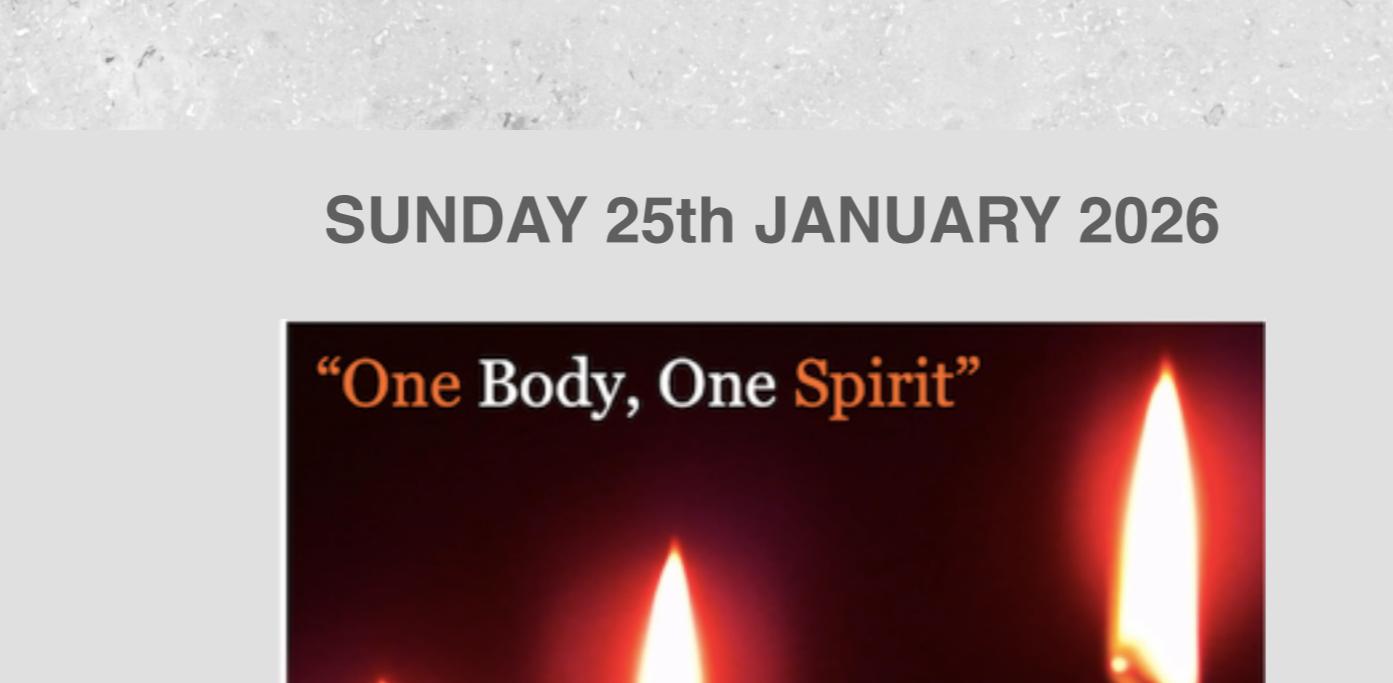
