

F OCUS

On GOD @ St. Andrew's Cathedral
December 2018 / January 2019



- The Festival of Christ Light
- Transforming power of love

February Focus Deadline



The deadline for the February issue of the Focus magazine will be Tuesday 29 January 2019

Many thanks to all those who contributed to make this issue of the Focus Magazine possible!

Please send your articles to Lynda at cathedral@aberdeen.anglican.org

Dusters at the ready.

We are planning a clean of the cathedral on Wednesday 12th December following the Holy Communion Service. We aim to start around 11oclock and it would be good to have some extra volunteers. The more volunteers we have the less time it will take.

Please bring your own dusters.

No experience required but must be enthusiastic. If you can help just bang on the vestry door around 11oclock or better still come to the 10am Communion Service. *Margaret Buyers*



Festival of Christ the Light

St Andrew's Cathedral, Aberdeen

28 King Street, Aberdeen AB24 5AX cathedral@aberdeen.anglican.org

6.30 pm Sunday, 2 December 2018

Advent Lessons and Carols

6.30 pm Sunday, 23 December 2018

Festival of Nine Lessons and Carols

11.30 pm Christmas Eve Midnight Mass

Midnight Sung Eucharist

10.00am Christmas Day

Tuesday, 25 December Family Sung Eucharist

6.30pm Sunday, 6 January 2019

Epiphany Carol Service



The Provost Ponders

By The Very Rev'd Dr Isaac Poobalan

Dear Friend,

On the Feast of Christ the King, our Bishop installed the Revd Gerry Bowyer and the Revd Vittoria Hancock as our Cathedral Canon and Licensed Evangelist Venessa Pinto as Pioneer. This marks the sovereignty of Christ in our church and in our world in many ways and I am mindful of how this worked out in our own diocese. On the 6th of January we celebrated the Feast of Epiphany. It was a momentous day in the diocese when we made the headlines. We journeyed from tumultuous Epiphany to joyful celebration of Christ the King. In between these two feasts, we had a bishop Consecrated, three Canons Installed, seven people Confirmed and the diocese in a place of healing. This is the reason we gathered to acknowledge and celebrate that Christ is our King on Sunday the 25th of November.

Christ is the King, therefore the Cathedral was able to facilitate days of prayers and vigils leading up to the Consecration of Anne as our bishop with confidence that all will be well and all shall be well and all manner of things shall be well. Given our experience this

year, I am confident that God who has entrusted us with the 'Ministry of Reconciliation' (2 Corinthians 5.18&19) will continue lead us into drawing the world into the community of reconciliation, provided we are willing and open as we have been this year. Our journey this year deserves a joyful celebration. I therefore invite you to celebrate the Festival of Christ Light.

The Festival of Christ Light season commences with Advent Carol Service on Sunday the 2nd December at 6.30pm. One of the highlights of the season is the Festival of Nine Lessons and Carols on Sunday the 23rd of December at 6.30pm. It culminates with the Celebration of Christ Mass, celebrating the birth of Christ Child, popularly known as Christmas.

May I wish to the richest blessings of Christ-Mass and ask you to ensure you are celebrating it in one of our Services. I warmly invite you to come to your cathedral church where our Celebrant and Preacher will be our bishop, which is her first here. The Festival season continues with Epiphany Carols on Sunday the 6th of January at

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6.30pm and it all culminates at the Candlemas, details of which will be available at the time. On each of these events, our bishop will be present and it would be good to keep this festival together.

The Annual General Meeting on the Feast of Christ the King was a blessing. Prof Andrew Morrisson highlighted the Challenges ahead of us. Please continue to keep the cathedral in your prayers as the challenge of increasing cost of maintenance and a revenue that does not keep up with the increase. The Trustees are taking various steps and your support through the Friends of the Cathedral will be very welcome.

