

ST. NINIANS OLD PARISH CHURCH

PARISHIONER

SUMMER 2023



Helpful Contacts

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From the Manse

Dear Friends,

As I write this pastoral letter, the General Assembly of 2023 has not long concluded its business, and I am in the process of reflecting on some of the reports that were given and debates that took place.

There is no denying the fact that the Church is going through a challenging time, and that we are in 'choppy waters' as we seek to navigate the way forward.

In the report of the Assembly Trustees, I learned the following facts;

There is around a 10,000 reduction in our membership numbers each year.

Approximately 60,000 people worship in person on a Sunday. (Pre pandemic it was 88,000).

The vast majority of our Ministers are over the age of 50 and it is estimated that 40-50% of them could retire in the next ten years. (I am one of them!)

At our current rate of securing new Ministers (20-30 per year) we will have more vacancies than ever before.

We have somewhere in the region of 4,500 – 5,000 buildings to maintain and pay for.

Other than its reserves, the Church's main source of funding comes from its congregations. If congregational income falls off as quickly as is currently predicted, then the only means of paying Ministers stipends and staff salaries will be from the Church's General Fund. Based on our estimates, the General Fund will be extinguished by 2026-2027 depending upon the assumptions used.



Given the situation in which the Church finds itself, the question has to be asked, what can we do?

For some, there is the mindset that we have always done things a certain way and that is how we should continue.

For others, there is a view that no matter what we do, the future will be bleak and we have to be realistic about that. We live in an increasingly secular society which no longer accepts the Church has a part to play in the life of our villages, towns or cities.

And there are others who, recognising the seriousness of the situation we find ourselves in, believe that if we adapt and change, the future could be exciting as we endeavour to work together, use the gifts God has given to us, and focus more on mission than maintenance.

In listening to the report of the Assembly Trustees, I was taken with comments made by the Trustees Convener, the Rev David Cameron.

He told the General Assembly that it was a 'critical time' for the church but encouraged Commissioners to imagine an exciting future.

'Imagine Church where members are enthusiastic about doing things differently,' he said.

'Imagine listening to one another and dreaming bold dreams and having the energy and encouragement to experiment and learn in the process. Imagine being able to move forward in positive ways, tackling serious issues of the day, responding to the real need in Scotland. Imagine finding a creative way of getting different people with different views together to create a different future.'

Recently we celebrated Pentecost and the coming of the Holy Spirit. That great event marked the birth of the Church. It is an event cloaked in 'mystery' but clearly something very significant happened as the followers of Jesus emerged from the shadows and began to bear testimony to Jesus and his life, death and resurrection. Previous to the coming of the Holy Spirit, they had been frightened and looked to the future with a sense of foreboding. But now, equipped and empowered, they went on to continue the work of Jesus. It was not an easy task, for while the Church

certainly grew, many suffered and died because of their faith, but those first followers continued to put their trust in God, they remained resolute and God blessed their endeavours.

Though traditional by nature, I do not believe the status quo is an option for the Church of Scotland, and while I have some concerns about the future direction of the Church, I am also of the view that keeping the best of our traditions, we can adapt and change so that we will be better able to be the Church, the living, breathing, body of Christ today. Perhaps, what we need is a 'rebirth' which, though painful, will lead to new life and growth, and make us better able to serve our communities in a way that is relevant and meaningful.

I find great comfort in the knowledge that as the Holy Spirit equipped and empowered the first followers of Jesus, so that same Holy Spirit is with us and will guide us, his followers today. But there are questions to ask; will we be open to that guidance? Will we be sensitive to what God is saying to us at this time? Will we maintain our trust in God and have the courage to adapt and change in order that we might be able to continue the work of Jesus Christ in our day?

I close with these words from Hymn 603. Let us make them our prayer at this time;

*'Fill us with your grace and goodness,
God the Father, Spirit, Son;
in us, through us, now and always,
may your perfect will be done.'*

I send you my warmest good wishes and assure you of my prayers and commitment.

Your Friend and Minister,

Gary J McIntyre

Services

Services are held at 10:30am on a Sunday morning.

The Sacrament of Holy Communion is celebrated on the second Sunday of March, June, and September and on the first Sunday of December.

There is a further opportunity for fellowship in the Parish Halls on the third Sunday of the month when tea, coffee and biscuits (sometimes home baking!) are served.

