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SUNDAY 20th JULY 2025



The minister is preaching this Sunday and the sermon will reflect on the 25th Psalm.

Provision for children will be available in the family area in the Rossie Brown chapel.

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

Grief is hard.

Death can impact

all of life.

The Bereavement Journey

a place to talk

7 Sessions of films and discussion

for anyone bereaved anytime

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

Running soon:

MURRAYFIELD PARISH CHURCH
28 ORMDALE TERRACE
Starting 4th September 10.30 am for 6 weeks. To register (limited spaces) please contact the church office
Tel: 0131 337 1091
Email: office@murrayfieldparishchurch.org.uk
Registered charity number SC005198

To find out more visit:

thebereavementjourney.org

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Email the church office here

Cake and Chat : Last Sunday of the month!

If you would like to bake for Cake and Chat please just add your name to the list at the back of the church

The list for September to December is now at the back of the church.

We're going to the zoo - how about you?

The next outing arranged by our Pastoral Assistant is a visit to Edinburgh Zoo on Wednesday 23rd July, and all wishing to take part are invited to give their names to the Church Office or directly to Douglas on 07811 437075.

The visit will begin at the Members' Gate (in the car park for ease of access) at 10.30 am and transport will take our group to the top of the Zoo. We'll be able to call on the transport throughout the visit if anyone tires. A Ranger will guide us down towards the centre of the Zoo where we will lunch in one of the restaurants, and after lunch there will be opportunity of exploring further as individuals wish.

We will be the guests of the Zoo for entry and for lunch, though an opportunity will be given for those who wish to donate confidentially to the RZSS charity.

Lifts will be available from homes to the Zoo, and requests and offers of help should go to Douglas.

Email church office here

Fresh Start

helping people make a home for themselves

Food Donation Drive

Please Donate:

- Beans • Tinned spaghetti
- Tinned soup • Tinned vegetables
- Tinned meat • Tinned fish
- Cooking Sauces • Packets of Pasta
- Rice • Cereal
- Porridge • Biscuits
- Sugar • Tea Bags
- Instant Coffee • UHT Milk

Thank you for your continuous support of Fresh Start.

At the moment we are desperately short of:

- . Small electric items (especially toasters)
- . Towels
- . Cleaning items
- . Toiletries
- . Glass tumblers

Please ensure donations are in good, reusable condition.

There is a box available in the vestibule in the church for you to donate any items.

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

