyrigg

### *Clerk to the Board:*

Dorothy Spence (663 0943)

8 Wishart Avenue, Bonnyrigg

### *Church Officer:*

Contact: Andrew Renwick (663 7678)

### *Treasurer :*

Pat Lawrie (663 7597)

48 Lothian Street, Bonnyrigg

### *Organist:*

Herbert Dryden (663 8895)

52 Broomieknowe Park, Bonnyrigg

### *Joint Magazine Editors:*

Lynda Williamson (663 3796)

Dorothy Spence (663 0943)

## Office Bearers – Rosewell

### *Session Clerk:*

Agnes Anderson (440 0282)

44 Carnethie Street, Rosewell

### *Clerk to the Board / Hall Bookings:*

Isabel Henderson (440 2351)

168 Carnethie Street, Rosewell

### *Magazine Editor:*

Muriel Keith (663 1237)

72 Polton Bank, Lasswade

### *Church Officer:*

Moira Campbell (440 2611)

### *Treasurer:*

Eleanor Marshall (660 1029)

22 Scollon Avenue, Bonnyrigg

### *Organist:*

Kenneth Wight

8 Waverley Road, Bonnyrigg

Sometimes, everybody needs a place to which to escape. For some this might be the garden, for others the hills, for others getting engrossed in a good book can take you far away from the cares of the day. I have a number of escape places but one in particular has been frequented recently. It is a strange, topsy-turvy world where unlikely things happen, mostly to the accompaniment of jolly music, where people are not always as they first but where everything always works out well in the end. I refer to the world created by Gilbert and Sullivan, whose comic operas have long been a great delight to me and which have given me many hours of enjoyment rehearsing and performing.

Part of the charm of Gilbert and Sullivan is that the world they created is not real. The stories are implausible. In the Pirates of Penzance, Frederic is apprenticed to a pirate because his nanny was hard of hearing and misheard the word pilot. In the Gondoliers, three women seem to be married to two men, but nobody can tell which. In most of the operas, one clever idea in the last scene sorts out all the problems and everyone can live happily ever after.

Preparing for performances, while sometimes hard work, can be immensely satisfying. A real sense of community builds up, with everyone trying their very best to pull together a good performance. Inhibitions sometimes have to be left at the door. Support and encouragement are warmly offered and gratefully received.

Christianity has often been accused of being a form of escapism from the harsh realities of life. It seems that people are queuing up to say how implausible it all is, how it can't possibly be real. If you wanted a clever plot twist to give a happy ending, the resurrection after the rejection and suffering of the Cross might seem like a good one. But that is not what the resurrection is about. It is not a happy ending but the moment upon which the whole history and future of creation pivots. It is the moment of complete transformation. Death is no longer death. Humanity can no longer be separated from God. Life is triumphant.

The place we experience this most fully is within the community of the Church which, at it's best, is a place where everyone tries to do their very best in service of God, where support and encouragement are freely and openly given and received.

And it is not about escape. Through our faith, we see the reality of the world more clearly than in any other way, for it is the Spirit of God which helps us see. We see as clearly as possible the things which concern and grieve God but we also see how good the world is, good enough for God's Son himself to come and live, teach, suffer, die and rise again in order to reconcile and transform it.

-----  
Members of the three congregations will be anxious about progress in the vacancy. As you will be aware, there is a proposal for creating a union between Lasswade and Rosewell to replace that current linkage. A lot of thought has been given to whether this offers the right way forward. At the time of writing, a meeting is planned with representatives of Presbytery and the office bearers of the three congregations. (It will have taken place by the time you are reading this.) It is hoped that agreement will be reached as to what kind of readjustment would be appropriate. After that, Presbytery will need to ratify the decision and then we will be free to begin the search for a new minister. You can expect to hear more before the next issue of "The Link".

With best wishes,

Sandy Horsburgh

## PULPIT SUPPLY ROTA - APRIL – JUNE 2008

DATE	LASSWADE 10 AM	COCKPEN & CARRINGTON 11.30 am	ROSEWELL 11.30 am Except 1 <sup>st</sup> of the month 10 am
06.04.08	Rev M Schofield	*Rev J W Cook	*Rev J W Cook
13.04.08	*Rev J W Cook	*Rev J W Cook	Rev W Armitage
20.04.08	*Rev J W Cook	Rev W Irving	*HC Rev J W Cook
27.04.08	*HC Rev J W Cook	*Rev J W Cook	Rev M Schofield
04.05.08	Rev M Schofield	*HC Rev M Chalmers	*Rev M Chalmers
11.05.08	*Rev J W Cook	*Rev J W Cook	John Beaumont
18.05.08	*Rev J W Cook	Rev C McPherson	*Rev J W Cook
25.05.08	*Rev J W Cook	*Rev J W Cook	Rev M Schofield
01.06.08	Rev M Schofield	*Rev J W Cook	*Rev J W Cook
08.06.08	*Rev J W Cook	*Rev J W Cook	Rev T Gordon
15.06.08	*Rev J W Cook	Rev M Schofield	*Rev J W Cook
22.06.08	*Rev J W Cook	*Rev J W Cook	Rev M Schofield
29.06.08	*Rev J W Cook	Rev M Schofield	*Rev J W Cook

If any of the dates are not suitable please get in touch and I will make other arrangements

Thank you for your help - Agnes



## News from Rosewell Church

### **WORLD DAY OF PRAY – FRIDAY 7 MARCH 2008**

This year Rosewell Parish Church hosted the Service with all the Churches in the area taking part. Ms Nan Rennie giving a Talk. Nan has come along on several occasions to take part in this Service in Rosewell. It is amazing that all over the World this Service will be taking place in many different languages.

### **HOLY WEEK SERVICES 17-21 MARCH 2008**

Monday – Our Lady  
Tuesday – Rosewell  
Wednesday – Lasswade  
Thursday – St Leonards  
Friday – Cockpen & Carrington  
All services are at 7.30 p.m.

Since Easter is very early this year and the Business Meeting doesn't take place until the 16 March we shall not be able to give a report until September when the next Magazine is produced so I am proposing to give a short resume of matters which are likely to come up

Hopefully next year at this time Rosewell Parish Church will have moved forward or at least know where we are going. We have met during the year with a member from Presbytery to explain what form 'Union' could take and we have also met unofficially with Lasswade Kirk Session and these meetings have been very helpful – the good thing is we get on well but of course we want what is best for our own particular Church. The 3 Churches have also met individually with our Interim Moderator, Rev Sandy Horsburgh and hopefully when we meet up on 21 February at a Joint Office-bearers Meeting with members from Presbytery we will see a way forward.

We have met as a Kirk Session 4 times.

Our Statistical Returns which are sent to Presbytery shows that our Church Roll is very much on the decline.

At 31 December 2006 we had 137 members and during the year we lost 7 (by death) – Mrs A Spewart, Mrs A Webster, Mrs H Leishman, Mrs I Headspath, Mrs H Urban, Mrs J Wilson and Mr G Watson

The Communicants' Roll now stands at 130

There are 9 Elders and 2 members on the Congregational Board who are not Elders

4 Baptisms have taken place:

Millie Elizabeth Grant, daughter of Mr & Mrs D Grant 19 Myredale, Bonnyrigg

Christopher Armstrong Reid, son of Mr & Mrs Reid, 15 Riccarton Drive, Currie

Callum John & Hannah Margaret, son & daughter of Mr & Mrs Baker, 37 Parsons pool, Bonnyrigg

\*\*\*\*\*

Last year the World Day of Prayer Service took place in Bonnyrigg Church and readers from Rosewell Church took part.