Prof Gordon Graham who has been an active member of this diocese and now returned to Edinburgh after 10 years in Princeton Theological Seminary has taken on as the Director of Cathedral Development Programme following the departure of James Lyon. He has also taken responsibility to develop the Friends of the Cathedral. You will be receiving an invitation cards in the course of the coming weeks and months. Please commit yourself to praying

for the Cathedral and inviting a member of the family or a friend to become a 'Friend of the Cathedral.' Friendship is a commitment and works both ways. Please invite family and friends to our best seasonal services and ask them to sign up to be friends.

I am humbled by this immense privilege of serving at the Cathedral in this diocese. I feel more privileged and honoured to proclaim Sunday by Sunday, 'God is love and we are God's children.' There can be no greater privilege than reminding people who they truly are – God's children. We back this up with our life, the living liturgy.

Globally, Deliberate Self Harm (DSH) is the second largest cause of death next to Ischemic Heart Disease. We may not be able to stop this but we can prevent it by reminding people who they truly are and if they do not believe, show it in God's love revealed at Christmas. So, make this Christmas count by reminding someone they are God's beloved because Jesus made it possible. May God fill you with the joy of Christmas.

As ever, Isaac

Christ the King

25 November 2018 AGM and the Installation Cathedral Canons



On the Feast of Christ the King we celebrated the Installation of two Cathedral Canons and the Pioneer Evangelist. Capt Gerry Bowyer and the Revd Vittoria were made Canons and Vanessa Pinto was licensed as the Pioneer Evangelist.

The event marked a significant moment in the journey of the Diocese when healing and reconciliation possible in Christ alone was celebrated.

Let us pray that the work of healing in the Cathedral will continue to grow.



ABOVE from L-R: The Very Rev'd Isaac Poobalan, Revd Canon Capt Gerry Bowyer, Revd Canon Vittoria Hancock, Bishop Anne Dyer, Vanessa Pinto, Rev'd Canon Jeremy Paisey, and the Rev'd Canon Neil

Godly Play



December 2, 9, 16 –

Nativity Rehearsals and Advent Preparation in JSC
10.45am

Advent Nativity- Sunday 23rd December during morning Eucharist.
This will be the last Godly Play session until Sunday 13th January 2019.

Creche – Creche will be available for under 5's in the JSC as usual.

Rota for December 2018 and January 2019

December 2 nd –	Kathleen, Chioma & Oge
December 9 th –	Tracey, Linda & Mimi
December 16 th –	Moirra, Faustina & Nan
December 23 rd –	Christine, Davika & Blessing
December 30 th –	Kathleen, Catherine & Chioma
January 6 th –	Tracey, Oge & Linda
January 13 th –	Moirra, Nan & Mimi
January 20 th –	Christine, Faustina & Davika
January 27 th –	Kathleen, Chioma & Blessing



Creche with a difference. Godly Play for the Silver surfers

Informal Summary of the Trustees Meeting of 7 November 2018

AMENDMENT TO CONSTITUTION

Regina Jäschke suggested that the Constitution be amended to make the Director of Music an ex-officio member to ensure that the music department is adequately represented. The Trustees agreed to put this change to the Bishop and Constituent members of the congregation through the appropriate procedure.

FINANCIAL SUMMARY

Andrew Morrisson presented the 2017/18 financial summary in the format he proposed for the AGM. The Trustees agreed the financial statement format, with the addition of closing balances for both accounts at 30th September. The Trustees noted that it had been necessary to add a line item of increased congregational giving to balance the 2018/19 budget and that the additional amount required was £23k. They agreed that it was impossible to make such a large saving on expenditure, therefore, if the increase in giving was significantly below the target, it would be necessary to sell more investments. They also noted that this operational model was unsustainable in both the medium and the long term.

Derek Whatling suggested the annual reports, and particularly the cathedral's financial position, be shared with other churches around the Diocese and offered to take a lead in this after the AGM.

UPDATE ON DIRECTOR OF MUSIC POSITION

Regina Jäschke reported that we have two applicants who appear good on paper and will be interviewed on 22nd November. The interview panel will be herself, the Provost and Claire Morrisson. Andrew Morrisson will give them an introductory talk and tour before the interviews, which will include an organ practical and a session conducting the Trebles' Choir.