Services are held on the fourth Wednesday of the month (apart from July and August) in Eccles Court at 2pm and Westerlands Care home at 3pm. Our friends in Roselea Court Care Home join us for worship via the livestream on a Sunday morning.

Services can be watched on the Church YouTube channel either on a Sunday morning or later in the day or week.

Kirk O' Muir



The service at Kirk O' Muir is held on the first Sunday of August at 12 noon. However, we have been informed by Stirling Council that the UCI Cycling World Championships will take place in Scotland in August, and that the Men's Elite Road Race will pass through Carron Valley on Sunday 6th August at around 11:20am. Given that the road will be closed to cars around this time, the Kirk Session has

decided that the service will be held at the later time of 1pm. The service in the Old Parish will therefore be at the normal time of 10:30am on the 6th of August and not 10am as usually happens on Kirk O' Muir Sunday.

The Kirk Session

The Kirk Session will meet in the Parish Halls at 7:30pm on Tuesday 19th September, Tuesday 21st November, Tuesday 30th January, Tuesday 19th March and Tuesday 18th June.

The 8th Stirling (St Ninians) Company of the Boys' Brigade

8th Stirling Boys' Brigade at St Ninians Old Parish Church has just rounded off another fantastic year. The company is very strong in numbers and it's been great to see so many boys coming along each week to join the adventure.



This year, the boys have taken part in many activities regarding the Royal family, especially after hearing our Queen and patron of the Boys' Brigade had passed away at the start of our term, and then later learning about the Coronation. They've also taken part in LEGO events, ten pin bowling, tubing, and attended a number of sporting events too!

This year also saw the return of our Boys' Brigade Camp, with our Company boys and leaders venturing to Tighnabraich during Easter. The trip was organised by the leader in charge of Company section, David Ross, and was a big success and enjoyed by all, both boys and leaders! A big thank you goes out to all the leaders that made this happen, we can't wait for next year - already in planning!



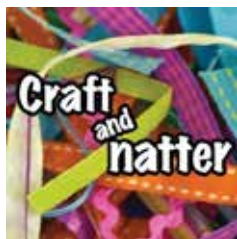
Our awards night was held at Stirling High School on 9th June, and we welcomed our Minister, the Rev Gary McIntyre along with our chief guests, Aaron and Janette Colthart to present the boys awarded badges and trophies. It's always a good

way to round off the year and get everyone together before summer. It was also Robbie Forsyth's last Closing Display as our Company Captain after standing

down following 4 years in the position. It's not goodbye though as Robbie intends to continue as leader in charge of our Anchors Section!

Now we look forward to our new session after the summer and to welcome old and new faces when we hold our Enrolment night on Friday 25th August at 7-8pm in the St Ninians Old Parish Church. The sessions will then resume on Wednesday 30th August at 6:15pm for Anchor Boys (P1-P3) and Friday 1st September at 6:45pm for Juniors (P4-P6), followed by Company Section (P7-S6) at 8pm. If you are interested in finding out more for either your children or about being a volunteer, email 8stirling@boys-brigade.org.uk!

Craft Group



The craft group will recommence on Thursday 17th August. We will be meeting in the middle room of the Parish Halls fortnightly from 7 – 9pm. This is an informal friendly group and a time of fellowship while we busy ourselves with our crafts.

Why not come along with your needles, crochet, knitting, sewing, or whatever you enjoy and have a good natter.

Please feel free to message Janette or phone on 07917133109.

Social and Fundraising Committee

We would like to thank everyone who attended the Afternoon Tea in May to commemorate the coronation of King Charles III. Also many thanks to all who contributed the great amount of sandwiches and home baking.



There will be a barbecue held in the Manse Garden on Saturday 22 July from 3.00pm - 6.00pm, tickets priced £14 will be on sale at Church during June and July. Please bring your chair with you.

The Soup & Sandwich Lunches will restart in October.

Sunday Club

It has been another busy term at Sunday Club.

As the last edition of the Parishioner went to print we were looking forward to making Mother's Day cards. We made cards and little boxes that we popped some sweet treats inside for our Sunday Club Mums. We had a lot of fun making these and we hope the Mum's liked them too.



The other craft activity that we did and really enjoyed was making stained glass windows. These can be seen on the wall of the main hall in the Parish Halls along with some of the other craft activities we have enjoyed creating over this session.



This term we have learned about the Ten Commandments and learned that these are rules that God gave to Moses.