There are many people we need to thank who play a part in the everyday running of the Church.

Pulpit Supply – I think I speak for all the congregation when I say that the preachers have become very much a part of our Church here in Rosewell and find their message very stimulating and encouraging.

Organist (Kenny Wight) - very committed and willing to do that little bit extra. (Kenny also collects the baking for the Pitcairn Stall)

Church Officer (Moira Campbell) – Church and hall are kept so well and not forgetting Jim who is a great assistant.

Groundsman (Douglas Paton) – The grounds are kept well and last year it must have been very difficult year to keep on top with all the rain we had.

Flower Team – Jean Lindsay, Moira Campbell, Nancy Donaldson, Jean Ferguson and Una Warden (Jean and Una found it necessary in July to withdraw from the team after a number of years and wish to thank them both for the service given to the Church in this way. The floral displays in the Church on a Sunday morning are much appreciated by the Congregation and I know those receiving the flowers after the Service also appreciate. Jean and Moira are very willing to cover the vacant three months so obviously they enjoy giving of their time in this way.

Ellen Livingstone who distributes the Life and Work

Julie Brown who audits the accounts

Ella Thomson our Roll keeper who makes sure that this is kept up-to-date. Ella also attends Presbytery as our representative Elder.

Clerk to the Board, Treasurer and all the Office-bearers who have worked well together over what has been a difficult 31/2 years.

I am sure there will be someone I have missed but I can only apologise hence the reason I would prefer not to mention names – a sincere thank you to all.

\*\*\*\*\*

The Church and Hall have been painted and disabled access has been completed into the Hall. We hope to have the storeroom where the access is located painted under a training scheme



Accounts were prepared by our Treasurer and approved by the Congregational Board – you will have received a copy of the accounts.

Thank you to all who support the Church in any – remember it is **YOUR CHURCH**.

Agnes Anderson

## THEATRE GROUP

There are 15 in the Group and we go to 3-4 Shows in the year. We were at the Festival Theatre on 26 February to see 'Hello Dolly' which was most enjoyable.

Articles for the next newsletter should be handed to your elder or emailed to [Muriel.keith@yahoo.co.uk](mailto:Muriel.keith@yahoo.co.uk)

## News from Lasswade Church .....

### Flower Rota March to August 2008

#### March

2<sup>nd</sup> Mrs. A. Renwick  
9<sup>th</sup> Mrs M. Waugh  
16<sup>th</sup> Miss L. Williamson  
23<sup>rd</sup> The Choir  
30<sup>th</sup> Mrs. C. Drysdale

#### April

6<sup>th</sup> Mrs M Rennie  
13<sup>th</sup> Mrs M Scott  
20<sup>th</sup> Mrs L Oliver  
27<sup>th</sup> Mrs E Legerwood

#### May

4<sup>th</sup> Cake and Candy  
11<sup>th</sup> Mrs. M. Gordon  
18<sup>th</sup> Mrs. J. Sowerby  
25<sup>th</sup> Mrs. E. Thomson

#### June

1<sup>st</sup> Mr S Renwick  
8<sup>th</sup> Mrs S Cowe  
15<sup>th</sup> Mrs M Laing  
22<sup>nd</sup> Mrs A Branch  
29<sup>th</sup> Mrs M Hay

#### July

6<sup>th</sup> Mrs. S. Howden  
13<sup>th</sup> Mrs. D. Stewart  
20<sup>th</sup> Mrs. B. Blakebell  
27<sup>th</sup> Mrs. M. Andrews

#### August

3<sup>rd</sup> Mrs M Dalglish  
10<sup>th</sup> Mrs P Reid  
17<sup>th</sup> Mrs R Gardner  
24<sup>th</sup> The Board  
31<sup>st</sup> Mrs M Dryden

Thank you to all the kind people who have offered to 'do' a Sunday. There are still a few spaces to be allocated for later in the year so if you would like to take a Sunday please speak to Moira Dryden.

### Gift Day Coffee Morning – Saturday, 31 May 2008

A Coffee Morning will be held on Saturday, 31 May from 10.00 am. to 12 noon in the Wee Brae Hall (upstairs). Donations of home-baking, tablet, jam, marmalade, sweets and items for the tombola would be very much appreciated. If you are able to help at all, please speak to either Pat or Dorothy. We hope that you will come along with your friends and, weather permitting, you can go outside and enjoy the peace and tranquillity of the Church garden.

### Gift Day – Sunday 1 June 2008

You will receive an envelope for your donation during the month of May and you can bring it along with you on Gift Day Sunday or hand it in at the Coffee Morning. If you would like to give, but are unable to attend on either of these days, please return your sealed envelope to your District Elder.

### Welcome

We would like to extend a very warm welcome to The Rev. John Weir Cook, our new Locum, who will be preaching most Sundays at Lasswade during the vacancy.

### Tea and Coffee

Everyone is invited to meet and greet others over tea and coffee after the service each Sunday at Lasswade.

Please visit our Website [www.lasswadechurch.co.uk](http://www.lasswadechurch.co.uk)



## Polton in the 20s and 30s

The following poem has come into my possession through the good offices of Mr & Mrs Frank Ross, members of our church. The author of the poem is the Rev. Cameron McKenzie a Poltonite in his youth. Frank and Cameron were good pals in the early days and have corresponded from time to time since. Cameron has agreed to allow me to publish his effort, even although he felt it is not good enough. See next page.

A few years ago we learned of Cameron's retiral and some twenty of his friends from the old days decided to join his congregation on his last Sunday in Biggar Church. It was a beautiful service to a full church and mention was made of his boyhood friends from Polton. Seated in the gallery, special mention was made of Nancy Anderson who in his own words "used to beat me up for my sweeties". This caused much laughter. We met with Cameron, dressed in his kilt, at the door of the church when many stories were banded about and many photos were taken, two of which are below.

Cameron and his wife retired to that lovely village of Freuchie in Fife and we wish them happiness in their retirement.

