

ST. NINIANS OLD PARISH CHURCH

# PARISHIONER

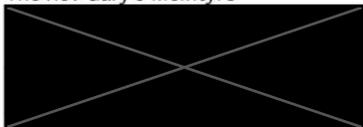
SPRING 2026



## Helpful Contacts

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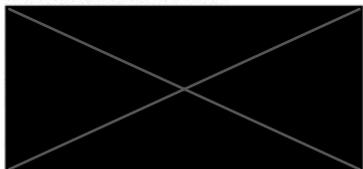
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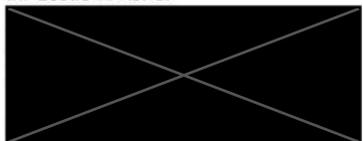
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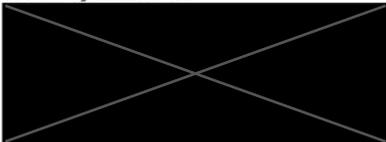
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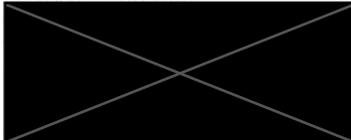
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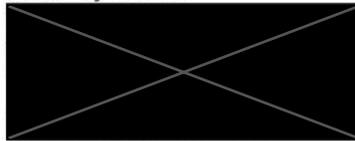
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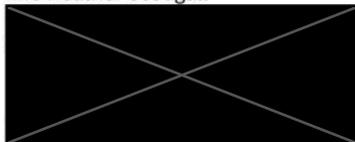
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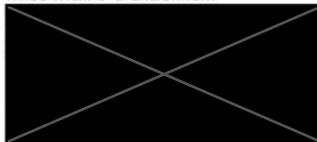
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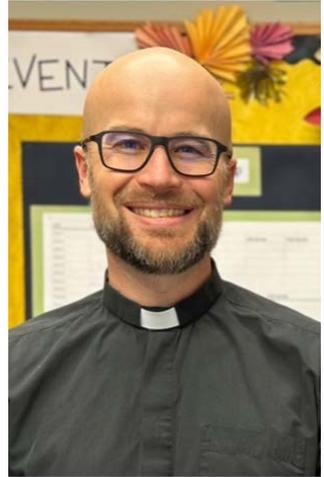
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## Pastoral Letter from Jake

Dear Friends,

As we make our way from winter into spring, I am always amazed at how quickly the time goes by. It seems like just days ago we were celebrating the seasons of Advent and Christmas and now here we are moving on to Lent and Easter!

I think that the season of Lent always catches me a bit off guard because I am a person who likes to linger a bit in the joy of Christmas. Where Advent and Christmas come with lights, gifts, and celebration, Lent tends to arrive with solemnity, fasting, and penitence. And, as if to make matters worse, in these northern climates, Lent always seems to arrive during the greyest and cloudiest time of the year, so we're all already a bit dreary with a touch of "S.A.D." (Seasonal Affective Disorder).



Of course, we know that at the end of the season of Lent comes the joy of Easter and the Resurrection, so it's not all doom and gloom; but we also know that in order to get to Easter, we have to work our way up to Good Friday and the cross, which can be a challenge. Well, if you're like me and find Lent and this journey to the cross to be a difficult thing, rest assured that you're in good company. The disciples of Jesus weren't too thrilled with this idea either.

During the ministry of Jesus, whenever he predicted his death and resurrection, whenever he explained that his way was the way of the Cross, the disciples repeatedly demonstrated that they were not on board. When faced with this prospect, they would either act confused (Luke 9:44-45), try to change the subject (Mark 9:31-37), or argue with him outright (Matt. 16:21-23). The journey to the cross would be a difficult thing to accept for anyone, but the idea of Jesus going to the cross was unthinkable.

This is why it is so helpful that as the gospels and our church year turn toward the crucifixion and Lent, we get the story of the Transfiguration. In this story, God gives us a flash of light to show us the way as Jesus is transfigured in front of Peter, James, and John. In standing Jesus beside Moses, and Elijah, and by the

voice of God saying, “This is my son, the Beloved. Listen to him!” (Mark 9:7), God the Father is making it clear beyond any doubt that the way of Jesus is the way of the Cross. On the mount of Transfiguration, we are assured that even though it may be the difficult way it is the right way.

