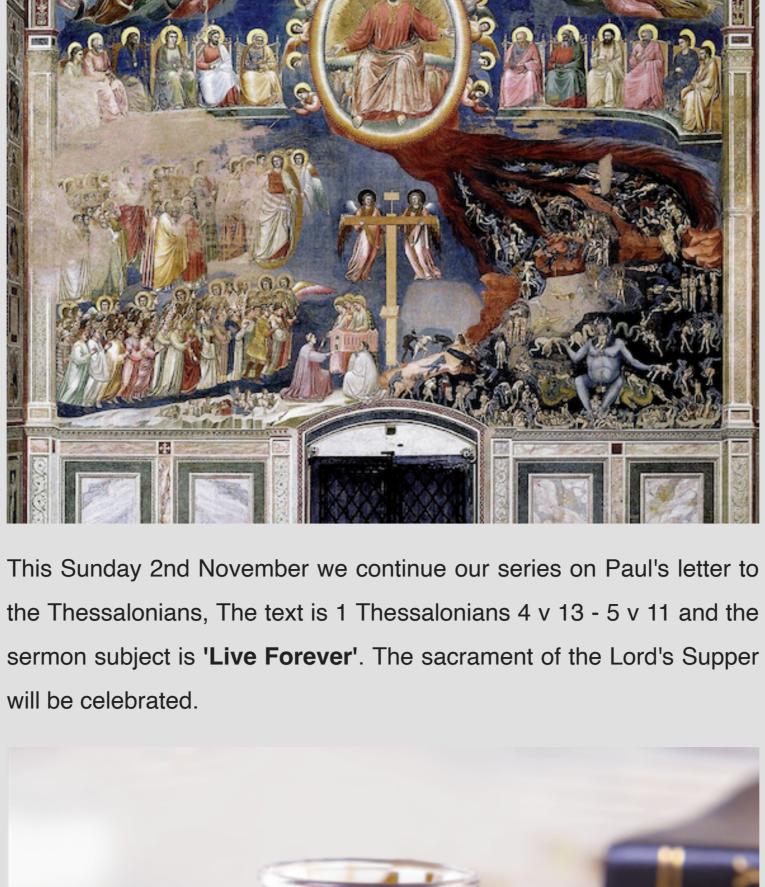
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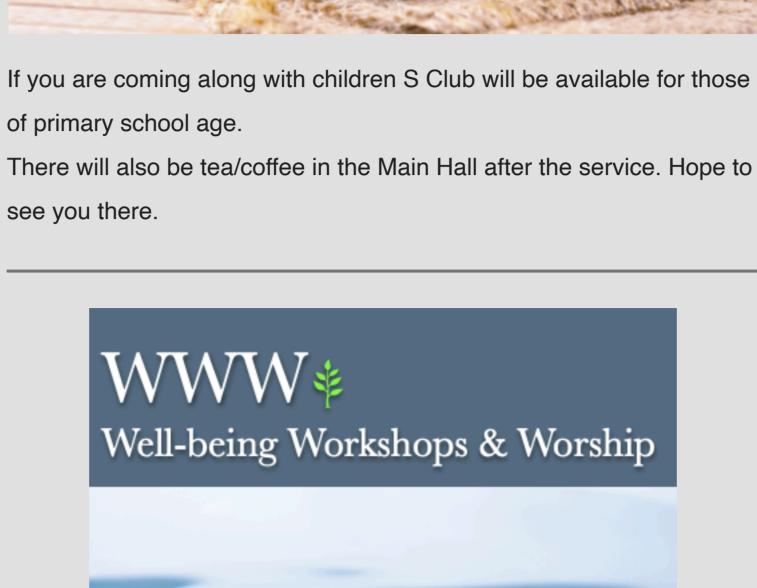
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SACRAMENT OF THE LORD'S SUPPER





Sleep, breathing techniques, IT clinic & much more

Thursdays at 10.30am in the Dove, Church Centre

at Murrayfield Parish Church

30th October - 4th December

with refreshments & optional worship.

Six sessions: Come to one .. or come to all six!

WWW Well-being Workshops and Worship starts on Thursday 30th

October and will run until Thursday 4th December. Six interesting well-

being sessions in total. The sessions will include refreshments and

office@murrayfieldparishchurch.org.uk

www.murrayfieldparishchurch.org.uk

0131 337 1091

optional worship.

Programme Week 2: 6th November 'Tech Workshop' with Gary Wallis Week 3: 13th November 'Millie the Therapist' with Julie Russell Week 4: 20th November Visit to Mansfield Traquair Centre Week 5: 27th November 'Relaxation through Breathing' with Fiona Dinsmore Week 6: 4th December 'Christmas Crafts'

If you are interested in coming along or would like to find out more

about it please contact the church office or Rev Douglas Nicol. We

would love to hear from you.

service.

there.

Film Crew



Dove Room 4pm-6pm for primary 7 and up .... The next Film Crew will be held on Sunday 9th November 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

TTT: TONE UP ON TUESDAYS AT TWO

Tuesdays at 2pm in the Main Hall

Seated (and some standing) exercise

with Joanne



Afternoon Tea

Friday 21st November

From 2pm

All welcome!