PROGRESS ON PROVISION OF TREASURER

AND PAYROLL SERVICES FOR 2019

Mark Edwards and Michael Stone will supervise the Cathedral's treasury functions, with Tam Dikibo acting as book-keeper. Payroll services will be provided by ACVO. ACVO may also be asked to prepare and/or audit the 2017/18 accounts. The Diocese are currently recruiting a new Treasurer. It is understood that part of the new Treasurer's role will be assisting churches within the Diocese in the preparation of accounts. It is expected that this support will be in place before the next OSCR submission deadline.

CATHEDRAL INCOME STRATEGY

Michael Stone reported that ACVO have provided the Cathedral with their 'Funding Strategy', which outlines fund-raising methods in the modern world. He proposed that all the Trustees review the document and send him feedback on which actions they feel should be adopted, differentiating between short and longer-term actions and focusing immediately on the short-term. These actions will be added to the Action Log and pursued urgently. Ian Long underlined the importance of progressing 3 or 4 effective short-term actions to ensure financial survival over the next two years. The Trustees agreed to have a more focussed agenda in meetings, in order to deliver these actions and achieve financial stability.

UPDATE ON MAINTENANCE AND COST OF DEVELOPING THE MERCHANT'S HOUSE

The Trustees agreed that the Cathedral would pay any additional cost of improving the lighting in the offices in the first instance and subsequently raise the money via an appeal. The Trustees thanked her for getting the quotes that formed the budgetary estimate of the cost of refurbishing the top two floors of the Merchant's House.

LETTING OF JSC AND PUBLISHING OF INFORMATION ON FACILITIES

Claire Morrisson reported that she had received negative feedback from members of the congregation involved in the Sunday morning creche and catering about the state of the JSC and kitchen after recent hiring by the Comedy Club. The Trustees agreed that in some cases it was unreasonable to expect organisations hiring the hall to return it to the state in which they found it. They also agreed that the catering team should be notified in advance of Saturday evening bookings that might involve significant re-configuration of the furniture, so that the catering could be transferred to the Suther Chapel on the following Sunday morning.

They also agreed that in extreme cases, a team of able-bodied volunteers should be assembled to re-configure the space as soon as possible after disruptive events.

Claire Morrisson had received a request from a member of the congregation that the flooring in the kitchen be trimmed round the edges, where it is no longer flat because it has stretched. The Provost agreed to follow this up. The Trustees agreed that these routine maintenance issues should be dealt with in an alternative forum, possibly the COLT.

Claire Morrisson asked for the facilities booking information, which was finalised in May, to be posted on the cathedral website. The Provost agreed to upload it.

CHRISTMAS IS COMING

During Advent there are no flowers in the Cathedral. The only decoration is the Advent Candle Ring. The Cathedral Christmas Flowers will be put in on Friday 21st December as there is a Wedding followed by the Recital on Saturday 22nd which does not give us much time to get organised. I am looking for volunteers. As usual I will need the Flower Ladies for arrangements and others for decorations, helping the arrangers, making tea and of course clearing up.

CATHEDRAL SECURITY WHEN OPEN DURING THE WEEK

Regina Jäschke and Claire Morrisson were concerned that the Provost's plan to open the Cathedral during the week whilst working in the Sacristy would not provide adequate surveillance of the premises. Michael Stone responded that the Sacristy would be upgraded, using the One Family Foundation grant money, but the nave would not be left unattended until adequate surveillance measures were in place.

UPDATE ON HARVEST APPEAL

The Provost reported that everyone who had donated to the Harvest Appeal had received a thank-you note acknowledging the amount given.

CATHEDRAL BUSINESS PRACTICE

The Provost reported that the Administrator has now developed a robust database of contacts.

FORTHCOMING EVENTS

The Rev'd Gerry Bowyer and the Rev'd Vittoria Hancock will be installed as Canons of the Cathedral and Captain Vanessa Pinto will be Licenced as Pioneer Evangelist for the City of Aberdeen at the service of Choral Evensong on Sunday 25th November.