DDS



## Memories of Polton

Polton is a bonnie wee place; it lies between two hills  
The River Esk nms straight through by, and worked the Paper Mills.  
A winding brae at either end, the station in the centre  
The Asylum and the Colony, Beware! to all who enter!  
The hooses werenae a' that posh; a bedroom, livin' room wi'sink  
A bed settee and polished range .. a lavvy shared, it makes you think!  
The silent, dirty Esk flowed through, supplying Light and Power  
And by its banks and braes we played, for many a happy hour.  
No polis station, sheriff court, no church, no school, no pub;  
No swimming pool, no library, no bank to get a "sub"  
No mobiles, telephones, DVDs, no coffee percolators;  
No microwaves or TV sets, just wirelesses and accumulators!  
The train came in three times a day, to take us to "the Town"  
To Broomieknowe and Porto baths. But where's the steam train now?  
The vans came down but once a week; butcher, baker, from the "Store"  
The coalman, milkman, grocery ... but not much more.  
The place where man and boy would sit, to talk of village failings  
Between the bridge and telephone box, a structure called "the railings"  
Miss Henderson and Mrs Stewart provided us wi' sweets  
But with money tight and ration books, we hadnae many treats.  
Each day the kids went off to school in three quite different ways,  
To Loanhead, Rosewell and Lasswade and every road had braes  
To climb the 'brae" with all its bends was tough for kids at school  
For mums wi' prams the climb was steep, and gasping. was the rule.  
The summer months were all too short for outdoor games to play  
The winters long with weeks of snaw, and sledging through the day.  
The Loanhead brae on "Blackout" nights gave us the quakes and qualings,  
And the place that made us feart the most was the dreaded, dark Black Pailings!  
The winter nights were long and dark, with "kick the can" around the Square  
And pranks, and cuddles with the girls ..... or happily playin ' by the fire  
What kept us doing right from wrong? "I'll tell your faither, tell yer maw"  
Getting up to childhood pranks ... the clype was never far awa'!  
The "birds and bees" was strict taboo, from father and from mother;  
The facts of life and their delights, were learned from one another!  
Beyond the village, space to play; the woods, the cast, the waterside  
The bings, the green, the cornfield sheaves ... and mair beside.  
Wages low and perks but few; blanket "felts" and railway sleepers  
Scraps of paper from the mill; and sometimes "finders keepers"  
Forbidden places all around; the railway line, the station yard,  
The war memorial, paper mills.....a challenge to the brave of heart!  
The big events that drew our awe, but once a year; the memories thrill  
Sheep dipping, steamrolling, Big Hoose teas, esparto lorries to the mill.  
Looking back on childhood days, the memories are still alive  
Polton was a pleasant place to be, for those of us who still survive.

A.C.M. '07

**From Rev. Wendy Drake**

South Queensferry  
Lent 2008

Dear Friends,

I have been waiting to write and thank you for the very generous cheque you gave me on my departure as your minister. The delay in putting pen to paper, or rather finger to typewriter, was in order to be able to tell you what I have bought with it. My intention was, and still is, to buy a modern electronic piano to put in what is now my study when I made space for it. The problem is that boxes and books and boxes of books, still grace too many parts of it to make a trip to the relevant shop any more than ambition.

Operating, therefore, on the carrot and stick principle, your cheque is still the carrot which motivates me to continue parting with books, and being a little more ruthless in the matter.

Parting with friends is never easy – neither the human nor the printed ones. People come to mind in all sorts of different situations, while books bring back the donor, the place where it was bought or read. Even the story is in there somewhere. Often when a cover catches my eye, it is an aide memoire beyond the obvious.

Theology and non fiction for me are as addictive as stories, and somehow knowing information is available on the Internet doesn't stop the wrench of parting ..... And yes, it has occurred to me to buy more books with your cheque, but Steve did ask how much longer I wanted to live!

Even I was startled at the number of Bibles I possess. Of different translations, I find I even brought my Hebrew Old Testament and my Greek New Testament. Yet as always, it is the content which counts. The stories of Jesus will matter to me the rest of my life, as I hope they will to you. I thank God that we have been able to share them. And I rather suspect when finally I get my new piano, and attempt to play my way through the new hymn book, you will come to mind in so many ways.

I am grateful for the years we worshipped and worked together, and I continue to hold you in my prayers.

With thanks for all your kindness and generosity,

Yours sincerely,

Wendy Drake.

**Please send your news to the Editors for the Autumn Issue of "The Link" on or before Sunday, 17 August 2008.**

## **Cockpen and Carrington Parish Church**

### **Weddings**

None to report in this edition of 'The Link' but we do have **eight** weddings booked in for 2008 and one already for **2009**.

The first three couples are fairly well known to our Church and Wendy had intimated prior to leaving that she would be happy to officiate if no-one objected. We will, of course, be happy to see her make a few return trips to Cockpen and Carrington.

### **Deaths**

We are sad to report the passing of two of our stalwarts in recent times, Mr Richard (Dick) Millar (on 14<sup>th</sup> December 2007) and Mrs Mary Dyer (on 30<sup>th</sup> January 2008).

Both Dick and Mary were so much part of our lives here in Cockpen and Carrington and are sorely missed by us all.

The service for Dick was conducted by our Interim Moderator Sandy Horsburgh and, although Sandy didn't really know Dick, all the right and lovely things were said. Mary's service was conducted by our good friend Grace McLeod and again she gave a perfect account of a person who was known by so many. Both were so well known and loved that, as one would expect, both services drew a 'full house'.

We pray for the families of Dick and Mary and others, whether members of the Congregation or not, who grieve at this time. Be assured, we are here for all who may need us.

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

### **Locum Minister**

We, all of our Churches, are happy to welcome our new Locum, the Rev. John Weir Cook, who will be with us during this vacancy. Mr Cook was formerly Minister at Portobello St. Philip's Joppa where he retired in 2002.

Mr Cook has now taken services in all three churches and, in this church, his first service was the Sacrament of Holy Communion.

We look forward to working with him over the coming months and it is nice to know that we will have a bit of stability knowing that he (along with Sandy Horsburgh and all the other preachers) will be with us during this difficult and uncertain time.

**George Sweeney – Session Clerk**

## **Church Dance**

**Will be held on Friday 28<sup>th</sup> March 2008 in the Masonic Hall, Bonnyrigg**

**Tickets at £5, including light refreshments, can be obtained from Jean or Dorothy.**

## **COCKPEN and CARRINGTON PARISH CHURCH**

### **CAKE STALL**

Many thanks to all who contributed goods for our cake stall in January. Although this was a quiet day we still managed to raise over £200. Our next date at the Pitcairn Centre is the 6<sup>th</sup> March, 2008. Once again, I would ask for your support. Goods should be handed in to the centre that morning between 9 am and 9.30 am.

Thanks again.  
Wilma.

### **BRIC A BRAC**

Just to remind all that we meet every Thursday morning between 10.30 and 12.30 in the Hall at Dundas Street. The Bric a Brac has been going for many years now and has become 'a thing to do' for many folks within and outwith the town. We are always looking for items for the stalls although we are unable to take large items of furniture so, have a look and see if you would like to part with anything – it is always in a good cause.

We would also be happy to welcome some extra help on the stalls so, if you have some free time why not come along – you will be made most welcome and, you may even enjoy the experience. Like any venture, it takes more than the couple of hours on a Thursday to 'set up' and really starts, often on a Tuesday evening and then on a Wednesday morning so I thank all who are involved.

George, for the team.

### **COCKPEN & CARRINGTON GUILD**

Having ended 2007 with another enjoyable and well-attended carol party we are again indebted to Graham and the choir for their tremendous efforts on our behalf.

Our speakers in January and February have been varied and have included-

- a talk by Mrs Jane Knox who told of an interesting link between Lasswade and the Flying Doctor Service in Australia
- Ms Linda Sharp from the Link Centre for Deafened People
- Mrs Heather Preston who is a Dietician and who explained with much eloquence, what we should be eating and why!
- Mrs Catherine Devlin who gave a report about a trip to Ghana with other trainers from Girl Guiding Scotland

We have another couple of speakers coming to share their knowledge with us before we close for the summer months. Our closing social will be held on 21<sup>st</sup> April and entertainment then will be provided by a group of singers called Cantiamo. Tickets for the evening can be purchased from any member of the Guild.