Over Christian Aid week we talked about the work of Christian Aid and learned about Esther and her crop of pigeon peas. With the support of Christian Aid Esther and other farmers in the area have been able to work together as a cooperative and get a better price for their crops.

We also planted some bean and courgette seeds. We have taken these home and hope we will be able to plant them in the planters outside the Parish Halls when the seedlings are a bit bigger. Excitingly, there are some reports that the seedlings have broken the soil.

We have been lucky with the weather on a couple of the Sunday's, and it has been much too nice to stay inside the Parish Halls, so we went outside and



talked about our Church Bell Tower, tidied our planters, planted some wildflower bombs and watered the plants.

After the disruption during the pandemic it has been great to be able to have Sunday Club running every term this year. Prize giving was our last gathering for the session and we are looking forward to the

summer holidays. We will start back on Sunday 20th August.

Thank you to all our Sunday Club families for their support over the year and we wish all our Sunday Club families a wonderful summer break.

Sunday Club is for children from Nursery School through to Primary 7, younger children can attend our crèche. We would love new families to join our Sunday Club family.

Tuesday Group

MIRANDA MILLER

Last year, the group met once a month in the afternoon from September to March.

The new format of afternoon meetings instead of evenings was well received, therefore the group will continue to meet in the Parish Halls at 2.00pm on the last Tuesday of the month from September to March. Exceptions to that will be the Scot's night and the Burns supper.

The first meeting will be held on Tuesday the 26th of September. An afternoon tea will be served at a cost of £1.00. Tickets will be on sale nearer the time. The nominal cost is to ascertain the numbers attending.



To cover further costs of tea, coffee, etc an annual subscription of £5 would be greatly appreciated.

The committee would like to thank all who attended last year and look forward to welcoming you back in the new session. All are welcome.

Friendship Lunches

Stirling Kirks Together Friendship Lunches will continue through the summer in Park Church Hall. They are on the second Wednesday of the month, the dates being;

- Wednesday 14th June
- Wednesday 12th July
- Wednesday 9th August
- Wednesday 13th September



They run from 12noon until 1:30pm and an optional donation of £2.50 can be made.

Come along for conversation, fellowship, soup & rolls, coffee, tea and home baking.

For further information contact Johan Stirling on 01786 461571.

Christian Aid

ELAINE WALKER



Many thanks to everyone in the congregation who, on the occasion of Christian Aid Week, gave so generously to our collection.

A wonderful amount of £677 was raised.

I also extend my thanks to the many people who gave online.

Without your generosity the charity would be unable to continue their work.

The Leprosy Mission



As many will be aware we at St. Ninians Old Parish Church have collected stamps for several years and donated these to The Leprosy Mission.

Following our most recent donation, Mr Arthur Walls, who coordinated these collections for us, received a letter from The Leprosy Mission thanking us for our donation but also indicating that they have had to take the difficult decision to close the stamps and collectibles department.

This is not a decision they have taken lightly as over the years this department has raised an astounding amount of funds for the mission. In recent years however the value of the stamps has changed so significantly they had to act. With the introduction of barcoded stamps, many other charities and stamp collectors have also stopped collecting like they used to. The Leprosy Mission have felt the impact of this and therefore made the difficult decision to also stop.

This means that we will no longer be collecting stamps. Thank you to everyone who has donated stamps over the years and thank you to Arthur for coordinating these collections for us.

Photo Gallery

IAN CAIRNS

Sheila and I saw this beautiful flower in an 18th century greenhouse in the grounds of Kames Castle in Port Bannatyne, Isle of Bute.

It would not be out of place in a tropical garden.

It is called a Passion flower.



Dunkeld

LESLIE ASHER

I recently visited Dunkeld and Dunkeld Cathedral, a place myself and my family enjoyed visiting on many occasions. We would take a picnic, spend the day in Dunkeld and have our picnic in the grounds of Dunkeld Cathedral on the banks of the river Tay. An idyllic spot.



On my recent solo visit, the Cathedral was partially open as it is undergoing major works and there was a wedding in progress so I couldn't gain access. It is owned by Historic Environment Scotland but is still used as the towns Church of Scotland Parish Church with services every Sunday, and the Little Dunkeld Church being used during the winter months.



The building of the Cathedral started in 1260 and was not completed until 1501. The current minister is the Reverend R.Fraser Penny who has been there since 2001.

As I was standing admiring the building, I suddenly realised it is now part of the new Presbytery of Perth as is St Ninians Old and I felt an immediate connection to a building myself and my family had visited and admired for many years.