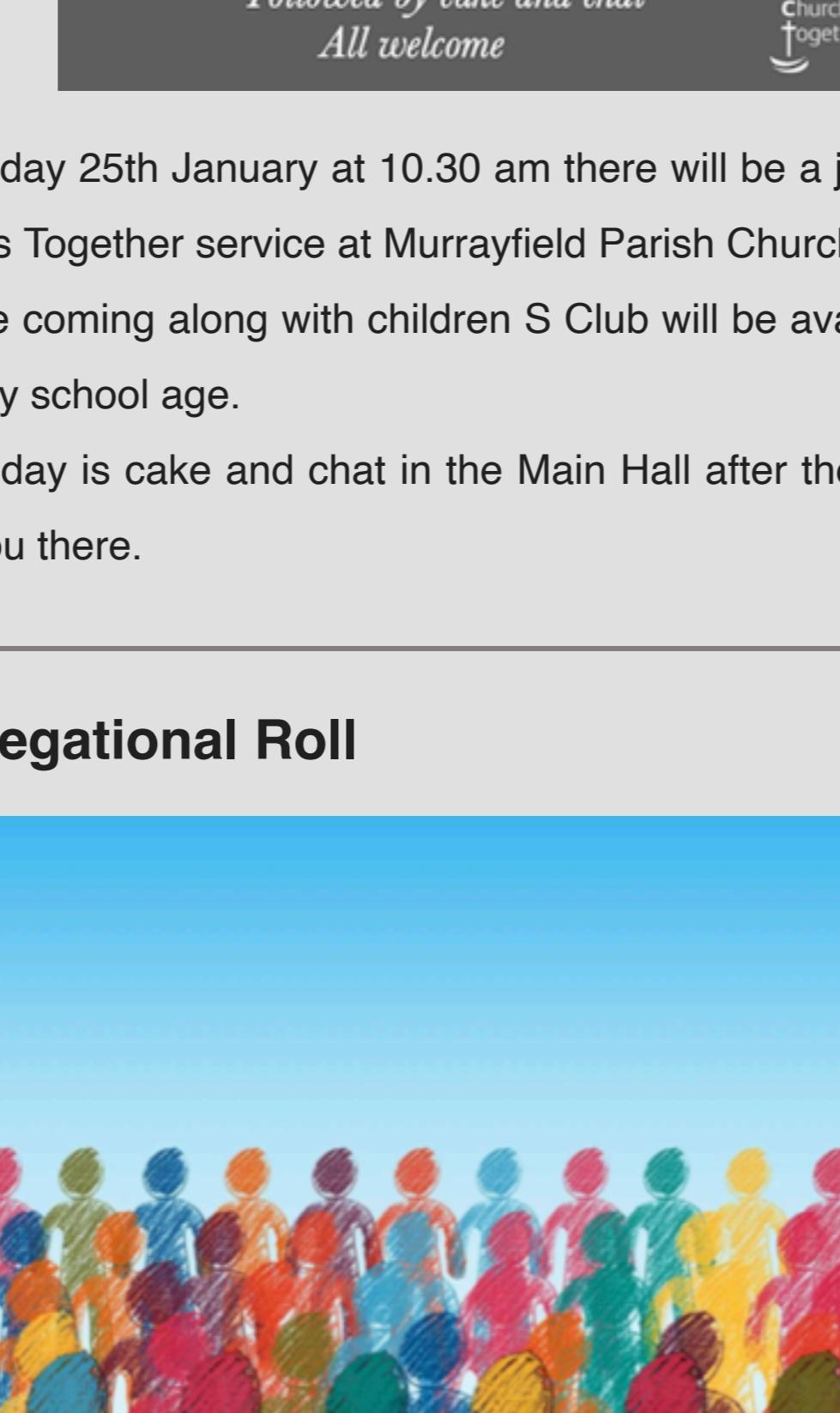