Murrayfield Parish Church Centre

CAKE &

Coffee morning
Supporting Cans for Christmas &

Christmas Gifts

Saturday 29th November

2B Ormidale Terrace

**Murrayfield Parish Church Centre** 

10am-12noon

1581.

With a craft table for all to enjoy If you wish to attend the afternoon tea on Friday 21st November from 2-3.30 pm please email Jane Smart below or phone on 0131 337

**Email Jane Smart here** 

Murrayfield

Tea & Coffee **Home Baking** Craft table for children!

Registered charity number SC005198

Suggested donation £2 (children free) Come along to support Cans for Christmas and the Prisoners' Gift

We are looking forward to our church/community coffee morning on

Saturday 29th November, 10am-12noon in the church centre. We will

Scheme. Two initiatives supported by Murrayfield Parish Church.

be supporting our Christmas initiatives 'Cans for Christmas' and 'Gifts for Prisoners' Children'. Please spread the word to friends and neighbours. There will be a baking stall at the coffee morning - we would love to receive home baking for the coffee tables and for the baking stall. 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 Cake and Chat List for January to August 2026 is now at the back of the church. Please add your name to the list for the month you would like to do. If you haven't baked for cake and chat before and would like to find out more details- please contact Jane Smart **Contact Jane Smart here** 

**MCT Faith Discussion Group** 

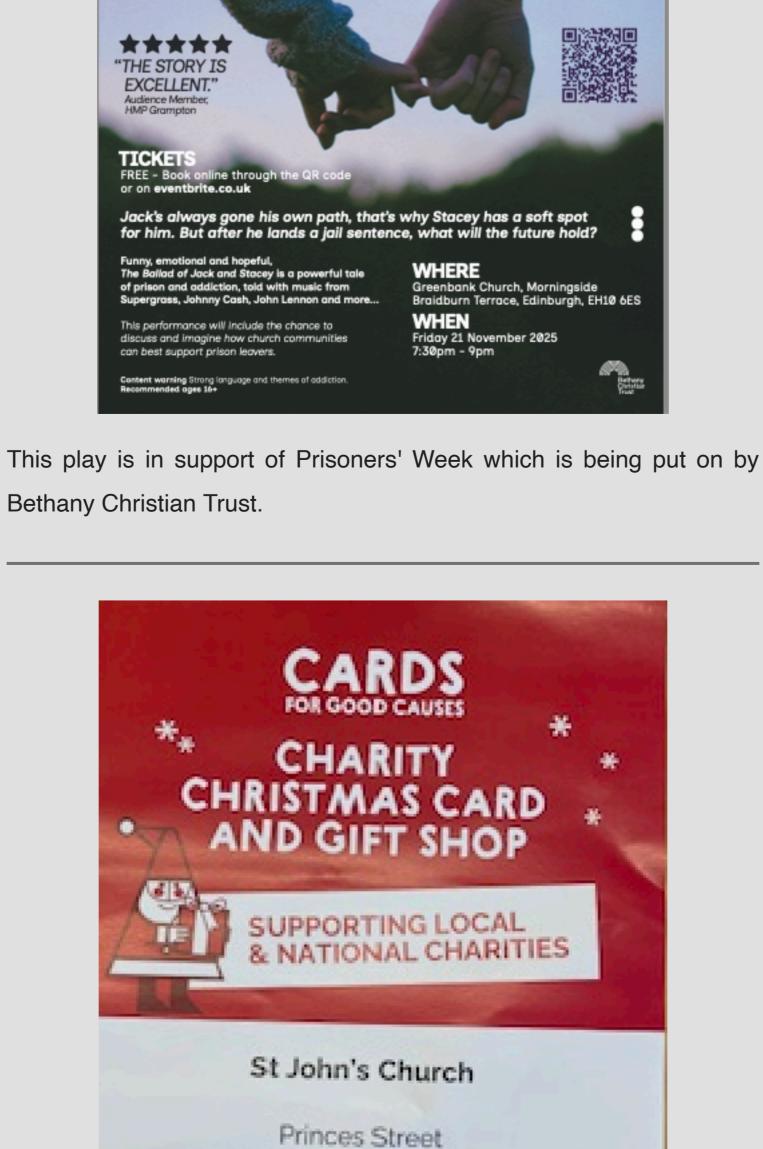
2025/26

Meeting on Tuesday evenings at 7.30pm

Saughtonhall UR Church (starting 30th September)

Course material will be 'John for Everyone' Tom Wright.

Meeting also available by Zoom. For more information contact Richard Nunn by clicking button below. We will be thinking about John's Gospel after Christmas this year until next Easter and therefore this course could be of special interest. **Email Richard Nunn here** the **ballad** of **jack** and



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

Edinburgh, EH2 4BJ

You can also find us online

www.cardsforcharity.co.uk

Monday - Saturday 10-4



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