There’s a story of three prospectors who lived in the western United States during the gold rush of the 1800’s. They had been up on a mountain digging for gold when they struck a vein of the precious metal that would be enough to make them rich beyond imagination. There was so much gold that they couldn’t dig it all out at that moment, so they decided that they would go into town to get food and supplies. As they travelled the few miles into town they made a promise to one another that they would tell no one of what they had found, because if word got out, the mountain would be swarmed with others looking for the gold.

They quietly purchased the supplies needed and took their lunch in a local pub. After their meal, they started up the road back up the mountain to their mine and they were surprised to see a crowd of excited prospectors following them on their route. Immediately, the men got into an argument with one another, each accusing the others of telling someone about the gold. They all denied the accusations and decided to settle the matter by asking someone in the crowd behind them who it was that told them about their find. The man following them said, “Nobody told us that you found anything. We could see it on your faces! It was clear from the look on your faces that you’d found something special!”

As people of faith, we have found something special...or perhaps to say it more accurately, something special *has found us*. On the mountain, Jesus is declared God’s beloved son, and because of the Love that God has for us, Jesus follows the way of the cross. This means that whatever season of the year we are in, and whatever season of our lives we are in, Christ is with us.

So, as we make our way through the grey days of Lent to the joy of Easter, may we do so knowing that we have something better than gold. We have the love of Christ, so may our lives...and our faces...reflect that love to the world!

Yours in Christ,  
Jake

## **Services**

Services are held on a Sunday at 10:30am and are followed by a further time of fellowship either in the Church or the Parish Halls.

The Sunday Club meets during the school term time.

A time of prayer is held in the McMichael Chapel following the service on the last Sunday of the month.

The Sacrament of Holy Communion will be celebrated during the service on Sunday 8<sup>th</sup> March.

## **Eccles Court**

A service is held on the last Wednesday of each month at 2pm.

## **Lent Studies**

A series of studies will be held in St Ninians Old on Thursday 5<sup>th</sup> March, and Wednesdays 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> March.

We look forward to being joined by our friends from Holy Rude Viewfield and Park Churches.

The studies will begin at 7pm and we will be looking at material prepared by Sanctuary First.

Everyone welcome!

## **Holy Week and Easter Services**

There will be a service each evening in Holy Week at 7pm. The services will be followed by a further time of fellowship.

On Easter Day there will be a service in Kings Park at 7:30am.

An Easter Day Family Service will be held in St Ninians Old at 10:30am. The Sacrament of Baptism will be administered.

Details of venues for the evening services will be intimated in due course.

## Easter Holiday Club

There will be an Easter Holiday Club on the mornings of Monday 13<sup>th</sup> – Wednesday 15<sup>th</sup> April. The Club will run from 10am – 12 noon and will meet this year in Park Church.

This is for children of Primary School age and will cost £1 per session. To register a child please contact Park Church Office. Tel 01786 462400 or email [parkchurchstirling@gmail.com](mailto:parkchurchstirling@gmail.com)

We are looking for volunteers to help. If you can please speak to Jake or Gary.

## The Kirk Session

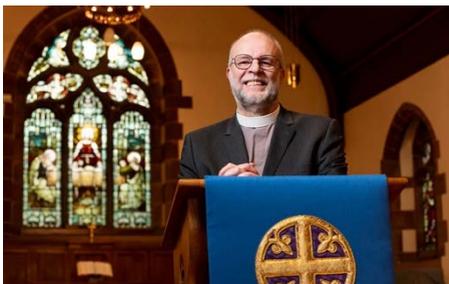
The Kirk Session will meet in the Parish Halls on Tuesday 17<sup>th</sup> March at 7pm.

A joint Kirk Session meeting with elders from Holy Rude Viewfield and Park Church will be held in the Parish Halls at 7pm on Tuesday 28<sup>th</sup> April.

The Stated Annual Meeting of the congregation will be held following the service on Sunday 22<sup>nd</sup> March.

## Moderator's Visit

This year marks the 275<sup>th</sup> anniversary of the opening of our Church building. To mark this special anniversary the Moderator of the General Assembly of the Church of Scotland will be our guest preacher on Sunday 13<sup>th</sup> September. The Moderator Designate, who will be installed at the General Assembly in May, is the Rev Gordon Kennedy, Minister of Craiglockhart Parish Church in Edinburgh.