[View this email in your browser](#)**SUNDAY 25th JANUARY 2026**

Week of Prayer for Christian Unity 2026  
Murrayfield Churches Together  
Sunday 25th January  
10.30am

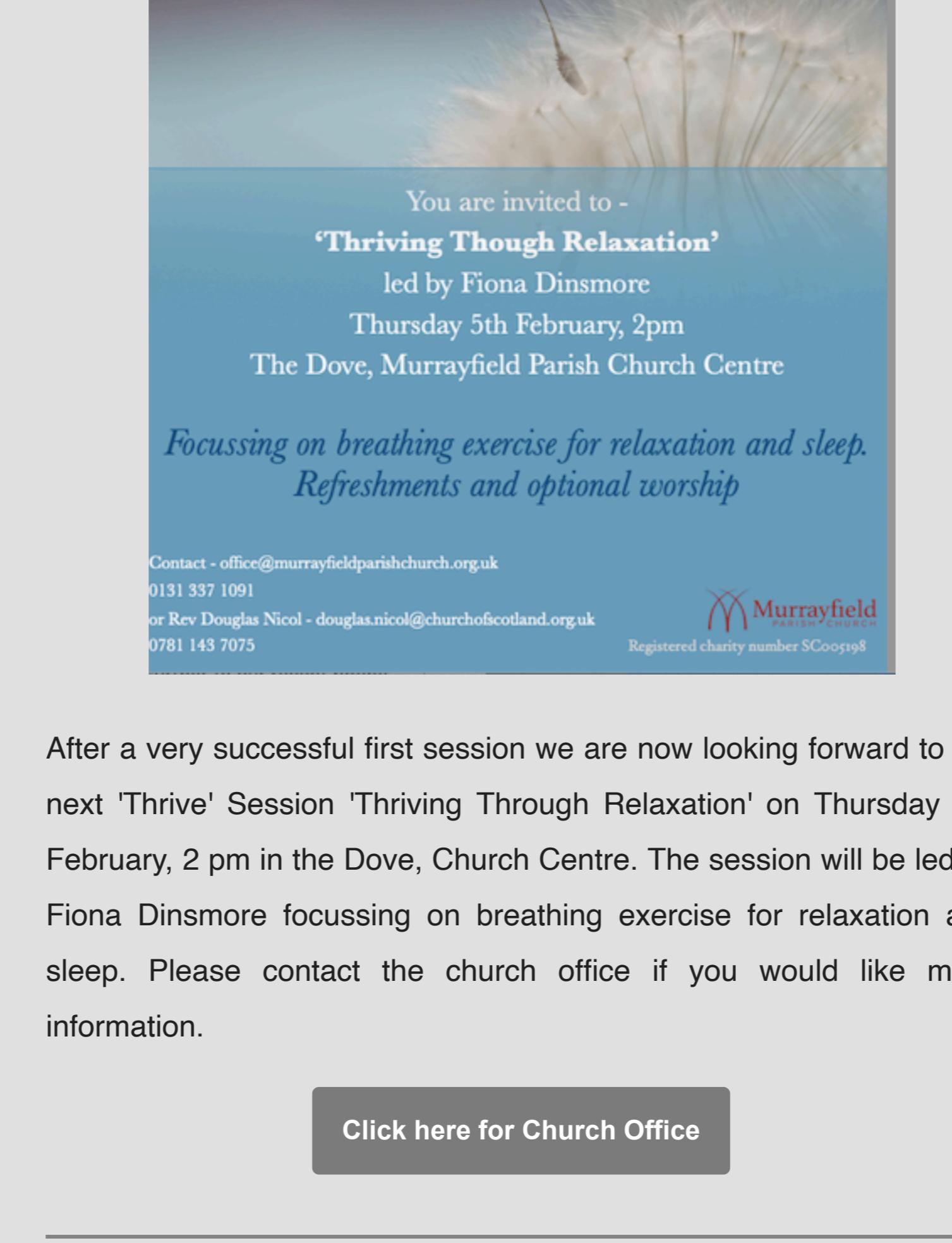
*Followed by cake and chat  
All welcome*



This Sunday 25th January at 10.30 am there will be a joint Murrayfield Churches Together service at Murrayfield Parish Church.

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

This Sunday is cake and chat in the Main Hall after the service. Hope to see you there.

