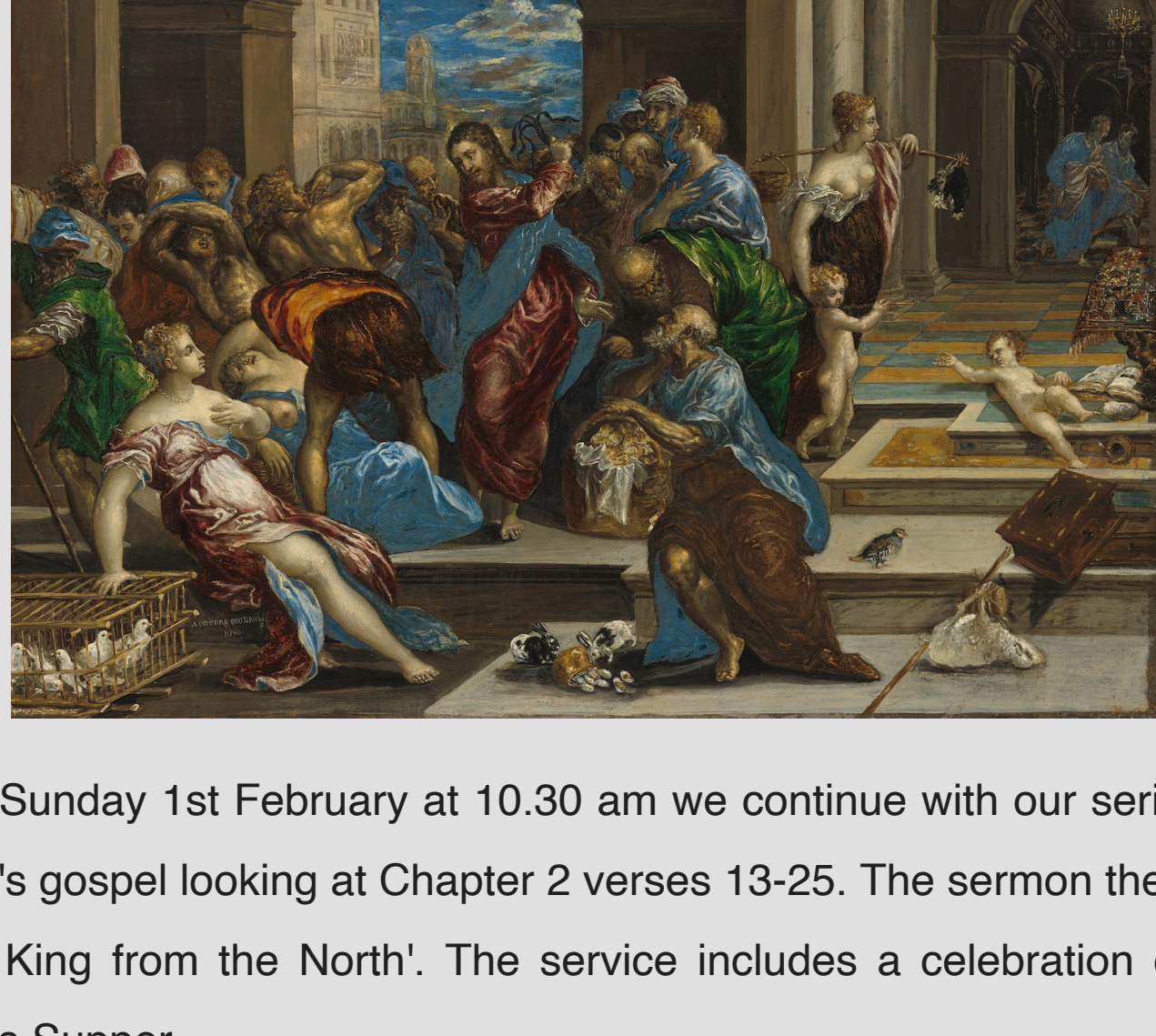


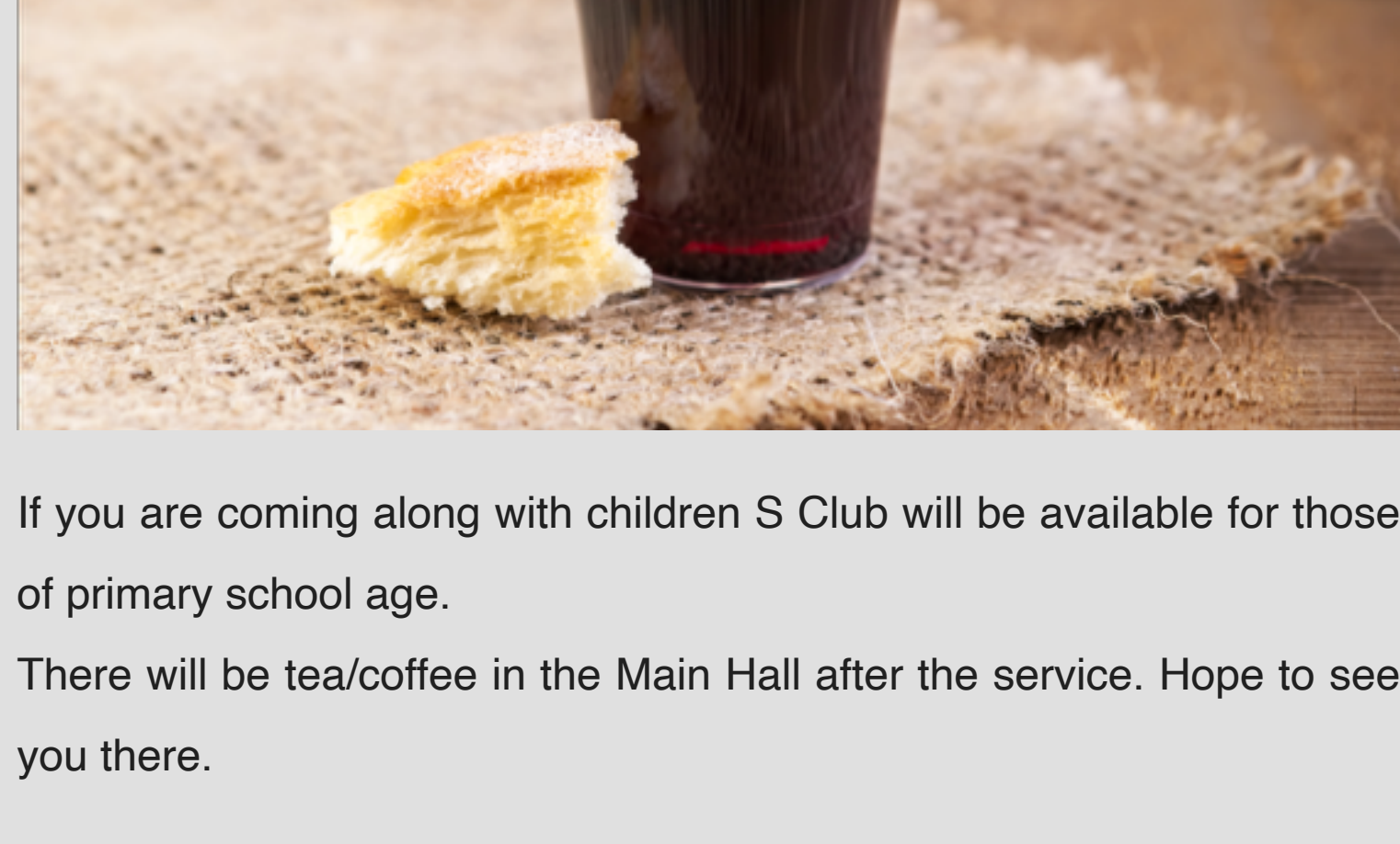
[View this email in your browser](#)



SUNDAY 1st FEBRUARY 2026



This Sunday 1st February at 10.30 am we continue with our series on John's gospel looking at Chapter 2 verses 13-25. The sermon theme is 'The King from the North'. The service includes a celebration of the Lord's Supper.