# St. Ninians Old Parish Church

## 275th Anniversary



# 1751 - 2026



## Meditation

Easter is a wonderful time!

Beyond the chocolate eggs, spring flowers and happy gatherings, Easter carries a deeper message that is significant for us all.

At Easter, Christians celebrate the resurrection of Jesus Christ, an event that symbolizes victory over death, darkness, and despair. The Easter message is one that speaks of hope, and in a world where challenges seem endless, and conflict is widespread, hope is what we need.



Easter is a time of new beginnings. Just as the spring breathes life back into the earth, Easter reminds us that the Risen Lord can renew the life of each one of us, bringing about a change that enables us to live and enjoy our lives to the full, and to be the people God created us to be.

Easter is also a call to live out the message of hope through acts of love and service. Being kind, compassionate, and generous can make a difference in the lives of others, not least those on the margins who are often forgotten by society but not by God.

In his life, death, and resurrection, Jesus shows us how to build bridges in a divided world, to love without condition, and to forgive without limit. He is the way, the truth and the life, and in following him and being like him, we can make a difference in the lives of others, and in the communities in which we live.

The good news of Easter is not only about what happened over two thousand years ago. It is good news for us and the world today so let us rejoice and be renewed in our faith and show in our lives the hope and love that was evident when the tomb was found to be empty and these words were spoken; ***“Why do you look for the living among the dead? He is not here; he has risen!”***

Every blessing,

Gary

## Boys Brigade

ROBBIE FORSYTH

It's almost time for our Quiz Night Annual Fundraiser! This year as usual, the quiz will be held in the St Ninians Old Parish Church Hall on Friday 6th March 2026 at 19:30!

Theres a batch of new questions, some new types of rounds and features, so it's sure to be a fun night for all. Bring along a team and have a great night! Tickets are now available online via Eventbrite for £7.50 each.

The event had record attendance last year, and this year, the event will once again be paper-free, so please bring along a charged-up smartphone or tablet for your team to connect to the quiz and answer the questions. Your device will connect to our quiz Wi-Fi and use the Speedquizzing app to allow for quick and easy answering and scoring, as well as some fun new rounds and bonus points!

We will announce some of our special prizes in the next few weeks once confirmed!

As usual, the event is BYOB (Bring your own bottle) and we would be very grateful for any prize donations. We'll also have some tea/coffee available, as well as some cakes and biscuits!

Please note that this event will replace Anchor, Junior and Company sections on Friday 6th March 2026, though boys are welcome to come along and join their families. Any questions please let me know. We may have tickets available on the door, though this does depend on ticket sales online.



## Craft Group

JANETTE PETERSON

A letter was received by the Craft Group from The Neonatal Unit of Forth Valley Royal Hospital thanking us for the kind donation of knitting given to the unit. A donation of baby hats, blankets and sharing hearts was handed in to the hospital.

A big thank you is extended, not only to the Craft Group but to all the home crafters who have knitted and donated for our local bairns.

The craft group continues to meet in the front hall of the Parish Halls on Thursdays from 2-4pm on a fortnightly basis where we work away on our own various crafts over a natter and a cuppa. New members are most welcome to come along, even if only for a bit of company.

The dates for future meetings are as follows:-

- 19th February 2026
- 5th March 2026
- 19th March 2026
- 2nd April 2026
- 16th April 2026
- 30th April 2026

## Pastoral Care Group

GRACE McINTOSH

If you know of anyone who would benefit from telephone contact or a visit from a Pastoral Care Group member, please let me or the Minister know.

## Prayer Group

If you have a situation, you would like the Prayer Group to lift in Prayer you can make your requests known by:

🌳 Placing a tag on the tree in the McMichael chapel

📦 Placing a card in the box in the McMichael chapel

📄 Completing the online form <https://forms.gle/TuAjqoCdwy54E9RKA>

👤 Comment on this post



## Social and Fundraising Committee

ALISON NEWMAN

### Soup and Sandwich Lunches

The committee would like to thank everyone who made the soup and donated the filling for the rolls not forgetting the fantastic support from the people who participated in the fellowship on a regular basis.

### Christmas Tree Festival

We also enjoyed a marvellous Christmas Tree Festival which was sponsored by local businesses giving donations and many members who donated time and baking which made a superb event over two days.