Going forward if the new Presbytery of Perth is to be a success, we have to feel connected and comfortable with our new larger Church Family.

Parish Questionnaire

WE WANT TO HEAR FROM YOU



Scan me!

You should have recently received a questionnaire delivered to you by your district elder.

You may be aware of some of the challenges facing the Church of Scotland at this time. A decline in membership and giving, along with a reduction in the number of Ministers, is having an impact on the Church both nationally and locally.

In light of this, the Kirk Session of St Ninians Old decided it would be good to reach out in order that we can gauge your thoughts about the Church. To do this, the questionnaire was compiled. The questionnaire asks your views

and opinions on the Church in general as well as aspects specific to St Ninians Old. It is our hope that you will take time to answer the questions and, if you wish, to make additional comments. This will greatly help the Kirk Session as we plan for the future.

You can either complete the paper copy of the questionnaire that was delivered to you or you can complete the questionnaire online. You can find the questionnaire online by scanning the QR code with the QR scanner that most mobile phones have these days. If you complete the paper copy, there will be a box in the vestibule of the Church that you can place your completed questionnaire in.

We would be grateful if all questionnaires could be completed and returned by Monday 31st July.

We thank all who support the Church and ask for your prayers as we seek to better serve the congregation and the wider community in the name of Jesus Christ.

Photo Gallery

STAG NIGHT IN LOCHRANZA

The Deer roam freely now and are often seen on the Golf Course watching the Golfers Play.



THE TIN KIRK PIRNMILL



I have fond memories of this Kirk as it's where I took my first Communion in June 1968. The minister was the Rev. James L. Dow. Unfortunately, the last service was held in January 2023 having served the Village for more than 100 years.

Boys' Brigade Battalion Annual Service



It was great to welcome the Stirling & Clackmannanshire Boys' Brigade Battalion on Sunday 25th March to St.Ninians Old Parish.

Our 8th Stirling Boys Brigade Company were the hosts of this year's Annual Battalion parade and service.

The parade marched from Stirling High School led by the excellent 25th Stirling

(Dunblane) Boys' Brigade band and the Colour Party was provided by our 8th Stirling Company, who were very smart and did a fabulous job.

The service was led by Rev. Gary McIntyre and the Battalion President Rev. Iain Goring.

The collection was for Start Up Stirling.



Stirling Kirks Together Charity Coffee Morning

SATURDAY 19th AUGUST 10:00AM-12 NOON

Stirling Kirks Together are hosting a Charity Coffee Morning on Saturday 19th August from 10:00am – 12 noon in Park Church Hall, Stirling, FK8 2NA.



The coffee morning is being run to raise funds for Stirling Street Pastors and Start Up Stirling.

Entry is by donation. Come along and enjoy tea, coffee, juice, home baking and conversation.

Please contact Freda Smart on 07813 659043 with offers of help or donations of home baking.

Treasurers Report to the Stated Annual General Meeting 11th June 2023

EDWARD MORTON

Moderator. I report to the Congregation of St Ninians Old Parish Church on the accounts for the year ended 31st December 2022.

At the outset, I wish to thank the Minister, the Rev Gary McIntyre and the Kirk Session for their invaluable support and assistance throughout another very challenging year. I also wish to thank publicly Mr Ewen Cameron for his assistance and guidance in preparing the report before you, which involved a change of style from fully accrued accounts to receipts and payments, and not least, Mr Roy Hogg, our auditor, who gives freely of his time to check our records. The Church is blessed indeed to have the services of all these people.

The Trustees report has been prepared in accordance with all the requirements of current Church and Charity legislation, and has already been approved by the Trustees at its meeting held on Sunday 28th May 2023.

The first page of the report sets out the objectives and Activities of the Charity and is followed by the section entitled Achievements and Performance. Reference is made to the important work of Outreach and in 2022, the Congregation supported WaterAid, the Blythswood Care Christmas Shoebox Appeal, Christian Aid, Erskine Hospital, the Salvation Army, Start Up Stirling and Strathcarron Hospice to the value of £4,723.

We are indebted to our Minister and our audio-visual team for providing online worship on a weekly basis. We are also indebted to all our committees for their work in ensuring that the life of the Church continues. Fellowship activities restarted following the pandemic restrictions and the Pastoral Care group continues to maintain contact with the elderly and housebound. The Trustees thank sincerely all those who continued to provide this invaluable support.

