



# GREYFRIARS COMMUNITY NEWS

Keeping you up to date with what's going on in and around Greyfriars Kirk

The **Minister**, Richard Frazer, or **Associate Minister**, Ken Luscombe, are happy to speak to anyone to discuss any matter, whether you are a member or not. Please contact either:

- Richard on 07715 069 041 or by email at [minister@greyfriarskirk.com](mailto:minister@greyfriarskirk.com), or
- Ken on 07488 258 875 or by email at [associateminister@greyfriarskirk.com](mailto:associateminister@greyfriarskirk.com).

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## THIS SUNDAY: 29 AUGUST 2021

**11.00 am** Open-air (weather permitting) service of Holy Communion in the Kirkyard – no Track & Trace details required – see under **Urban Pilgrimage** below.  
Online Services -- watch on your YouTube channel at <https://bit.ly/greyfriarstv>.

## NEXT SUNDAY: 5 SEPTEMBER 2021

**9.30 am** Holy Communion at the Kirk - provide Track & Trace details at the door.

**11.00 am** Morning Worship at the Kirk - provide Track & Trace details at the door.

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## Midweek Prayers

We are delighted to announce that in-person Midweek Prayers have returned to Greyfriars Kirk. Join us each Thursday in the sanctuary from 1:10 - 1:30 pm for this special time of prayer and reflection.

## Kirk Summer Visitor Opening

The Kirk is open to visitors from 11.00 am to 3.00 pm daily except Sundays (with a short break for Midweek Prayers on a Thursday). Please keep checking the website for any days when the Kirk will be closed for other events at [greyfriarskirk.com/visit](http://greyfriarskirk.com/visit)

## Giving to the Kirk

With the church building closed to outside activity we are totally dependent on the generous financial support of our members, regular attenders, online visitors and friends. As we cannot circulate the usual offering plate as widely, the online alternative is through this link: <https://bit.ly/greyfriarsdonate>. Although headings on that page refer to Greyfriars Outreach, all donations will be used for the same general Greyfriars Kirk purposes as regular offerings; ministry, the Kirk building and staff. Many thanks.

If you are shopping on-line with AMAZON, please can you pay via AMAZON SMILE? This is their way of giving a proportion of your purchase amount right back to Greyfriars Kirk. Again, you can help the Kirk in this way without any monetary impact at all on your bank balance! All that you need to do is quote Greyfriars Kirk's Charity number, which is SC003761.

## **Study Service: Sundays at 7.00 pm**

The Study Service is taking a break in August, partly because of numbers on holiday, but also to give us a chance to consolidate what we have learned so far from the Gospel of John. Regular meetings will resume in September.

If you are interested in joining this special Zoom gathering, please get in touch to find out more: [www.greyfriarskirk.com/get-in-touch](http://www.greyfriarskirk.com/get-in-touch) or visit the [Study Service](#) page on our website.

## **Urban Pilgrimage: Herstory.**

This Sunday 29 August, The Local Church has organised the **Urban Pilgrimage: Herstory** event to remember and celebrate the stories of several women whose lives have positively helped to shape the city and world in which we live.

After the event, the outdoor service at 11.00 am in Greyfriars Kirkyard will be a Communion service, for which we would ask you to bring your own bread and wine or juice. After the service, you are very welcome to stay in the Kirkyard and eat a BYO picnic if you would like to.

After many months, it will be wonderful to have an opportunity to meet and worship with our ecumenical friends and partners once again!

## **Ecumenical Orchard/Weekend Gardening Group at GCP**

Our wonderful volunteers continue to take care of our apple and pear trees and complement the work of the GCP Herb Gardeners as well the beautiful quiet garden at St Columba's by the Castle. **The group will meet weekly on Saturday mornings from 10.30 to 12.30.** We run as a GCP group in ecumenical partnership, so GCP's Volunteer Co-ordinator Kevin Radzynski is the best person to contact if you want to join the group or be put in touch with the lead Volunteers for some digging, weeding, sowing, planting, growing, pruning and harvesting. Contact **Kevin** via [kevin@grassmarket.org](mailto:kevin@grassmarket.org) or text or call him on **07562 627 989**.

## **Grassmarket Community Project - Activities to Join in**

The GCP is running various online activities and from the 26th April a limited number of activities in the centre. These activities are a great opportunity to socialise with others in the Greyfriars and Grassmarket communities, learn something interesting, or have a bit of fun! Online there is Scottish History, Community Choir, a book group, cinema chat, mindfulness and more. There are also coffee break sessions, at which it's always particularly nice to see some new face, and good for those that just want to drop in for a bit. In person activities include Art, Reading and Writing, Tartan Skills and IT where people are gaining skills to go online as well as many other useful tips.

Check all these out here: [Plan C – Grassmarket Community Project](#). You are very warmly welcome to join in! If you'd like any more information, to receive the regular community bulletin saying what's on, or to speak to someone at the GCP, you can call 0131 225 3626 or email [info@grassmarket.org](mailto:info@grassmarket.org).

## What's your positive moment for the week?

"A healthy outside starts from the inside"- *Robert Urich*

Health and Wellbeing on Wednesday afternoons start with an invitation to share a positive from our week. Each person reflects and shares a moment. Perhaps it's the numerous miles a member trekked, a phone call with a friend, noticing a bird singing or a moment of helping a friend. A safe space is created and Hazel, the tutor, leads the group through subjects that were chosen at the beginning of the programme. We've covered a mass of subjects including stress, sleep, healthy eating, time management, creativity and much, much more. As is seen so often in the Grassmarket Community Project, it is all in the little moments and every so often a member will open up in a way you didn't expect. Each session ends with a poem chosen for its view on life and its optimistic or sentimental nature. Members take turns to join in, reading a line to finish off the session. An extra pair of hands would be so useful for supporting members to engage through writing down thoughts or even to grab the hot water for tea break. If one thing the last 18 months has taught us, it is the importance of our health and wellbeing, so we believe more than ever in the vitality of this group and the space it gives to keep well.

Contact Kevin Radzynski to get involved:

[kevin@grassmarket.org](mailto:kevin@grassmarket.org)

07562 627 989

Eilidh Jones, intern and student at the GCP

## Pastoral Care at Greyfriars Kirk

The Kirk's pastoral volunteers enjoy staying in touch with the congregation and community. If you would like a chat, please contact Ken Luscombe (contact details at the top of this newsletter).

***If you would like to send in any comments, ideas, requests or queries, please email the office at [communications@greyfriarskirk.com](mailto:communications@greyfriarskirk.com). Any thoughts, large or small, very welcome.***