For the Guild Drive we plan to visit Culzean Castle in Ayrshire on Saturday 26<sup>th</sup> April and the cost for transport, entrance to the castle and high tea will be around £25.00 and there may be spare seats on the bus for anyone who would like to join us for the day.

### **CHARITY TABLE TOP SALE** **In aid of Raleigh International**

IN COCKPEN AND CARRINGTON  
CHURCH HALL

Saturday 29th March 10 am – 2 pm

£6 per table

To book a table tel: 07793 278 575

# THE HOLY HIKERS

The Beauty is in the Walking  
But we are betrayed by destinations.  
Gwynn Thomas



As I put pen to paper it seems no time since the Christmas issue of the Link.

It was a very wet day in December when 12 walkers and one dog left Roslin on a circular route round Dryden Tower. Betty Bodman led us on the muddy way which took in Bilston viaduct. It was an interesting walk with sightings of deer, squirrels and two foxes (or was it perhaps the same fox twice?)

We are indebted to Walter Renton for organising our Xmas Lunch at Broomieknowe Golf Club on Sunday 16<sup>th</sup> December. The meal was enjoyed by all.

The January walk should have been in Edinburgh but due to bad weather Denise decided to take us round the Dalkeith Town Trail. The weather turned out to be nicer than expected and it was interesting to hear the history of the town and its buildings.

On Friday 1<sup>st</sup> February we held a Cheese and Wine Evening in the Church Hall where 18 of us had a good natter before planning our programme of walks for April – September. The syllabus will be available soon.

The February walk will be the 2<sup>nd</sup> part of the Gorebridge Circular Route and in March Ena takes us to Glentress for the Time Walk.

Happy Hiking  
Jim Scott

# FROM THE ORGANIST



As I am sure everyone will be aware, Easter falls this year very close to its earliest possible date, namely Sunday 23 March. We were barely past the Christmas celebrations therefore when we had to turn our thoughts to the music for Holy Week.

At the time of writing the calendar for this year's weekday services has not yet been issued, and the details will be intimated nearer the time. It is certainly the case though that services will be taking place in one or other of the local churches at 7.30 pm each night that week, and the intention will be to include an appearance by the choir either at our own church or at Rosewell, or indeed at both.

The musical celebrations will of course naturally focus on Easter Day itself. I am pleased to say that our own choir will once again receive the support of some additional voices from the ranks of the Dalkeith Singers (including our soloist for the day). Our main anthem this year will be "Blessed be the God and Father" by Samuel Sebastian Wesley, which is one of the "classics" of the English cathedral repertoire. Wesley was the grandson of Charles Wesley, the great hymn writer and founder of Methodism, and was clearly destined for a musical career as he was given his middle name as a result of his father's devotion to Bach!

The anthem itself has a slightly curious history. It has one or two passages where all the tenors and basses (i.e. the men of the choir) sing the text together in unison. This is a rather unusual effect in music of this period, but the explanation is that on the occasion that it was written Wesley, who was then the organist of Winchester cathedral, had exactly one man in his own choir, in addition to the boy trebles – clearly the lack of men in some church choirs is not a problem purely confined to our day!

I hope as many as possible will be able to attend at least some of the Holy Week services, which I think have a special atmosphere of their own – and of course I am confident that our extended choir on Easter day will be well worth hearing!

GMB



## **EASTER IN OTHER COUNTRIES**

### **France**

The French call it Paques. The main celebration sets off on Good Friday with a solemn note. Church bells do not ring for 3 days starting from Good Friday till the Easter Sunday. This is a token of mourning for the crucified Christ. Early on Easter morning the children rush into the garden to watch the bells "Fly back from Rome". As they scan the sky for a glimpse of the returning bells their parents hide chocolate eggs.

### **Italy**

Italians call it La Pasqua. The Easter is celebrated with a really big feast in this Mediterranean country. The Paschal feast is celebrated with Agnellino, Italy's special popular dish for the Easter - this is a roasted baby lamb. Children enjoy rich bread made especially for Easter. It is shaped like a crown and studded with coloured Easter egg sweets.

### **Germany**

The German call it Ostern, possibly from the name of the Anglo Saxon goddess of spring, Eostre. School children have about 3 weeks holiday at Easter. No one works on Good Friday, Easter Saturday and Easter Sunday. Many people eat fish on Good Friday and on Easter Saturday evening there is often a big Easter bonfire. Lots of people gather to watch. These Easter fires are burnt as symbols of the end of the winter and any bad feelings. On Easter Sunday families have nice breakfasts together. Parents then hide Easter baskets with sweets, eggs and small presents. Hand-painted eggs decorated with traditional designs are exchanged among friends. Earlier, it was customary in many regions for the village girls to present their suitors with a red egg. Fish is eaten on Good Friday.

### **The Netherlands**

The Dutch call it Pasen or Pasen Zondag. Throughout the country Easter is celebrated as a great spring holiday. People lay tables for Easter dinner with charming decorations of coloured eggs and early flowers. Sweet bread stuffed with raisins and currants, is one of the favourite dishes of the Easter feast.

### **Sweden**

The Swedish call it Pudagen. Throughout the country the egg, symbol of life and resurrection, is featured in all Easter food and Easter games. Every household has egg colouring parties. Egg rolling contests are a favourite Easter activity for younger boys and girls. Palm Sunday is observed with palm fronds. Easter's Eve is celebrated with bonfires and fireworks.

??  
?

## **EASTER QUIZ**

If you have read previous Easter issues of the magazine – and indeed this issue – you should be able to answer most of the questions in this year's quiz.

You will find the answers at the back of the magazine.

1. The date of Easter Sunday changes each year. How is the date decided?
2. Which Jewish festival is observed at roughly the same time of year as Easter?
3. The name, 'Easter' derives from an older Saxon festival – what was it called?
4. Eastre was the pagan goddess of what?
5. What is Easter called in France?
6. How long is Lent?
7. What event is held every year in the grounds of the White House on Easter Monday?
8. In Australia, as well as eggs and bunnies, chocolate manufacturers also make chocolates in the shape of which native and endangered animal? The profits are then used to help protect these creatures.
9. 'Pancake Day' is traditionally when all the indulgences in the kitchen were consumed prior to the Lenten season. Which festival, commonly celebrated on the same day, was originally designed as a more general way to 'get it all out' before the sacrifices of Lent?
10. 'Angelino' is a popular Easter dish from Italy. What is an 'Angelino' in this context?

# **COCKPEN & CARRINGTON SUNDAY SCHOOL**

## **1. LOOKING BACK....**

Our Easter contribution always starts with looking back at Christmas events. Again the Sunday School entertained a large congregation to our Nativity Play. Everyone had a part to play and words to say – it was good to test out the new sound system! The children were excellent and despite some nerves, performed really well. A number of adults joined in too. Grateful thanks to Brian Spratt and Jim Scott for joining in. As ever, the badly behaved ones were The Minister, Session Clerk and Sunday School Elder. “Stick to the script” is the simple command issued. “What do we wear”, they ask, “Appropriate attire for Gabriel and shepherds”. And what do they do, Melville Schofield wears a Christmas Tree hat as he rises from the pulpit to play Gabriel and George Sweeney brings a sheep dug! How many Christmas Carols do you know which mention shepherds and their collie dug?!!