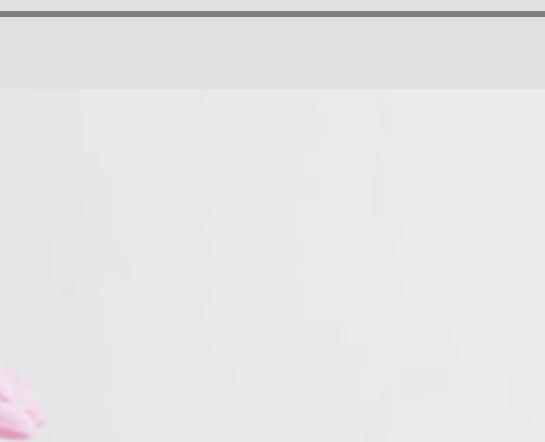
**Congregational Roll**

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**

**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*

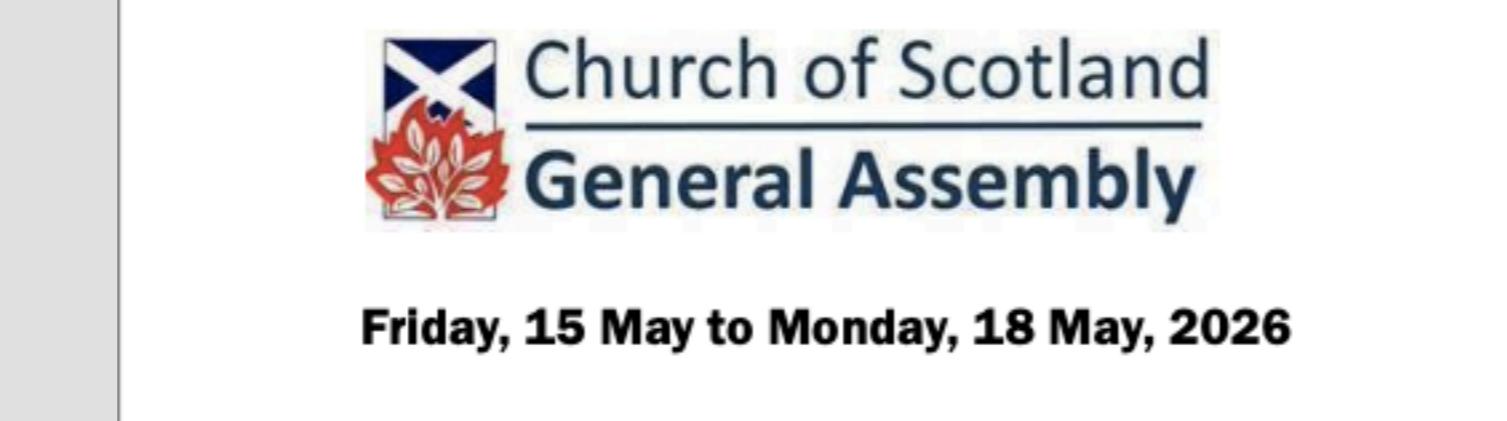
Contact - office@murrayfieldparishchurch.org.uk  
0131 337 1091  
or Rev Douglas Nicoll - douglas.nicoll@churchofscotland.org.uk  
0781 149 7075  
Registered charity number SC005948

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](#)

**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](#)



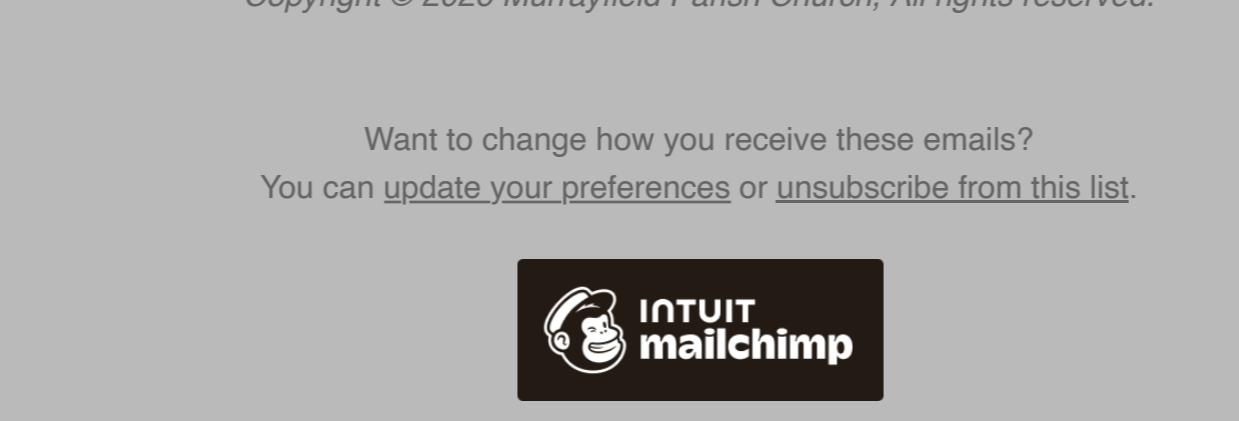
I'm sure that you have admired the beautiful flowers in church on Sunday mornings. After the service the flowers are delivered to members of the congregation and friends in the community who are perhaps ill, bereaved or celebrating a special occasion. If you would like to donate flowers this year please 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  
Soughton Hall 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 Soughton Hall Church on Sunday 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](#)

**Can you help with stewarding at the General Assembly**

**Friday, 15 May to Monday, 18 May, 2026**



**Can you help with stewarding at the General Assembly?**

safe 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 that for safety reasons and the Assembly Hall if required the day or night upon which they would seek to help. A reasonably high level of fitness is required.

For more details please contact Neil Proven, Chief Steward

[assembliesstewards@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](mailto:office@murrayfieldparishchurch.org.uk)



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