If you are coming along with children S Club will be available for those of primary school age.

There will be tea/coffee in the Main Hall after the service. Hope to see you there.

TTT : TONE UP ON TUESDAYS AT TWO

TTT : TONE UP ON TUESDAYS AT TWO

Tuesdays at 2pm in the Main Hall
Seated (and some standing) exercise
with Joanne

*Followed by tea,
cake and optional worship*
£5 weekly

Thrive on Thursdays
Well-being Workshops

You are invited to -
'Thriving Through Relaxation'
led by Fiona Dinsmore
Thursday 5th February, 2pm
The Dove, Murrayfield Parish Church Centre

*Focussing on breathing exercise for relaxation and sleep.
Refreshments and optional worship*

Contact : office@murrayfieldparishchurch.org.uk
0131 337 1091
or Rev Douglas Nicol - douglas.nicol@churchofscotland.org.uk
0781 143 7073

Murrayfield
Registered charity number SC03998

After a very successful first session we are now looking forward to the next 'Thrive' Session 'Thriving Through Relaxation' on Thursday 5th February, 2 pm in the Dove, Church Centre. The session will be led by Fiona Dinsmore focussing on breathing exercise for relaxation and sleep. Please contact the church office if you would like more information.

[Click here for Church Office](#)

Film Crew

Dove Room 4pm-6pm for primary 7 and up

The next Film Crew will be held on Sunday 8th February 4-6 pm in the Dove. Through film-making, these sessions will give our young people the time to creatively interact with the faith stories they are being taught. Film Crew will be for Primary 7 and above and will provide a bridge to encourage them in their faith. Hope to see you there.

BEREAVEMENT JOURNEY

Wednesdays 18th February-1st April 10.30 am in the Dove.

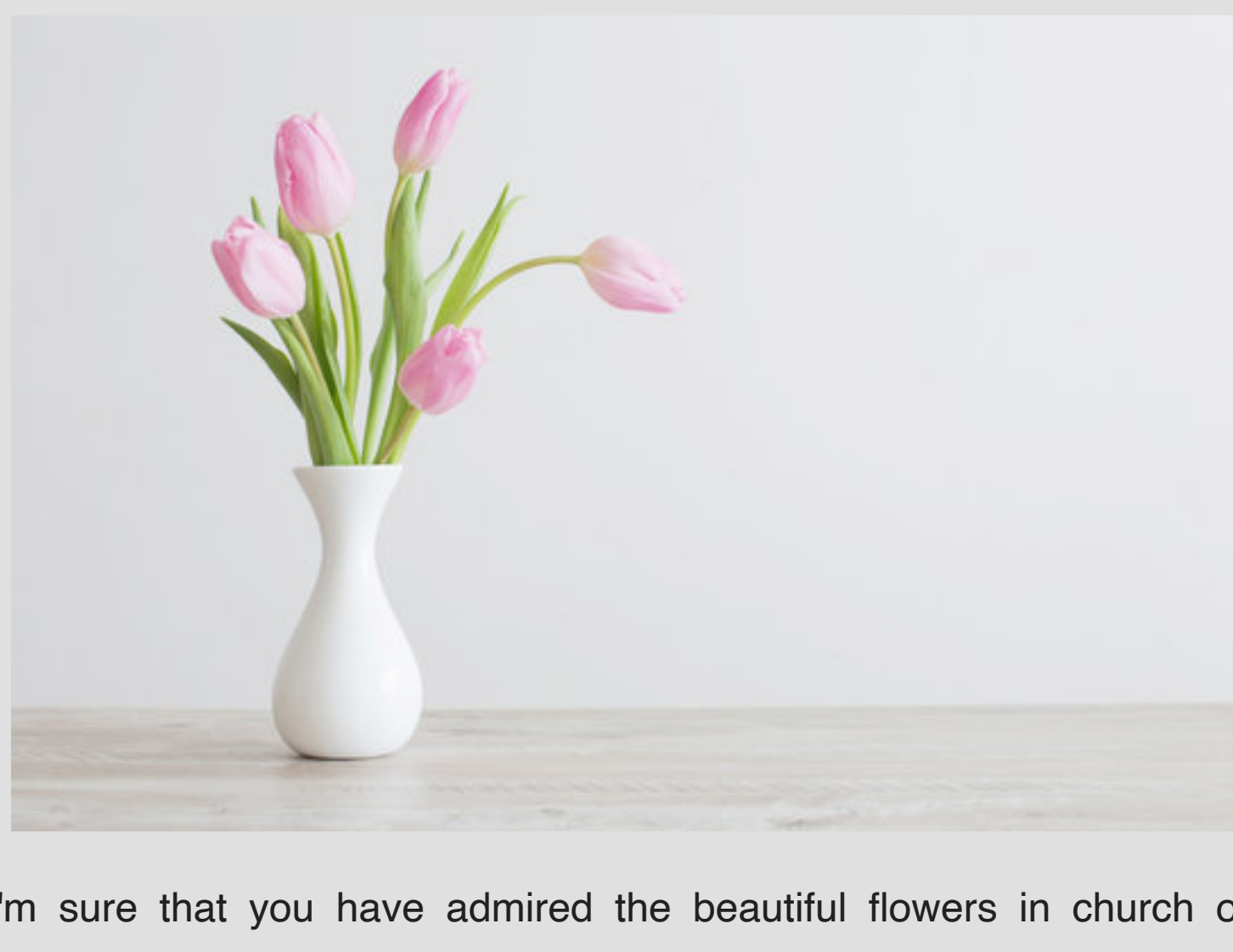
The Bereavement Journey
@ Murrayfield Parish Church
A place to talk