### This Year

Instead of having a Barbecue this summer we are going to have a picnic in the Manse Garden on Saturday 27 June from 2pm - 5pm. You will be able to bring along what you prefer to eat and drink so we are hoping for a good turnout and better weather than last year.

Once again, many thanks to all who have contributed to our past events and know it is very much appreciated.

## Sunday Club

Our young people, including children from the Sunday Club, led us in a wonderful Nativity on the Sunday before Christmas.

Since returning after the Christmas holiday we have been busy making bird feeders and learning about Jesus' ministry. We have read about Jesus calming the storm and when Jesus walked on water.



We are looking forward to the Sunday's leading up to Easter when we will be learning about Lent and Palm Sunday. We will also be making Mother's Day crafts.

## Tuesday Group

MIRANDA MILLER

Many thanks to everyone who attended our Christmas Lunch at the Stirling Golf Club. It was a wonderful occasion, with an excellent turnout and plenty of fellowship and good cheer enjoyed by all.

Our recent Burns Supper was also very well supported and proved to be a memorable evening. Ken Christie carried out the role of MC with great professionalism, and we are grateful to the Reverend Gary J. McIntyre and the Reverend Jake Lehman for their valued contributions to the programme. Sincere thanks are extended to Bella's Catering Company for providing an excellent Burns Supper, and to Fondly Iced for the delicious Scottish shortbread.

Finally, please note that our AGM will be held at the King Robert Hotel on 31 March 2026, with the business meeting commencing at 12:00 noon, followed by lunch at 12:30pm. We look forward to seeing a strong turnout for this important gathering.





## Stirling Kirks Together Inaugural Ceilidh

CALUM WYND

We had a fabulous time at the first Stirling Kirks Together ceilidh on Saturday 29<sup>th</sup> November. We had strong representation from both St Ninians Old Parish and Park Churches, with a good variety of ages as well!

The Steven Carcary Trio, who provided the wonderful music and entertainment, were superb all night and read the dancers so well.

We have also been able to donate £60 to Stirling Street Pastors, as part of the funds left over from the ticket sales.

We are delighted to say that there are two more ceilidhs planned for this year, due to the huge success and demand after the first one.

These dates are below:

- Saturday 9<sup>th</sup> May in St Ninians Old Parish Hall, 6.30pm for 7pm start, dancing to Neil MacEachern and his Scottish Dance Band.
- Friday 27<sup>th</sup> November in St Ninians Old Parish Hall, 7pm for 7.30pm start, dancing to Steven Carcary Trio.

Here are some pictures from a wonderful evening of music and dancing.



## Photo Gallery

MARION JACKSON

Church Gate Canna



## An Easter Prayer

Lord God,

We thank you for the signs of spring that are increasingly evident at this time; for tulips and crocuses, and the daffodils emerging from the once frozen ground. As the days lengthen, we see your hand at work in creation, bringing life from what in the height of winter seemed dead.

Holy God,

At Easter, we rejoice in the living hope that is given to us through the resurrection of Jesus Christ. You are the stone-rolling -God who surprises us, and who rolls away our despair, apathy and fears.

Loving God,

May the light of the first Easter morning illumine our lives in the days ahead. As nature bursts into life, renew our spirits that we may live as Easter people, sharing your love and peace with all those we meet.

Through Jesus Christ, our risen Lord and Saviour.  
Amen.

## Marathon Hike for Cancer Research UK

JAKE LEHMEN



On the 27th of June, Jake will be participating in the Lake District Big Hike 2026 to raise money for Cancer Research UK! So many of us have been impacted by cancer either through loved ones or in our own lives and this is a small way that we can help make a big difference.

Jake will complete the Marathon distance hike of 26.2 miles through the hills of the Lake District in an effort to help raising funds to fight this disease. And just to make it interesting, if donations surpass his goal of £300, he'll hike in a kilt!

If you would like to make a donation to this great cause, you can do so at the link below or by scanning the QR code. Any donation is very much appreciated as we take steps toward beating cancer together!