The report continues by giving a financial review and is followed by the risks to the Charity. I will speak to both of these when we consider the financial accounts.

In very broad terms, the Charity received a total unrestricted income of £126,841 (2021 = £137,432) but spent £114,762 (2021 = £93,323). That amounts to a surplus of £12,079 (2021 = £44,109).

The surplus arose from several factors: Our very generous congregation continued to support the work of the Church exceeding the budgeted forecast. As a result, tax revenue from Gift aided contributions exceeded the forecast. In addition, the Church benefited from legacies of £3,000.

We are extremely indebted to all those who give to the Church, a large proportion of whom now give by standing order, and the Trustees give thanks to all those who continue to support the life and work of the Church.

Expenditure on fabric maintenance was 19% higher than forecast, principally as a result of works carried forward from the previous year. Other items of expenditure were broadly in line with budget forecasts.

Receipts from hall rentals achieved 70% more than the forecast. When the budget was approved, the whole country was emerging from the pandemic. We take this opportunity to thank Dorothy Walker for all her work and encouraging our hall users to return to their usual occupancy and wish her a very happy retirement. The Trustees are delighted that Lorraine Reid has taken on the hall bookings, and we know that you will give her your full support.

The restricted funds of the Charity remain much the same as the previous year. The main contributor – the Tuesday Group has resumed its regular meetings.

Risks to Charity - In common with many other churches, the ageing profile of the congregation has led to the steady loss of donors to the Church, which is having a noticeable impact on voluntary income, and has only been manageable through the generosity of members of the congregation increasing their voluntary donations, and through careful management of expenditure. This is a long-term issue, and it is hoped it will also be mitigated by attracting new members to the congregation.

In summary, the charity brought forward total funds from 2021 of £114,972 and finished 2022 with £127,369 – a difference of £12,397 which is the operating surplus. This figure includes the surplus of £318 on the restricted funds.

Despite all the challenges of 2022, with uncertainties in the Church of Scotland and elsewhere in the world, the Charity remains in a strong financial state and looks forward to 2023 with optimism.

Photo Gallery

STEVEN REID



Scottish Independence

The Church of Scotland has decided it would be unwise to take a corporate position on Scottish Independence and on whether a new referendum should be held.



The General Assembly reaffirmed a policy position to remain impartial which was taken 10 years ago.

Commissioners endorsed a recommendation brought forward by the Faith Impact Forum which acknowledged that Church membership was made up of people who are passionate supporters of Independence, passionate defenders of the Union and many who are undecided.

A report to the General Assembly stated: "The Forum believes it would be unwise for the Church to take a corporate position for or against independence at this time."

"If the Church were to express an opinion on the highly politicised and controversial debate about whether or how there should be a referendum, or if the next UK Parliament election should or should not be considered a de facto

referendum, there is a real risk of alienating a large section of society and impairing the mission of the Church.”

BUILD BRIDGES

"It is also likely to severely impede our role as an institution that builds bridges across the constitutional and party-political divides and our role in society as a safe space that puts the highest interests of the people above the political rifts of the day."

Speaking after General Assembly commissioners reaffirmed the policy, Rev Karen Hendry, convener of the Faith Impact Forum, said: "The Church has an important civic role to play in the debate about Scotland's future – in terms of helping the nation think about its values, hopes and vision.

"Impartiality does not mean neutrality or non-interest; on the contrary we seek to provide spaces for constructive dialogue and to help people recognise that we have more in common than that which divides us."

"In line with the position taken by the General Assembly 10 years ago, we have reaffirmed our position of impartiality on the question of whether Scotland should become an independent country."

"This allows us to build bridges and hold honest conversations with political movements on both sides of this divide, to remind them that despite their differences they must always seek the highest interests of the people."

"Our position of impartiality reflects the fact that there will be members and ministers of the Kirk who hold contrary views on this question."

The Cross in My Pocket



With thanks to Arthur Walls for sending in this image of *The Cross in My Pocket* a poem by Verna Mae Thomas. We have recreated the text below.

You might like to cut the poem out and carry it with you.

The Cross in My Pocket

I CARRY A CROSS IN MY POCKET,
A SIMPLE REMINDER TO ME,
OF THE FACT THAT I AM A CHRISTIAN
NO MATTER WHERE I MAY BE.

THIS LITTLE CROSS IS NOT MAGIC
NOR IS IT A GOOD LUCK CHARM;
IT ISN'T MEANT TO PROTECT ME
FROM EVERY PHYSICAL HARM.

