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SUNDAY 18th JANUARY 2026



This Sunday 18th January at 10.30 am we continue with our new series on John's gospel looking at Chapter 2 verses 1-12. The sermon theme is 'The Best Wine.'

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.

Congregational Roll



As part of pastoral oversight of the congregation it is required by the Church of Scotland that the Kirk Session reviews and attests the congregation's communion roll each year. This will take place at the Kirk Session meeting on Wednesday 28th January.

TTT : TONE UP ON TUESDAYS AT TWO

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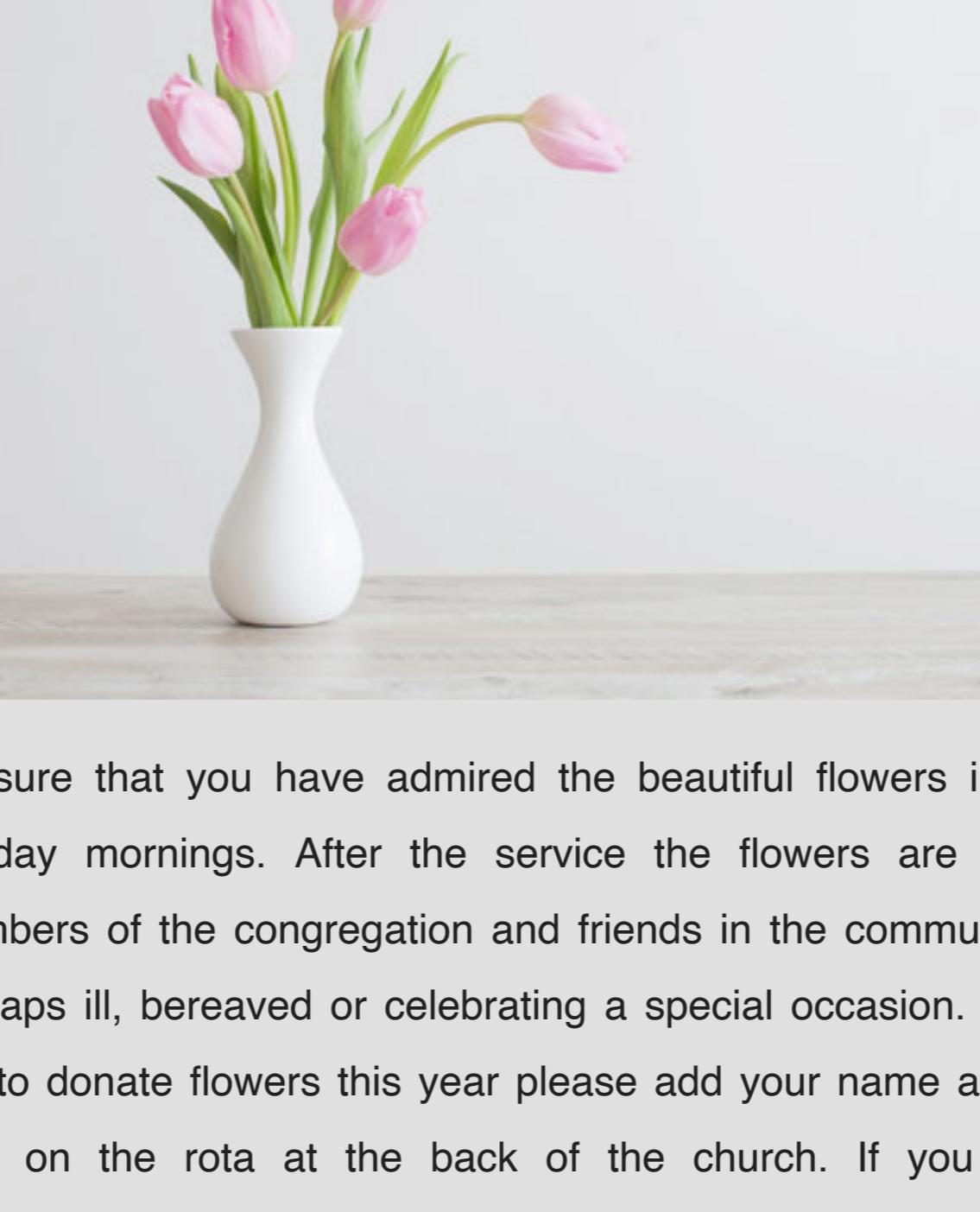
Tuesdays at 2pm in the Main Hall
Seated (and some standing) exercise
with Joanne

Followed by tea,
cake and optional worship
£5 weekly



Thrive on Thursdays

Well-being Workshops



You are invited to this first session -
'Thriving in Winter' led by Fiona Dinsmore

Thursday 22nd January, 2pm

Murrayfield Parish Church Centre

Focusing on sleep, exercise, diet and nutrition.

Refreshments and optional worship

Contact: office@murrayfieldparishchurch.org.uk

0131 337 1091

Rev Douglas Nicol - douglas.nicol@churchofscotland.org.uk

078143 7075

Registered charity number SC0001



We've made a name change to the WWW sessions. The well being sessions will now take place on Thursday afternoons at 2 pm in the Dove and will be called 'Thrive on Thursdays'. The first session 'Thriving in Winter' will focus on sleep, diet and nutrition. A very interesting session and excellent advice for our winter well-being which will be led by Fiona Dinsmore. There will be time for chat over coffee and refreshments and optional worship at the end of the session.

We look forward to seeing you there. Please just contact the church office or Rev Douglas Nicol if you would like to come along.

[Email office here](#)

BEREAVEMENT JOURNEY

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



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

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](#)

[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 out with these hours.

Phone: 0131 337 1091

Email: office@murrayfieldparishchurch.org.uk

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Can you help with stewarding at the General Assembly?

Church of Scotland General Assembly

Friday, 15 May to Monday, 18 May, 2026