<https://fundraise.cancerresearchuk.org/page/jakes-big-hike-18>

## The Legend of the Dogwood

Submitted by ALAN & MOLLY WILSON

### The Legend of the Dogwood

-Author Unknown

In Jesus' time, the dogwood grew  
To a stately size and a lovely hue.  
Twas strong & firm it's branches interwoven  
For the cross of Christ its timbers were chosen.  
Seeing the distress at this use of their wood  
Christ made a promise which still holds good:

“Never again shall the dogwood grow  
Large enough to be used, so  
Slender & twisted, it shall be  
With blossoms like the cross for all to see.  
As blood stains the petals marked in brown  
The blossom's center wears a thorny crown.  
All who see it will remember me  
Crucified on a cross from the dogwood tree.  
Cherished and protected this tree shall be  
A reminder to all of my agony”

+++++

*How much truth there is to this lore, is not confirmed by scripture*

## Book Review – A Fine Balance by Rohinton Mistry

AVRIL SCOTLAND

This is a book that will make you think, will lay before you a depiction of a society far removed from our own at a very particular time in its history, will make you weep and will make you smile. Above all it will exemplify the power of hope-and what would life be without that? This said, it has taken me a long time to decide to attempt to review it, because it is undeniably sad, there is no happy ever after, tears will flow. It is also very long-600+ pages, a Kindle or even an audio version could be a good option! Yet I do wholeheartedly recommend it. Once read, it will not be forgotten.

The book I refer to is *A Fine Balance* by Rohinton Mistry, an Indian writer, now residing in Canada, and it is considered to be his finest work. It is set in the India of the mid 70s to the early 80s, that period when the repercussions of Partition are still being felt, the period referred to as the Emergency. The story is set in “a city by the sea”, almost certainly Mumbai. It is Dickensian in its sweep, in the myriad of well-drawn ancillary characters that add such colour and interest; in its fearless description of slum living. Mistry has to give historical and political background to his story, and, in the hands of another author, this could have produced a dry, didactic text. This is certainly not so; the fine balance is maintained throughout - indeed the choice of title is deftly explained to us in the conversation between Maneck, one of the protagonists, and an unnamed man on the train,

*"We cannot draw lines and compartments and refuse to budge beyond them. Sometimes you have to use your failures as stepping stones to success. You have to maintain a fine balance between hope and despair."*

As previously stated, political context is very important in this tale, and here I must deviate for I realised how little I knew of the premiership of Indira Gandhi. Indeed, on first reading, I had to check that I had the time period right, I found it so difficult to believe that there had not been international outrage at the excessive cruelty and abuse of power that she presided over. It is the backdrop against which we meet the main characters, and it impacts to varying degrees on each of their lives.

We meet Maneck, a teenager, recently arrived from his beloved mountain home; Ishvar and Omprakash, uncle and nephew, cruelly forced from their village by the river and Dina, resident of Mumbai, desperately clinging to her independence. Three very different lives but similar in that each of these lives is circumscribed in some way: Maneck by the weight of parental expectation which he knows he can never fulfil; Ishvar and Om by the constraints of the caste system, efforts to escape from

which has brought them to the malign attention of the village leader and Dina trapped by the restrictions of a male dominated society.

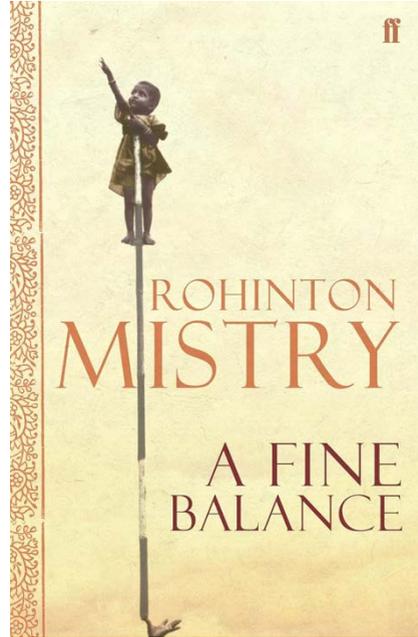
Maneck was an only child but a happy one. His family land and fortune have been lost to an arbitrary line drawn on the map at the time of Partition but his mother and father are content in their village store that is the heart of the community. Maneck loves the beauty of his mountain home, helping in the store and working with his father. Sadly modern life has encroached in the form of bigger stores and a cheaper alternative to Kholi's Cola, the soft drink made to a secret family recipe. Realising their way of life cannot continue, his parents arrange to send Maneck to study in the city — to become a refrigeration and air conditioning engineer (they do not have over inflated ideas about his abilities). He wants to please and sets off for the city. He makes a friend, but one who is soon immersed in student politics. He hates the hostel attached to his college, he is homesick and he has no desire to raise his head above the parapet for any cause. In compromise his mother arranges lodgings for him with a school friend from bygone years —Dina. As he makes his way there, he meets Ishvar and Om.