Grief is hard. Death can impact all of life. 7 sessions of films and discussion for anyone bereaved anytime. Topics include:

- . Attachment and responses of grief
- . Anger and guilt
- . Coping with others' reactions
- . Delayed and suppressed grief
- . Adjusting forward healthily
- . Faith questions - a Christian perspective (optional)

To register (limited spaces) please contact the church office
Tel 0131 337 1091 or email by clicking button below

[Email office here](#)



I'm sure that you have admired the beautiful flowers in church on Sunday mornings. After the service the flowers are delivered to members of the congregation and friends in the community who are perhaps ill, bereaved or celebrating a special occasion. If you would like to donate flowers this year please add your name and choose a date on the rota at the back of the church. If you need more information please contact Tina Brown, she will be delighted to hear from you.

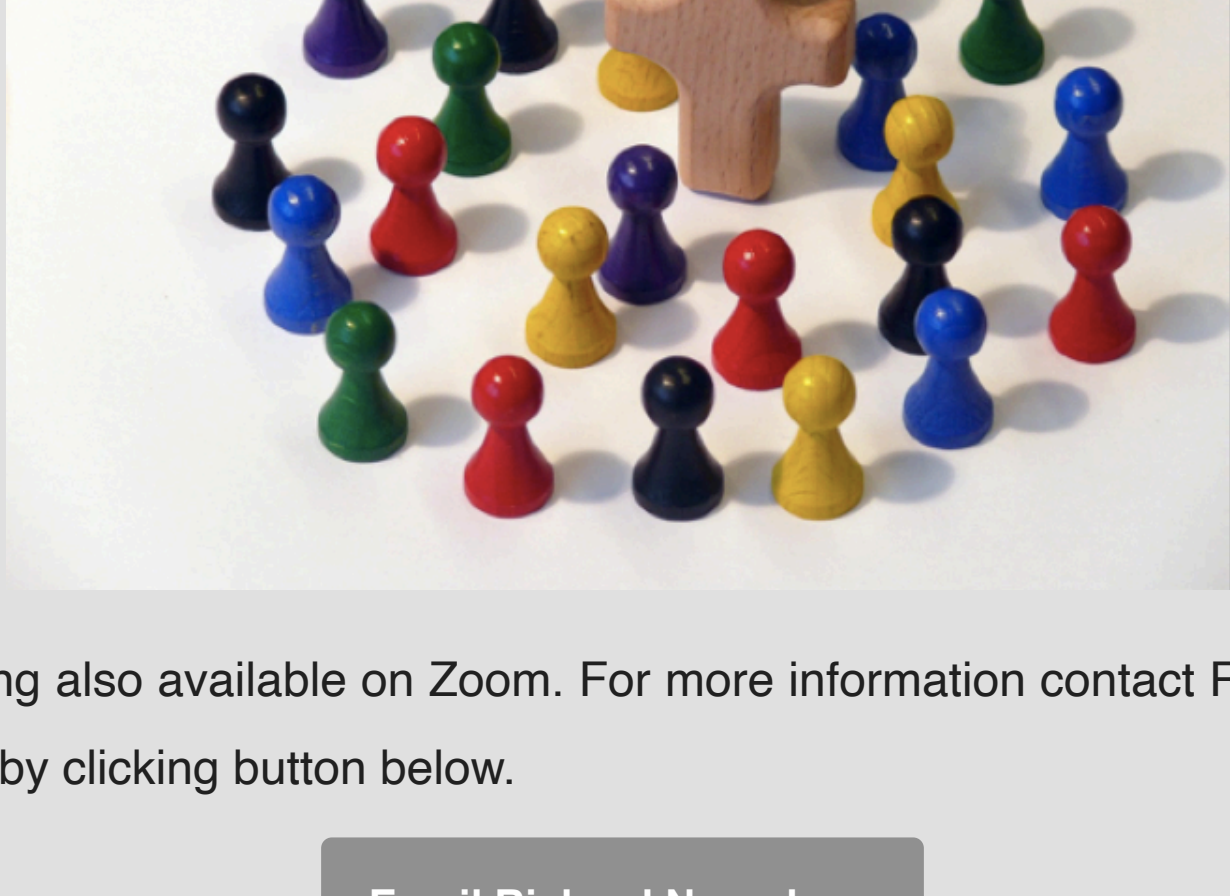
[Contact Tina here](#)

MCT FAITH DISCUSSION GROUP

Meeting on Tuesday Evenings at 7.30 pm

Saughtonhall UR Church

Course material will be 'John for Everyone' Tom Wright



Meeting also available on Zoom. For more information contact Richard Nunn by clicking button below.

[Email Richard Nunn here](#)

Quiz for
Christian Aid

Our MCT Christian Aid Quiz will take place at Saughtonhall Church on Monday 8th March 6.45 pm. Tickets will be minimum donation £5 per person. Refreshments provided. Maximum number of 4 people per team. Tickets available from David Parkin.

[Contact David Parkin here](#)

Lent Study

2pm Mondays in Lent
beginning on the 23rd February
meeting in
the Church of the Good Shepherd
using the 'Acts of Hope' resource from the
Charity 'Embrace' based on the Book of Acts

All Welcome

Can you help with stewarding at the General Assembly

Church of Scotland
General Assembly

Friday, 15 May to Monday, 18 May, 2026

Can you help with stewarding at the General Assembly?

Stewards undertake a vital role at the General Assembly to ensure the safety and comfort of those attending. Stewards provide a friendly welcome to the Assembly Halls; ensure the security of proceedings by checking passes; are alert to security threats and disturbances and have a responsibility to ensure the safe evacuation of the Assembly Hall if required. Individual shifts last for three hours and volunteers can select the day or days upon which they would seek to help. A reasonably high level of fitness is required.

For more details please contact Neil Proven, Chief Steward
assemblystewards@churchofscotland.org.uk

[Contact here](#)

Need to get in touch?

The office will be open Tuesday to Thursday 9.30 am - 1.30 pm.

Emails and phone calls will be recorded outwith these hours.

Phone: 0131 337 1091

Email: office@murrayfieldparishchurch.org.uk



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