**Thanks to all of them for joining in – they are all our treasures.**

**Grateful thanks to all of you for contributing to a very healthy retiring offering.**

## **2. GENEROUS FRIENDS**

Whilst Sunday School funds are quite good, thank you to those friends of the Sunday School who regularly make donations.

## **3. CHRISTMAS OUTING 2007**

We had a wonderful time at the pantomime when we all went to see Goldilocks and the 3 Bears at the Kings Theatre. This pantomime appeals to all ages and we all had a lot of fun.

## **4. CHRISTMAS OUTING 2008!**

No, it's not a misprint...we are so well organised that our Christmas outing for 2008 is already booked and we're going back to the pantomime, this time to see Alladin. We have 80 seats reserved for the matinee performance on 13 December. If any members of the congregation want to come too, please let us know.

## **5. WHAT'S HAPPENING?**

We are enjoying learning new music accompanied by Jim Scott on guitar and doing our worksheets. Craft is extremely popular and the nursery class continue to produce the most wonderful items under the direction of Brian Spratt. Mother's Day and Easter will mean lots of activities. We hope to fit in a Family Service too.

## **6. SUNDAY SCHOOL TRIP/PRIZEGIVING**

Arrangements have still to be finalised, but the trip and prizegiving will be in May this year.

## **7. MAGAZINE – THANK YOU**

A special thank you to Jean Sharpe. Jean has been our Magazine Editor, for many years. Jean had a lovely way to cajole/persuade/remind and correct the articles from Sunday School and from all the other folk at Cockpen who contribute to the magazine. Thank you Jean for this service, we may not have said it often enough, but really did appreciate it.

**Rosalind Dolan**



## Bonnyrigg Ranger Guides

We are straight into 2008 and looking forward to another exciting year for Bonnyrigg Ranger Guides.

Our girls have been busy with prelims but we are hoping that February will see all the girls back attending the unit.

Our first evening was Shrove Tuesday and the girls enjoyed an evening making pancakes with lemon juice and syrup. We also brought along our three favourite songs to share their importance with the unit. There was a mixture of songs and a variety of reasons for these being our favourites. This was a great insight into each others lives and we all got to know each other a bit better through our discussions and song choices.

We are having an American themed evening for thinking day. All the girls are bringing along US snacks e.g. popcorn, hot dogs, French fries, bagels, muffins, Pepsi and Coca Cola to name a few. We plan to listen to all our favourite American artists and play New York Monopoly and the Friends Scene It DVD game. Sounds like fun.

A few of the girls are keen to take part in the Duke of Edinburgh's Award Scheme. We have invited the Advisor to come along and tell us a bit more about it. Hopefully, the girls will be keen to get involved and we can put more girls through the Award Scheme.

At the start of March we are going walking in a bid to get fit!! We have yet to decide upon our route but have agreed a five mile walk would be good. I am sure it is likely to end somewhere near Bonnyrigg chip shop for a quick bag of chips on the way home.

Easter is early this year and the girls finish up for holidays on the 18<sup>th</sup> March. We intend to regroup on the 8<sup>th</sup> April for the summer term.

We still meet every second Tuesday in the Guide Hall on Dobbies Road, so if any young lady (between 14 and 26 years) is interested in joining us, please feel free to contact me on Tel No 0131 454 9278. It would be great to see you!

**Lynsey Stevenson**

## Oasis



Happy New Year!!!

The ladies from Oasis have had our first two meetings of 2008. In January, we met at Maureen McInnes' house for drinks and home baking to arrange our schedule to the summer holidays. It was a well attended evening and a big thank you to Maureen for her hospitality and excellent home baking. So much for the January diet starting!

In February Ann Morrison arranged for Cheryl Morrison to come along and demonstrate Reiki. Reiki is a form of spiritual practice used as a complementary therapy for the treatment of physical, emotional, and mental diseases. Reiki was developed in the mid 20th century Japan, where practitioners use a technique similar to the laying on of hands, which they say will channel "healing energy". Energy flows through their palms to bring about healing. It can also be used for self-treatment as well as treatment of others. We were all a bit sceptical to begin with but I think Cheryl had some kind of healing influence with those magic palms.

In March, we have Maric Short coming along to show us the art of flower arranging. Even a few tips on how to arrange flowers in a vase would appear to be well received.

In April, we are heading to the Roslyn Original for an evening of temping bowling, buffet and a few drinks.

On Friday 2 May, we are holding a "Blingo and Disco" at Bonnyrigg Masonic Hall in a bid to raise funds for both the Maggie's Centre and the Church. This is a ladies only evening and will involve wearing your best bling and partaking in an evening of bingo and dancing. Tickets are £5 and if anyone is interested in coming along please let me know.

In July, we are planning to do an evening ramble but the details have yet to be confirmed. You will hear more about this in the summer magazine.

We still meet the first Thursday of every month so if anyone is interested in joining us, please feel free to contact me on Tel No 0131 454 9278.

**Lynsey Stevenson**

## Report on Wendy's Social

On Friday 14<sup>th</sup> December 2007 over 120 of Wendy's people met in Cockpen and Carrington Church Hall to say thank you and goodbye to our Minister of nearly sixteen years. Our Hall had been decided on by Andrew (Lasswade) and Agnes (Rosewell) as it was probably larger and more central for folks to get to. I was happy to meet their wishes.

All the Clerks had a wee part to play in ensuring that folks knew about the night, caterers contacted (so lucky that Midas had a cancellation), artistes found (after promising we would pay them!!), guests invited (including Tom Gordon the clergy heckler) and, most importantly, you, the people of our three churches.

My job was to invite guests, mainly local clergy, along with all of our good friends who have preached with us all over many years. My list was multiplied slightly by some Wendy would like to be present. The list read like a 'who's who' and included (in no particular order) – Melville Schofield (with his long suffering wife, dear Christine), Tom Gordon (the heckler), Colin Macpherson (who brought some sanity to the evening), Peter Harris (St Leonards), Bill Armitage (used to be along the High Street!), George and Hazel Lyall (them as well), Eddie Yeoman (always smiling), Mr and Mrs Ken Thomson (retired Head at Lasswade High School and wondering what terrible thing they had done to be invited!) and Malcolm Muir (one of Wendy's early introductions to us all).

Apologies were received from John Beaumont, Canon White, John Mitchell, Bill Irving, Normal Faulds, Sidney Booth, Sandy Horsburgh, Keith Mack and Karen Souter (HT at Rosewell). The time of year made it quite difficult for most due to the nearness of Christmas but many sent a note to wish us all a good night.

The night started by a welcome to all from me on behalf of all three Congregations which was followed by the official presentation to Wendy by Mrs Winnie Brown. I had spoken to my fellow Clerks about who should hand over the gift and they were unanimous that Mrs Brown should have this honour and it was, as one would expect, done most gracefully. Wendy then made a wonderful reply which was well received by all present.