Ishvar is well used to the precarious existence of the poor. Born into the Chamaar caste, among the lowest in society, tanners in a culture that doesn't kill animals for food, forced to eke out a meagre existence doing jobs spurned by others, he and his elder brother are sent by his father to learn the trade of tailoring in a nearby town. This is a bold move and one for which his father pays dearly. The boys are fortunate in their master. They learn well and are fairly treated. His elder brother returns to the village to marry and raise a family. Sadly, his raised expectations bring him to the attention of the village leader. Sensing trouble ahead, he sends Om, his eldest son, to Ishvar. This is a wise decision. He rebels once too often, and retribution is swift and terrible. Om becomes a fine tailor like his uncle, but soon the political climate changes and the pair set off to find work in Mumbai with Dina.

Dina has had an idyllic childhood, born into comfortable surroundings with an altruistic doctor father and a loving mother. She is both clever and beautiful and a fine future beckons. But nothing stays the same. The untimely death of her father, closely followed by that of her mother, leave her in the care of her elder brother, a much less enlightened man and one who sees little value in the education of girls. Removed from her beloved school and her circle of friends, she becomes an unpaid cook and housekeeper for him while he tries to marry her off to someone who will enhance his position in society and augment his coffers. Dina is not so pliable, however. She meets and falls in love with a young pharmacy student, and, to his credit, Nussman does not object to the match. Three happy years follow before fate again takes a hand. Rustom, her husband, is killed while cycling home. Dina is

distraught but determined to cling to her independence. She sets up as a dressmaker, using her only saleable skill. Sadly, after sixteen successful years, her eyesight begins to fail. Life with her brother and his family looms again, but the resourceful Dina decides to employ two tailors and hold on to her home. She also agrees to take a lodger and so these four very different people come together.

Of course, the melding together of these four very different people is not without complications, some resulting in moments of high humour. Soon equilibrium is achieved. The boys are of similar ages and Maneck introduces Om to the delights that a big city can offer. A firm friendship is established and there follows what can only be the few carefree months of Om's young life. Dina and Ishvar find themselves in an almost parental role, spending companionable evenings in what Ishvar regards as luxurious surroundings, he and Om having been



ousted from their slum dwelling by the so-called Beautification of the city initiative. Of course, this time of balance cannot endure. Maneck reaches the end of his course and scrapes a qualification. He sets off to work in Dubai where he makes money but does not find happiness. Ishvar feels the weight of responsibility to find a wife for his nephew. To this end they set off for their home village confident in the knowledge that they have saved enough for a dowry and that a fine match will surely follow. Fate intervenes and they fall prey to one of the squas enforcing sterilisation on the perceived homeless. This goes disastrously wrong and makes for difficult reading. Nor is Dina immune from state intervention. Forced to leave her flat unattended, she returns to find it has been seized — also subsumed into Indira Ghandi's beautification programme— beautification being synonymous with money for those in high places! She finds herself in the situation she had fought so hard to avoid— unpaid servant to her brother and his family. Being Dina, she accepts the situation and makes the best of it, even managing to alleviate the suffering of Ishvar and Om. All three achieve peace in some form. Maneck pays a visit home and seeks out his friends. He cannot come to terms with what he finds, he cannot even bring himself to approach Ishvar and Om. This leads to the ending which will bring a tear to any eye.

So, this is a book of great sadness, but it also fulfils its title, in its sadness and humour live side by side, balance is to be found throughout. Ishvar is endlessly optimistic, Maneck longs for what he has lost, and Dina accepts and carries on. We are not spared the descriptions of the privations of the slum dwellings but equally we can enjoy Mistry having fun describing the political rally that Ishvar and Om are dragooned into attending, an audience for the leader being ensured with offers of payment and snacks. Even monkey man's pet monkeys attend— they love a bus trip. Rose petals cascade from a helicopter, missing the leader but delighting a herder and his animals. A gigantic plywood effigy of the leader dominates the scene, but a miscalculation by the helicopter pilot causes it to wobble out of control almost squashing the fascinated watchers. Sycophantic speeches abound! Strangely I felt I could picture the scene much more readily than I could on first reading a year or so ago!!