IT IS NOT FOR IDENTIFICATION
FOR ALL THE WORLD TO SEE.
IT'S SIMPLY AN UNDERSTANDING
BETWEEN MY SAVIOUR AND ME.

WHEN I PUT MY HAND IN MY POCKET
TO BRING OUT A COIN OR A KEY,
THE CROSS IS THERE TO REMIND ME
OF THE PRICE HE PAID FOR ME.

IT REMINDS ME TOO, TO BE THANKFUL
FOR MY BLESSINGS DAY BY DAY,
AND TO STRIVE TO SERVE HIM BETTER
IN ALL THAT I DO OR SAY.

IT'S ALSO A DAILY REMINDER
OF THE PEACE AND COMFORT I SHARE
WITH ALL WHO KNOW MY MASTER
AND GIVE THEMSELVES TO HIS CARE.

SO I CARRY A CROSS IN MY POCKET
REMINING NO ONE BUT ME
THAT JESUS CHRIST IS THE LORD OF MY
LIFE
IF ONLY I'LL LET HIM BE.





A Prayer for Peace and Rest

God, it's easy for me to worry about circumstances in my life.
Each day, help me to remember that You are always in control.
Today, I'm trusting in your provision, protection, and plans for me.
Because I know You care about every need and desire I have-I know I can rest.
Give me peace as I give You control of my life.
In Jesus' name, Amen.

The Parish Halls

We are very fortunate to have the Parish Halls. The Halls are a great resource for our Church organisations and the wider community with many organisations running classes from the halls and local families hiring them for celebrations.

ACCOMODATION

Accessible building with three halls suitable for large and small meetings, concerts, talks, club meetings and parties (no alcohol except by prior arrangement).



Main Hall (16mx7m approx.)

Seating for 100-120 people; Stage; Excellent heating and lighting; Tables and chairs; Children's tables and chairs; Lectern available; Loop system.

Stage

Large stage with side access; Theatre standard coloured lights and spots; Black back and side curtains; Professional stage track and front

curtains; Electric operated large screen.

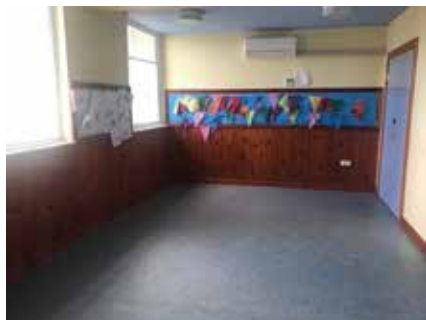
Middle Hall (6mx5m approx.)

Seating for 20-25; Excellent heating and lighting; Tables and chairs; Children's tables and chairs; Lectern available.



Front Hall (6mx3m approx.)

Seating for 10-15; Excellent heating and lighting; Tables and chairs; Children's tables and chairs; Lectern available.



Kitchen

Large kitchen; Hot water boiler;
Induction range cooker; Microwave;
Dishwasher; Fridge; Heated Cabinet;
Crockery & cutlery; Double sinks;
Serving hatch; Up to date with food
handling compliant regulations.



Toilets

Ladies toilet; Gents toilet; Baby changing
facility (in ladies toilet); Accessible toilet.

Features

Accessible building; Small, gated area outside Parish Halls for safe, supervised,
outdoor activities; Wheelchair available; Fire exits; Fire alarm system; Parking
area; Free WiFi; First Aid Kit; Performing Rights License, Performing Rights
Society (PRS) & Phonographic Performance Limited (PPL) compliant.

FEES

Main Hall – Single event - £20.00 per hour; Recurring event - £17.50 per hour
Front and Middle Halls: Single event - £15.00 per hour; Recurring event - £12.50

BOOKINGS

With Lorraine Reid (Halls Booking Convener)

email: hallsbookingmanager@stniniansold.org.uk

phone: 07300 332256

facebook message: m.me/stniniansold



Cheese and Apple Snack

LORRAINE REID

I came across this recipe again recently when I happened upon my old Home Economics Recipe Folder from school. So here is a circa 1983 recipe from the Home Economics class, word for word! I particularly like the bit about serving on a hot plate.

Ingredients

Quantity serves one person.