After that, I called on our guest speaker (who came at great expense – a second of Dorothy's pies), none other than Melville. I had heard wonderful things of his after dinner speeches but this was the first time we had heard him in full flow. I think, sufficient to say – brilliant. What a gift this man has – and, being able to cope with all the barracking from you know who! After his standing ovation (well, perhaps not quite) we went on to our first musical interlude with Jim and Moira Scott – always so nice to hear them both. Following Jim and Moira was a Rosewell turn, Jean Lindsay and, I was so glad that Agnes suggested her. Jean is renowned for her recitations and this she did nicely by bringing the first half of the evening up to the buffet.

The buffet, supplied by Midas Catering (again, suggested by both Andrew and Agnes) was, as usual, perfect. Always the worry when we saw the hall filling up – will we have enough for the buffet? But, we should know by now, the girls would never let us down. (Anyway, someone would just have to run over to the wee shop and purchase another half loaf).

After a good break and, allowing time to circulate, we were ready to go again. I say, circulate but, it was quite difficult due to the large numbers present but I think everyone managed to have wee natter.

Our first 'turn' after the break was the choir with Graham and, as usual, very enjoyable. Graham said a few words after the singing and we know that he and Wendy, along with the other organists, shared many thoughts on what would be sung on a Sunday morning. We won't go into who won!! I know that Wendy held all her organists in the highest esteem as we also, as congregations do.

After the choir, Jean Lindsay did her second stint and was truly marvellous, what a lovely voice she has. Following Jean, and running up to the end of the evening was our own home grown Walter Renton with his keyboard. Walter, like the rest of the artistes was great and finishing with his rendering of 'The Holy City' with hardly a dry eye in the house.

Before finishing, Wendy was presented with flowers by Agnes Anderson. Agnes followed the presentation with a few words to the Minister. The closing vote of thanks was given by Herbert Dryden and I appreciated him standing in for Andrew Renwick who, unfortunately couldn't be present due to other commitments. This was followed by the Benediction said by Wendy. I was grateful to Bill Armitage for suggesting that Wendy

should be asked, as it was a nice end to her ministry amongst us all at Cockpen and Carrington with Lasswade with Rosewell.

I don't have to tell you all that I have gone on a bit but I felt that so many were unable to be with us all on such a wonderful night that I just wanted to 'paint a picture' of events for everyone. I also know that, although many were not able to be present on the night, the contributions to Wendy's farewell gift was most generous and we all thank you for your kindness. We are now very much in the vacancy mode and take this opportunity of saying thank you from all the clerks for making the night such a success but plead with you all to support your churches at this important milestone in our lives. Remember, it is not automatic that we will be allowed to call a Minister (I'm sure we will) but the chances get better if the various committees that visit us see that we are all in a strong position to sustain a minister. Let's not beat about the bush, none of our three churches are bursting at the seams, indeed, the opposite is the case. Please give some thought to coming back, when you can, on a Sunday morning and let these folks from '121' and Presbytery see that we have three vibrant churches. Vacancy or not, we want to welcome you all back to something we think you might even enjoy. I have said on numerous occasions how lucky we are to have the quality of preachers that we have Sunday by Sunday and it is a shame that you are missing out in hearing what they have to tell us.

Finally, we wish Wendy, along with her family, all the very best in her retirement and pray that her health improves.

**George Sweeney**  
**On behalf of all the clerks**

## **Quiz Answers**

1. The first Sunday following the first full moon that falls on or after the Spring equinox, or 21st March each year.
2. Passover
3. Eastre
4. Spring and Offspring
5. Paques
6. 46 days. Sundays are not counted in the '40 days' figure.
7. The Easter Egg Roll. Children are invited in to roll a hard-boiled egg across the lawn of the White House. Many of the eggs are signed by celebrities, but the most sought after are those signed by the president and first lady.
8. The Bilby
9. Mardi Gras or Carnival
10. A roasted, baby lamb

How did you get on? If you got full marks, award yourself another piece of Easter egg!

Bonnyrigg Rose Athletic 'A' Football Club (under 21s) celebrated their 75<sup>th</sup> Anniversary last year - Mrs Irene Ramsay, daughter of George Murphy (one of the founder members and an elder of Cockpen & Carrington Church) wrote the following:-

### **THE 'WEEMIN' OF THE ROSE 'A'**

We could not hold a celebration of the life of the Rose 'A' without a mention of the 'Weemin' of the Rose 'A'. There was Betty Campbell - wife of Bob, Mrs Jenny Chalmers - sister of Willie Purves and wife of Hugh Chalmers, Agnes Murphy - wife of George Murphy, Mrs Watson - wife of the trainer Pim Watson. There was Willie's sister Ella and any other extras like myself called into action if there was a big 'do' on. You see in the early days it was the 'weemin' who made the sandwiches and provided the catering for any social nights they were having and there used to be many of them when they were fundraising.

To start at the very beginning I must start when I was born. I was born on the 11<sup>th</sup> June 1939. Now to let you understand the Rose 'A' were playing the final of the Scottish Cup on Saturday 10<sup>th</sup> June and alas they were beaten. Now as I was so often informed by my Mother on my birthday for years after, I was born at 12 noon and by 10'clock Dad (George Murphy) and Willie P were on a train to Glasgow on a cast iron protest which needless to say did not pay off!!

Dad had to go into Army Service when war started in September so all I know after that is after his return in 1946.

I remember them having many a concert in the Masonic Hall with talent from the local area like Jimmy Taylor - an excellent singer and Charlie Dickson from Loanhead who played the saw and there was Ian Vale who played the accordian - in the times before TV these concerts were very well attended.

The Committee meetings were held on Sunday afternoons and I can see Dad yet setting off with his ledger for the minutes under his arm come rain or shine. I think it was more like a think tank rather than a Committee meeting because they must have bounced so many ideas about, when you consider the things from these meetings ie Pipe Band Contests, Sheep Dog Trials and they helped along with other organisations at The Gymkhana which was successful for many years.

We should also remember the very good relationship the Rose 'A' had with the local Council - there is not many in this area who were given a Civic Reception but Willie P and Dad received one for their work for the community. There were socials every year and the Rose 'A' presented cheques to the local OAP Association, OAP Club and to the Working Women's Club.

There there were the holidays starting in or around 1951 - I remember going by coach to London - what an adventure - we left Bonnyrigg around 6pm and travelled all night and arrived at a lovely hotel in the morning. By this time Len Penstone arrived on the scene and a lot of the old players will remember London Albion FC. This was a friendship which lasted several years and the families of Bonnyrigg welcomed these lads from London into their homes and great friendships were formed even after the London team stopped coming. Len returned every year until he died.

Dad also organised a holiday to Ireland which proved successful. I know a lot of the players went on these holidays - they kept going to Northern Ireland right up until the troubles started and then they went to Torquay, Brighton and Bournemouth. A lot of people enjoyed these holidays - some who perhaps would not have had a holiday because they were worked out to be reasonably priced.

Then of course Rawtenstall Football Club came on the scene and again exchange visits took place each year for many years usually around the September weekend the Rose 'A' went to Rawtenstall and enjoyed a weekend there and in turn the Rawtenstall players came to Bonnyrigg at Easter and again they were entertained and played for a Trophy.