So, I do not hesitate to recommend this book. There is a host of characters, but all have a part to play. All will live long in your memory. And if you are part of a book club suggest it. It would provide a rich mine of discussion topics.

## Cream Egg Easter Chicks

HEATHER SCOUGALL

You will need -

- Double knitting wool
- Orange felt
- Black thread / wool for embroidering eyes.

Cast on 34 stitches

Increase 1 stitch at both ends of first row - (36)

Knit 3 rows

Repeat last 4 rows once more (38)

Increase at both ends of next row (40)

Knit one row

Increase both ends of next row (42)

Knit 3 rows

Cast off 12 stitches at beginning of next 2 rows

Knit 8 rows

Break wool and thread through 8 stitches.

Gather wool round neck

Sew Cast off edges together

Sew on beak and embroider eyes.



## King o the Daw

From *Scots Worship - Lent, Holy Week and Easter* by David D Ogston

An Easter hymn

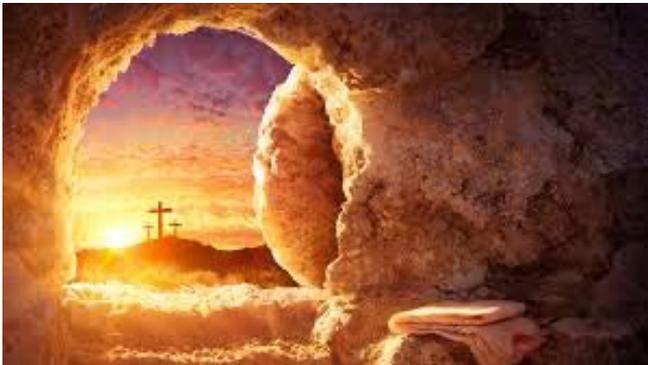
(tae the tune 'Martyrs')

His face it wis sae doonward bent  
An laich He cast His ee,  
O sic a wecht o dool He kent,  
O sic a draucht o dee.

It was a mirksome, eerie day  
He made for Calvary,  
An carried aa yon wechto wae  
Tae set his kindred free

It wis a mornin bricht wi dyowe;  
Wi saws the weemin came -  
An faar He'd lain wis teem an howe,  
An He wis lichtly gane.

*The Scots word 'daw' means 'dawn' – and here the weight of grief and fear that Jesus experienced on the way to Calvary to bring freedom is contrasted with the bright morning when the women came to the tomb and found Jesus gone.*



## Photo Gallery

MARION JACKSON

Dalbeattie



### A story of volunteering in Church

From a recent Bible Study...

There was once a man who wrote to his minister saying:

'Dear Minister, there are 566 people in our church.

100 are frail and elderly: that leaves 466 to do all the work.

But 80 are young people at school or at college: that leaves 386 to do all the work.

But 150 of those are tired business people: that leaves 236 to do all the work.

150 of those are busy with children: that leaves 86 to do all the work.

But 15 live too far away to come here regularly, and anyway that leaves 71 to do all the work.

69 say they've already done their bit for the church –

and that leaves you and me. And I'm exhausted, so good luck to you!'

***God has given you gifts! How might God be calling you to share them?***

## I'm Fine

submitted by ALAN WILSON

### I'm Fine

There's nothing whatever the matter with me.  
I'm just as healthy as I can be.  
I have arthritis in both my knees  
And when I talk, I talk with a wheeze.

My pulse is weak and my blood is thin  
But I'm awfully well for the shape I'm in.  
I think my liver is out of whack  
And a terrible pain is in my back.

My hearing is poor, my sight is dim,  
Most everything seems to be out of trim.  
But I'm awfully well for the shape I'm in.

I have arch supports for both my feet,  
Or I wouldn't be able to go on the street.  
Sleeplessness I have night after night,  
And in the morning I'm just a sight.