Date of Next Meeting: To be decided after new Trustees are elected at the AGM.

If anyone can help with winter greenery especially holly, ivy, pine, spruce, laurel, eucalyptus anything with berries etc. I would be extremely grateful.

Donations of money towards the flowers and decorations are most welcome and can be put in the Gift Aid envelopes in the pews. Just write Christmas Flowers on the envelope.

The Cathedral will be open from 9.30am on Friday 21st December so come along and you will be allocated a job. Moira

Childrens' Ministry - Christmas Party

By Moira Middleton



Godly Play Children visiting the reindeer on the Castlegate.

The Children's Party this year will be on **Saturday 15th December from 11am to 1.30pm in the JSC**. All Cathedral children are invited and names should be given as soon as possible to Christine Flett to ensure we know how many to cater for. Children should be signed in as they arrive at the party so we can ensure everyone gets a gift from Santa.

The JSC will be decorated on Thursday 13th December from 6pm. If you can help with this please let Steph or Lucy know or just turn up if you can.

Donations of party food are most welcome and as this is lunchtime we will be concentrating more on savoury. Moira has a list if you can help. Godly Play children should be dropped off at the JSC and parents are welcome to come back at 12.40pm to join in the singing and welcome Santa. Creche mums are welcome to stay with the little ones but we will not be providing food for adults. All creche and Godly Play helpers should attend the party if possible, to help make it as much fun as possible for the children.

Christmas Oils

by Jean Souter

At this time of year when we remember the birth of Jesus, I thought it would be interesting to have a blend of bible knowledge and clinical aromatherapy.

In Matthew Ch 2: V10-11 it says: "When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother, and they knelt down and paid him homage. Then, opening their treasure-chests, they offered him gifts of gold, frankincense, and myrrh."

Frankincense

(*Boswellia carteri*):

This beautiful essential oil comes from a small tree native to North Africa and some of the Arab Countries. When the bark is damaged the tree exudes a resin in drops of 'tears' and the essential oil is extracted from the resin by steam distillation.

Frankincense has been burnt on alters and in temples since earliest antiquity. The oil has among its physical properties, the ability to slow down and deepen the breath, and to breathe more slowly and deeply soon produces feelings of calm which are very conducive to prayer and meditation. Almost certainly, the origin of its use as an offering lay in the fact that Frankincense was among the most prized and costly substances in the ancient world. Apart from its ceremonial and ritual use,

Frankincense was used as a perfume and in cosmetics and medicine. The Egyptians also used it in embalming.

Frankincense is the one we probably all think of when we hear oils and Scripture in the same sentence. It is in the Christmas Story and several places in the Old Testament under different names, "incense," and Lebonah. We know that the Wise Men brought Jesus Gold, Frankincense and Myrrh but why is that important? In that time Frankincense was used as an anointing oil for newborn sons of kings and priests. When the Wise Men brought it, they were bringing it to acknowledge that a King had just been born. The oil that they brought was pointing to who Jesus is, The King of Kings.

The Bible lists Frankincense as:

The gifts of the Wise men to the Christ child (Matthew 2:10-11). A part of ceremonial offerings: referenced several times in (Leviticus 2:1-2, 15-16; 5:11; 6:15, 24:7), Numbers 5:15, 1 Chronicles 9:29, Nehemiah 13:5). A holy ceremonial perfume in (Exodus 30:34). A perfume in (Song of Solomon 3:6; 4:6) A precious commodity – potential currency in (Isaiah 60:6; Jeremiah 6:20; Revelations 18:13).

Today Frankincense is used in skincare, the immune system, endocrine system, nervous system, for respiratory infections and

Christmas Oils by Jean Souter

asthma and more. It is still considered a very valuable oil and many people use it during prayer to help focus their mind.