Then came our twin town in France and off the team and committee and wives went again and I hear a wild time was had. I sometimes think it a strange thing how Willie P and Dad were such friends when Dad did not drink and Willie liked a few but I believe on some occasions if Willie was likely to have a few he would hand over the purse strings to Dad so there was no chance the Rose 'A' funds would be mishandled. I well remember when Willie had a few he would give a rendition of the song I am sure everyone will remember 'Twa Heids are Better Than Yin!' I don't know if he sang that while over in France.

The Rose 'A' ran the dancing at the Regal for a long time in the 60s and 70s which meant the late night dancing until 2am on a Friday and then again on a Saturday - people like Tam Paton, Manager of the then unknown Bay City Rollers would be at Dad's house hoping to get a booking for the band and they played at the Regal several times. So it seems to me that not only the men were committed to the Rose 'A' but the 'weemin' were too. How many wives nowadays would accept the hours the men folk were out and especially at dances until the wee hours of the morning. Mind you I don't think there was much to worry about as neither Willie P or my Dad could dance a step.

Back to the 'weemin' they all played their part from Mrs Chalmers washing the strips, and that was no mean task in these days before automatic washing machines but she cheerfully did this task for many years with her husband Hugh who seen to the footballs keeping them in order. Then there was Betty Campbell who was the greatest at getting prizes for the many raffles that took place - she used to go round all the shops asking them to give her something for the prizes and whether the shop owners were too scared to say no, I don't know but there were always good prizes donated.

Irene Ramsay (George Murphy's daughter)

### FLOWER ROTA

<u>MARCH</u>	2 <sup>ND</sup>	FLOWER FUND	<u>APRIL</u>	6 <sup>TH</sup>	N RICHARDSON
	9 <sup>TH</sup>	M McALPINE		13 <sup>TH</sup>	R DOLAN
	16 <sup>TH</sup>	C FISHER		20 <sup>TH</sup>	N RICHARDSON
	23 <sup>RD</sup>	S McLEISH		27 <sup>TH</sup>	VACANT
	30 <sup>TH</sup>	J DYER			
<u>MAY</u>	4 <sup>TH</sup>	A HARDING	<u>JUNE</u>	1 <sup>ST</sup>	W SWEENEY
	11 <sup>TH</sup>	W BROWN		8 <sup>TH</sup>	RAMSAY
	18 <sup>TH</sup>	M SCOTT		15 <sup>TH</sup>	H RENTON
	25 <sup>TH</sup>	D SCOTT		22 <sup>ND</sup>	F WILKIE
				29 <sup>TH</sup>	E LAIDLAW

Many thanks to all who donated flowers to the Church each week. They truly enhance both the Church and all who receive them feel a real boost from being remembered.

**If you would like to discuss anything about the flowers please contact me on 0131 663 1825**

**Irene Ramsay  
Flower Convener**

## Ode de Toilette

In the year of our Lord;  
eighteen hundred and twenty,  
a new church was built  
to house the plenty:

Four walls and a roof  
with a tower on top  
but one thing was missing –  
a toilet block.

So down through the years,  
as folks came and went,  
nowhere at Cockpen  
could a penny be spent.

The Board was convened  
to look to the future.  
How could they address  
the call of nature?

A plan was drawn up  
to change the use  
of an unused building –  
the 'auld boiler hoose'.

Much money was gathered  
from here and from there  
to convert that old building  
so long laid bare

So it's out with the coal  
and in with the pan.  
Oh! What a relief  
for each woman and man

In the year of our Lord  
two thousand and eight,  
isn't it wonderful –  
isn't it great:

Four walls and a roof  
with a tower on top  
and now out the back –  
a toilet block.

## McGonagall of Cockpen



## Thank You, Jean

First of all we would like to thank Jean and Andrew Sharpe for all the work they have done on the Church Magazine over the years. Jean has decided to hand over her editor's hat to Willie Tulloch and John Adamson and hopefully they will receive as much support as Jean has had from all at Cockpen & Carrington. Thank you very much, Jean.

This edition is a bit of a hybrid as we have a new printer and have yet to sort out the best way of providing him with the material which comes to us both electronically and on scraps of paper. We are also investigating the best layout to keep costs down. These issues will hopefully be resolved before the Harvest Edition.

On the subject of keeping costs down and improving our Green "carbon footprint", if you would like to receive an e-mail version of the magazine or would be just as happy to read it on the Church websites, please let one of the editors know.

If you have access to a PC, it would also be helpful if you could e-mail future contributions to:

[magazine@church.cockpen.co.uk](mailto:magazine@church.cockpen.co.uk)

If not, then don't worry, we will continue to include all material as before.

Many thanks,

The Editors.

## George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four **and a half!**" You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm **gonna be 16!**" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . You **become 21**. Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**

But then you **turn 30**. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You **BECOME 21**, you **TURN 30**, then you're **PUSHING 40**. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH 50** and your dreams are gone.

**But wait!!!** You **MAKE it** to 60. You didn't think you would!

So you **BECOME 21**, **TURN 30**, **PUSH 40**, **REACH 50** and **MAKE it** to 60.

You've built up so much speed that you **HIT 70!** After that it's a day-by-day thing; you HIT Wednesday!

You **get into** your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30 ; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I **Was JUST 92.**"

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!

### HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the **devil's** name is **Alzheimer's**.
4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. **Your home is your refuge.**
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity.**

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.



## Religion, religious practice and our response to suicide

Traditionally all major religious faiths have deemed suicide to be against their teaching. In Christianity, St Thomas Aquinas outlined three reasons why it should be considered sinful:

- It is against natural law because everything in nature resists corruption and death for as long as it can.
- Since every part belongs to a whole and every individual is part of society, suicide deprives society of something which belongs to it.
- Human life is given by God and suicide is therefore a sin against God.

However the weakening of religious influence in Western culture has extended, until recently, to a greater acceptability of and rising incidence of suicide. In France suicide was decriminalized at the time of the French Revolution (1789) but only in 1961 in England and Wales with the passing of the Suicide Act (not applicable to Scotland) and in 1993 in the Republic of Ireland.

Although religious belief and practice has often been considered and found to be protective against suicide, there are reasons too why this may not be so.

- Religious ideologies that emphasize people's essential badness – that is "original sin" foster self hatred and feelings of worthlessness that predispose to a great deal of psychological pain which is a key to self harm.
- Those who adhere to a faith may be more reluctant than others to disclose suicidal thoughts and impulses and therefore more difficult to help with life enhancement approaches.
- Religious perceptions of the impact and significance of death as a gateway to a better world and higher level of existence, may provide additional motivation for suicide (if doctrinal teachings against suicide are unknown or disregarded) to add to other concepts of or motivations for dying.

Religious – reunion with others who have gone before and a higher level of existence.

Secular – dreamless sleep, nothingness.

A way of escaping from a persecutory enemy, interior or exterior, real or imagined.

Destruction of an enemy who seems to have taken up residence in the person's body or some other part of him/her.

Means of getting revenge on someone who has caused critical hurt to the person, visualizing his or her suffering through induced guilt.

Some of these perceptions are psychotic in nature to a degree and it is well established that a major risk factor for suicide is acute or chronic mental distress.

Added to the above considerations, the fundamental themes of the teaching of Jesus impel efforts at suicide awareness and prevention:

- Belief in the dignity of all human beings as children of God.
- An overwhelming sense of urgency to do one's duty without delay.
- A sanctification of the here and now, a stress on immediacy of action.
- An expression of love of God through love of one's neighbour.