My memory is failing, my head's in a spin.  
I'm peacefully living on aspirin  
But I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold,  
That for you and me who are growing old,  
It's better to say "I'm fine" with a grin  
Than to let them know the shape we're in

*Cardinal Richard James Cushing (1895-1970)*



# RECIPES



## Halloumi Traybake

This is a very simple, quick and tasty dinner, from the BBC Good Food website, <https://www.bbcgoodfood.com/recipes/halloumi-traybake>

### Ingredients

- 750g baby new potatoes halved
- 2 medium red onions quartered and broken up into large pieces
- 4 tbsp olive oil
- 400g can chickpeas drained
- 1 large red pepper sliced into strips
- ½ romanesco broccoli or cauliflower (about 400g), cut into small florets
- 250g mixed colour cherry tomatoes
- 4 garlic cloves peeled
- 250g pack reduced fat halloumi thinly sliced
- small bunch basil leaves torn

### Method

#### Step 1

Heat oven to 160C/140C fan/gas 3. Put the potatoes in a large roasting tin with the onion. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.

#### Step 2

Add the chickpeas, pepper, romanesco, tomatoes and garlic. Drizzle with 2 tbsp oil, then roast for a further 20-25 mins until everything is cooked and browning nicely. Toss together briefly and put the halloumi slices on top. Put it under the grill for 5-10 mins, or until the cheese is melting and browning (keep an eye on it). Scatter over the basil leaves to serve.

## The Parish Register

### ***Baptism – “In the name of the Father, the Son and the Holy Spirit”***

21<sup>st</sup> December 2025

Sadie Jessica Anne Lafferty  
Daughter of Craig and Jessica

2<sup>nd</sup> February 2026

Christopher Blair  
Adult Baptism

### ***Deaths – “I go to prepare a place for you”***

28<sup>th</sup> November 2025

Mr Norman McIntosh  
Northcare Care Home  
Stirling (District 40)

24<sup>th</sup> January 2026

Mrs Cathie Kirkwood  
7 Rowallan Drive  
Bannockburn

4<sup>th</sup> December 2025

Mr Jimmy Mackie  
53B Bannockburn Road  
St Ninians

25<sup>th</sup> January 2026

Mr Thomas Kirkwood  
7 Rowallan Drive  
Bannockburn

8<sup>th</sup> December 2025

Mrs Lesley Logie  
16 McGrigor Road  
St Ninians

25<sup>th</sup> January 2026

Mrs Rosemary McDonald  
Williamfield, 4 Randolph Terrace  
Stirling (District 22)

18<sup>th</sup> December 2025

Mr Fraser Sangster  
Badenkep Farm  
Buchlyvie

26<sup>th</sup> January 2026

Mrs Val Morrison  
Forest Hill, Polmaise Road  
Stirling (District 5)

22<sup>nd</sup> December 2025

Mr David Hutchison  
Forthbank Care Home  
Stirling (District 40)

28<sup>th</sup> January 2026

Mr Dougie Stenhouse  
76 Wordie Road  
St Ninians

27<sup>th</sup> December 2025

Mrs Doreen Lomax  
7 Gillies Drive  
Stirling (District 12)

1<sup>st</sup> February 2026

Mrs Patricia McBeth  
15 Riverside Drive  
Stirling (District 2)

1<sup>st</sup> January 2026

Mr Harry Morgan  
8 Elgin Drive  
Stirling

3<sup>rd</sup> February 2026

Mr Billy Jenkins  
Northcare Care home  
Stirling

9<sup>th</sup> January 2026

Mr Bill Watt  
22 Hill Street  
St Ninians

11<sup>rd</sup> February 2026

Mrs Margaret Inglis  
52 Balfour Street  
Whins of Milton (District 39)

10<sup>th</sup> January 2026

Mrs Jennifer Mackay  
2 The Yetts  
Cambusbarron

18<sup>th</sup> February 2026

Mr Logan Morrison  
Forest Hill, Polmaise Road  
Stirling (District 5)

22<sup>nd</sup> January 2026

Mrs Sadie Bell  
11, The Muirs  
Tullibody

20<sup>th</sup> February

Mr George Knowles  
Canon Crag, 30 Victoria Place  
Stirling (District 3)

Word Search

Books of the Old Testament

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Song Of Solomon  
ZECHARIAH  
ZEPHANIAH

ST.NINIANS OLD PARISH CHURCH

# *PARISHIONER*

SUMMER 2026



**The Summer Edition of the Parishioner  
will be out in early June**

**Submission Date for Articles is:  
Sunday 17th May**

**Thank you**

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