Myrrh (*Commiphora myrrha*):

This essential oil is produced by a small, tough spiny tree which grows in semi-desert, in regions of Libya, Iran, along the Red Sea and various areas in Northeast Africa. The name Myrrh comes from the Arabic 'murr,' meaning 'bitter.' The liquid resin is exuded from natural cracks or cuts in the trunk and sets into irregularly shaped brownish-red lumps. Legend has it that shepherds whose goats browsed and rubbed against the tree trunk, collected the resin that stuck to the goat's beards!

Nowadays it is extracted from the resin by steam distillation, though most of the Myrrh available is a resinoid, which is extracted from the raw resin with solvents.

Myrrh was used in ancient civilisations for perfume, incense and medicine. It was highly valued as a healing ointment for wounds, and it is said that no soldier of ancient Greece went into battle without a paste of Myrrh in his pouch.

Myrrh was another gift given to baby Jesus. Myrrh is the most mentioned oil in scripture, over 156 times. Not only was it mentioned in

Matthew 2:11, as part of the Christmas story, it was used in Old Testament times as an anointing oil and holy incense. It is mentioned several times in Song of Solomon. In, 3:6, it says, "what is that coming up from the wilderness like a column of smoke, perfumed with myrrh and frankincense." Other references are in (Song of Solomon 4:6, 5:1, 5:5, and 5:13.) Myrrh is mentioned in (Psalm 45:8; and Proverbs 7:17.) and in (Exodus 30:23)

Myrrh is also mentioned in the Story of the cross. We all remember the part where Jesus was offered wine but some translations include that it was mixed with Myrrh. In Mark 15:23 it says, "And they offered him wine mixed with Myrrh; but he did not take it." Myrrh is also mentioned in the Burial preparations in (John 19:39) "Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds."

Today Myrrh is used to support the immune system, the endocrine system and the nervous system. Myrrh can be used for cracked and chapped skin and gum disorders to name a few. It overlaps with Frankincense in treating chest infections. Caution – must not be used during pregnancy, may cause bleeding.

Cathedral Mothers Union

Our November meeting was most productive. Ten toilet bags were packed for the woman's refuge. The bags were gratefully received and with a request for another ten preferably before Christmas. It is a sad fact that the refuge becomes very busy over the holiday season. If anyone would like to contribute to this project please bring in shampoo, soap, moisturiser, small packets of tissues, facecloths, toothpaste (no more tooth brushes needed), combs and shower gel. Any MU member will take your contribution. As the winter weather closes in spare a thought for those living on the streets -Knitted beanie hats

People Warden's Corner

I would like to begin my contribution this month with a very sincere and humble "thanks" to you all for supporting my appointment as your Warden for another year. It is an honour for me to serve you in the Cathedral and to represent your thoughts and interests on the Board of Trustees and I hope that I can continue to do so with integrity and focus [no pun intended] throughout the coming year.

I have shared my personal experiences of Advent with you before through Focus and so you know how important it is to me in my personal witness. Advent is the start of our church year; a time to reflect on the closing year and a time to look forward with hope and faith to what lies ahead of us.

The year that draws to a close was indeed a momentous and historic year for us in the Cathedral family and the Diocese as we welcomed Bishop Anne into our midst. I made mention of this in my Report for the Annual General Meeting, but yet again in our [relatively] short history as a Congregation the eyes of the city, the Country and indeed the world were turned towards us as we marked yet another historic occasion in our own special way.

and good socks can be handed in and the MU committee will take them to Cyrenians.

Our last meeting of the year is the Advent Service on December 11th at 2pm in the Cathedral for a Eucharist service conducted by Rev David Atkinson. This will be followed by a festive tea. All friends and families, especially children are all welcome.

First meeting is the AGM on Tuesday 12th February at 2pm in JSC. Officials and committee will need to be elected so please consider if you would volunteer to play an active part in your branch of Mothers Union.

Sending you all very best wishes for a peaceful and happy Christmas.

And we welcomed Bishop Anne to walk with us and lead us on our journey of witness together.