In recent months the media have drawn attention to the existence of many suicide encouraging and memorial sites on the Internet and the existence of suicide "clusters" such as that in Bridgend, South Wales, where young people seem to have been influencing each other into self-destruction. The campaign and support group Papyrus is now pressing the Government to amend the law to make it illegal for Internet sites to publish material aimed at enabling suicide, as the 1961 Act is ineffective in this context. However, of more immediate and practical relevance is the availability of awareness raising and skills training through the Scottish Executive's 10 year "Choose Life" national plan and programme launched in December 2002. This has the aim of reducing the national rate of suicide in Scotland by 20% by 2013. For information about the campaign, awareness raising and skills training, access [www.chooselife.net](http://www.chooselife.net) or 0141 242 0376 or the "Choose Life" Midlothian co-ordinator Simon Miller on 0131 663 1616.

One of the measures taken under this initiative has been the delivery of a training workshop called ASIST (Applied Suicide Intervention Skills Training) aimed at equipping people to recognize and respond

effectively to suicide risk in others. Others include support for free phone help lines such as Breathing Space at 0800 83 85 87.

Four kinds of warning signals have been noted as suicide risk alerts:

- Situations, indicated by loss of job, death of companion or relative or anniversary of these, bad news about health, role or health problems.
- Behaviours, giving away possessions, making a will, both without previous discussion or indication of intent, loss of interest in previous activities or enthusiasms for no apparent reason.
- Symptoms, withdrawal from engagement, loss of concentration, despondence, development of calmness for previous agitation, depressive symptoms such as changes in eating or sleeping patterns.
- Verbal warnings, overt or covert in the form of statements about death or leaving or frequent references to people who have died.

Appropriate responses all involve attempting to establish a Safe Plan, with and for the person as discussed at length in the ASIST programme. Essentially this means disabling any specific suicide plan revealed by the person, linking the person to support resources and easing the psychological pain from which the person is likely to be suffering. According to Edwin Shneidman, Professor of Thanatology Emeritus at the University of California at Los Angeles School of Medicine, suicide rests largely on psychological pain which has become unbearable. The source of this psychological pain or "psychache" as he terms it, is frustrated psychological need. The response called for is to identify and relieve the particular need which is not being met. In his analysis we all have vital psychological needs which vary in kind, composition and intensity from person to person. Ten or twelve of these are implicated in suicide. The therapy for a suicidal person is framed to address the frustrated need(s) that fuel the psychological pain which drives suicidal thoughts and impulses. To illustrate his theme Shneidman identified several historical figures and asked specialist authorities, historians, psychologists and psychiatrists, to give each a psychological needs rating or profile. Hitler was found to score high in the need to achieve, express aggression and overcome opposition and make up for a sense of loss and perceived injustice by getting even. Marilyn Monroe rated highly on exhibitionism and needing to be the centre of attention, be noticed, and fascinate others and to be loved and looked after. Vincent van Gogh rated highly on the need to achieve, the need for self abasement, to belittle self and submit to others, as well as the need both to look after others and be looked after himself.

Shneidman's analysis may go some way to understanding the series of eight self hangings by young people in Bridgend over the past year, though the local coroner has described them as "coincidence". The role of the Internet and suicide information and memorial websites has been variously described as "significant" and "irrelevant". However it is arguable that the needs for affiliation: - attachment to others, a sense of belonging, group membership and exhibition: - to be noticed, heard and draw attention; may well be involved when there is a series of suicides of people known to each other, or when suicidal acts are given prominent media cover. If these needs are not being adequately met for the people concerned and if their fulfilment is of crucial significance to them, then self destructive thoughts and impulses may result.

Bill MacDonald  
Registered Mental Nurse  
Royal Edinburgh Hospital

## SEASONAL FAYRE

Here's an extremely easy and warming dish which you can make in advance and simply finish off just before you are ready to eat and an indulgent pudding with variations.

### Beef and Courgette Casserole

3 medium courgettes, sliced	16 oz passata or a 14 oz can chopped tomatoes
8 oz sliced mushrooms	1 tablespoon plain flour
1 green pepper, diced	1/2 teaspoon oregano
1 lb good quality minced beef	1/2 teaspoon dried basil
2 tablespoons olive oil	1/2 teaspoon salt
1 small onion, chopped	8 oz shredded mozzarella or grated cheddar cheese

Heat oil in a large pan. Sauté the courgettes, mushrooms and green pepper until crisp but not brown, about 5 minutes. Remove from pan.

Cook onion and minced beef until the beef is browned, stirring as you cook. Drain off excess fat then pour in passata or tomatoes, stir in flour and seasonings. Reduce heat and simmer for about 5 minutes, stirring occasionally.

Grease a 12" x 8" roasting pan or a large, shallow casserole dish. Layer half the courgette mixture in bottom of prepared pan, followed by half the meat mixture, half the cheese, then the remaining courgette mix and the remaining meat - do not put remaining cheese on top yet. (If making in advance, stop here.) Bake for 30 minutes, then sprinkle on remaining cheese, bake for about 5 more minutes or until the cheese melts and browns.

Serve with mashed potatoes and vegetables of your choice.

### American Cream Pie

(cups are American size but as long as you use the same throughout it won't matter)

The basic recipe:

3/4 cup sugar	2 eggs or 3 egg yolks
1/3 cup plain flour	1 tbsp butter
1/4 tsp salt	1 tsp vanilla essence
2 cups milk	1 baked and cooled 9 in pastry shell (try Tesco's!)

Whipped cream to top pie

In a medium saucepan, mix sugar, flour and salt. Stir in 1 cup of milk, mix until smooth, and bring to a boil over medium heat, stirring constantly. Continue to stir until smooth and thickened, about 2 minutes, then remove from heat. Beat the eggs or egg yolks with the remaining cup of milk. Add a small amount of the slightly cooled milk mixture to the egg mixture then blend this into the larger saucepan with the cooling milk mixture. Return saucepan to the heat and bring to a boil again, stirring constantly, lower heat and simmer until mixture thickens a bit more, about 1 minute. Remove from the heat and stir in butter and vanilla essence. Cool slightly, add the flavouring of your choice and pour into the baked pie shell. Cool completely then cover top of pie with sweetened whipped cream.

### Cream Pie Variations

#### **Chocolate Cream Pie**

Make basic filling and add 1/2 cup semi-sweet chocolate chips to hot filling in pan. Stir until chocolate melts completely.

#### **Banana Cream Pie**

Make basic filling, cool. Slice 2 or 3 bananas into bottom of pie shell. Pour cooled basic filling (or chocolate filling) on top.

#### **Coconut Cream Pie**

Stir 1 cup flaked or dessicated coconut into basic filling just before pouring into pie shell. Sprinkled toasted coconut on top of the whipped cream for a beautiful and tasty presentation.

#### **Butterscotch Cream Pie** (recommended by Denise!)

Substitute 3/4 cup firmly packed brown sugar instead of white sugar in basic filling recipe, and increase the butter to 3 tablespoons. Cook in the same manner as the basic filling.

## FOR THE CHILDREN

Here is an Easter card for you to make. Cut out the card (ask a grown-up to help you) and then colour in the picture. Now fold the card along the dotted line and your card is ready to send.