½ an Eating Apple
Shake of pepper
5g Margarine

25g Cheddar Cheese
1 slice of bread

Method

- Grate the cheese and put plate to heat.
- Cut crusts from bread.
- Wash apple and cut in half and remove core.
- Cut one slice from each piece of apple and set aside for decoration.
- Peel the skin from the remaining apple. Grate this apple coarsely.
- Using a fork mix apple, cheese and pepper.
- Toast bread on both sides and then butter on one side.
- Pile apple and cheese on toast and grill for about 1 minute.
- Decorate with apple slices and grill for a further minute. Serve on hot plate.

A decorative header with a light pink background. On the left and right sides, there are illustrations of two strawberries each. In the center, the word "RECIPES" is written in a large, black, hand-drawn, uppercase font.

RECIPES

Low Fat Brownies

Ingredients

Makes 16.

100g bar dark chocolate, 70% cocoa solids in squares
2 medium eggs
75g each golden caster sugar and light muscovado sugar
½ tsp coffee, dissolved in 1 tbsp hot water
1tsp vanilla extract
90g 0% fat Greek yogurt
90g plain flour
¼ tsp baking powder
15g cocoa powder
Icing sugar, for dusting
17cm square tin, lined with parchment

Method

Set the oven to 180°C/350°/ Gas Mark 4. Melt chocolate over a pan of hot water. If preferred, melt the chocolate in the microwave on a low heat in short bursts stirring every time. Cool for 5 mins.

Whisk the eggs with sugar until light. Stir in the chocolate, then the coffee, vanilla and yogurt. Gently fold in the sifted flour, baking powder and cocoa powder.

Smooth the mixture into the tin. Bake for 25-30 mins. Leave to cool. Cut into 16 squares. Dust with icing sugar.

The Parish Register

Baptism 'In the name of the Father, the Son and the Holy Spirit'

9th April 2023

Summer Elizabeth Mary Thornton, daughter of Dave and Linda

16th April 2023

Lily Catherine McIntosh, daughter of Gregor and Elaine

Deaths 'I go to prepare a place for you'

1st March 2023

Mr David Logan

89 Dorian Drive

Clarkston

Glasgow

4th March 2023

Mr Michael Hammond

40 MacDonald Drive

St Ninians

9th March 2023

Mr John D Beattie

75 Buntine Crescent

St Ninians (District 28)

15th March 2023

Mrs Dorothy MacLeod

Fairview Care Home

Bannockburn. (Formerly of 146 Bannockburn Road. District 15)

17th March 2023

Mr Archie Holmes

4K Mayfield Street

St Ninians

26th March 2023

Mrs Joyce McKenzie

Westerlands Care Home

Stirling. (Formerly of 25 Park Terrace. District 3)

28th March 2023
Mr Ian McBeth
15 Riverside Drive
Stirling

5th April 2023
Mr Alexander Cahoon
27F Newhouse
St Ninians

5th April 2023
Mr Peter Fisher
30 Grendon Court
Stirling

8th April 2023
Mrs Moira Taylor
Bankview Nursing Home. (Formerly of 19 Cedar Avenue. District 7)

30th April 2023
Mrs Betty Tullock
27c Rollock Street
Stirling

4th May 2023
Mr Dermott Muldoon
25 Ashbrae Gardens
Stirling

21st May 2023
Dr Andrew Harrower
1 Randolph Terrace
Stirling

23rd May 2023
Mr Jack Montgomery
3 Cunison Crescent
Stirling

3rd June 2023
Miss Janet McLeod
Fairview Care Home
Bannockburn. (Formerly of 10 Eccles Court. District 24)

Photo Gallery

CORONATION AFTERNOON TEA – 13th MAY 2023



Summer Word Search

1. Who preached at Pentecost?
2. Which member of the Jewish ruling council came to ask Jesus questions at night?
3. What were Daniel's three friends (Babylonian names)?
4. What was another name for the Apostle Paul?
5. Name the 9 Fruits of the Spirit.
6. What was the name of the woman who hid the spies at Jericho?
7. What should we "seek first"?
8. Which tribe of Israel received no inheritance of land?
9. Who went with Paul on his early mission trips?
10. In what city were Jesus' followers first called "Christians"?

Word Search

Answers to the questions above (20 Words)

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

ST. NINIANS OLD PARISH CHURCH

PARISHIONER

AUTUMN 2023



The Autumn Edition of the Parishioner
will be out early September.

Submission Date for Articles is:
Sunday 13th August

Thank you

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Stirling
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Scottish Charity Number SCO16320