As we look forward, we mark another highly significant event; one tinged with sadness yet founded on a celebration of selfless giving and service for decades. As Andrew and Claire look forward to their continued retirement in warmer climes, we give thanks for their dedicated and selfless service to the Cathedral in all of the many ways they have done so. I suspect that it will not be until after they have left us that we truly appreciate how they have influenced our Cathedral life.

I know that we will mark their retirement in our customary fashion, and we will each share personal goodbyes with them. But to both of you, Claire and Andrew, I want to take this opportunity to say a collective "Thank you" for all that you have done for us over the years; we will miss you greatly but wish you happiness as you head south. May God Bless you both.

As always, my sincere thanks

Mark

Mark Edwards

People's Warden

Remembrance Sunday - 11 November 2018



Remembrance Sunday this year marked the centenary of the end of World War 1. A significant part of the observance this year incorporated remembering the loss of the lives of auxiliary partners of the warfare, namely the horses. To mark this the poppies were in different shades.

Thanks to a great idea by Moira Middleton many members of the Cathedral and beyond knitted poppies to make memorable displays which were hung from the pillars in the Cathedral.

The Cathedral children helped make the wreaths. There was a public display to mark 100 years, with a flag with knitted poppies. The flower display of real poppies also looked beautiful. The day of observance ended with Con Anima concert for Remembrance with meditations led by the bishop.



Invite to the Rectory

It has taken only 9 months to organise this! Better late than never! Please do come for Drink and Nibbles at your Provost house:

27 Raeden Avenue, AB15 5LP

Date: Friday, 28th of December

Time: 2pm to 5pm

Look forward to seeing as many of you. Let us know if you can manage, so we can make sure there is plenty to drink and nibble!
Amu Poobalan

A Big Thank you from Audrey Parkes

On the 22nd November my dear husband John had his funeral service in St. Andrews and it was a comforting experience:

Isaac liaised beforehand and was always kind and a good listener. Andrew said he would play the organ and he played John's favourite Bach. Pam volunteered to do the flowers, Jackie and many friends at the Cathedral produced refreshments and such nice touches as flowers on the tables.

Visiting family were very impressed. We had a real welcome on entering the JSC.

What with the familiar hymns, reading by a nephew, eulogy by my son-in-law, it all felt a fitting way to celebrate my dear John's life.

With especial thanks to Isaac, it was just right and in spite of the sadness many friends said it was the most uplifting funeral they had attended.

Thank you, Audrey Parkes.



Thank you for the Candles & the Suitcases

Many thanks to everyone who kindly donated candles and suitcases. It is much appreciated. We can join the wisemen from the East on the Christmas gift hunt!

Margaret Buyers,
Sacristan

December 2018 / January 2019 Diary

Weekly Services & Events

Wednesdays at 10.00 am	Holy Communion
Sundays at 8.00 am	Holy Communion (1970 Liturgy)
Sundays at 10.45 am	Sung Eucharist (1982 Liturgy) followed by coffee in the JSC
Sundays at 10.45 am	Crèche available in the JSC
Sundays at 6.30 pm	Said Evening Prayer
Tuesdays at 6.00 pm	Fellowship, JSC
First Friday of every month	Friendship Café (Teas/ Coffees, and a whole range of home baking.)
Saturdays at 12 noon	Cathedral at Noon (30 minute recital followed by refreshments)

Cathedral @ Noon December 18 / January 19

1 Dec	Raemond Jappy and Friends <i>Traditional Scottish Music</i>
8 Dec	Andrew Morrisson <i>Seasonal organ music</i>
15 Dec	Fearghal McCartan and students <i>A Celtic Christmas: Christmas music on the harp</i>
22 Dec	The Cathedral Trebles' Choir <i>Christmas carols</i>
29 Dec	Stanley Flett <i>Traditional Scottish music</i>
5 Jan 2019	Mark Spalding <i>Organ music</i>
12 Jan	Alec Buchan and Tim Tricker <i>Tenor treasures from opera and art song</i>
19 Jan	Alexander Dawson <i>Music for tuba</i>



Cathedral Church of St Andrew

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