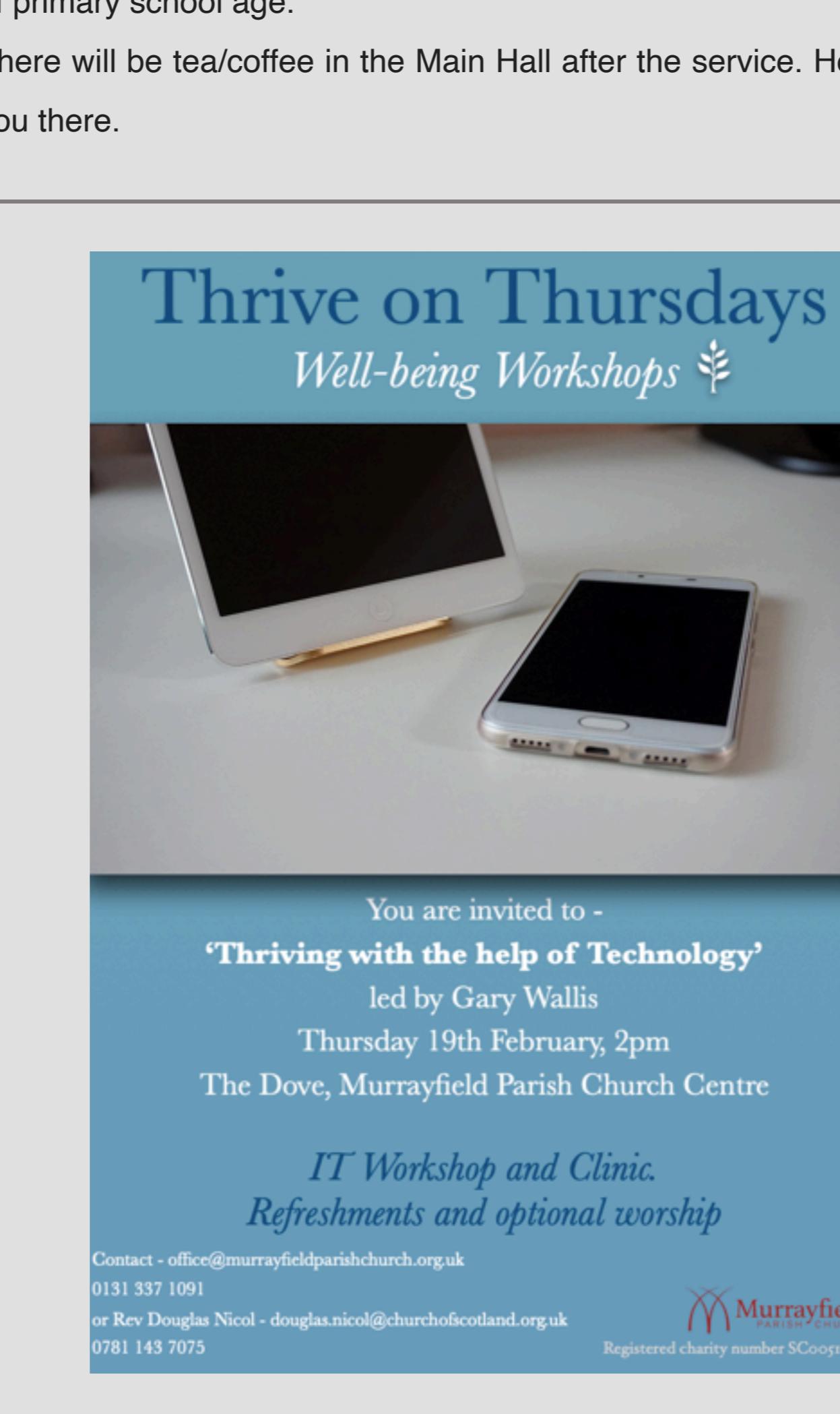


[View this email in your browser](#)

SUNDAY 8th FEBRUARY 2026



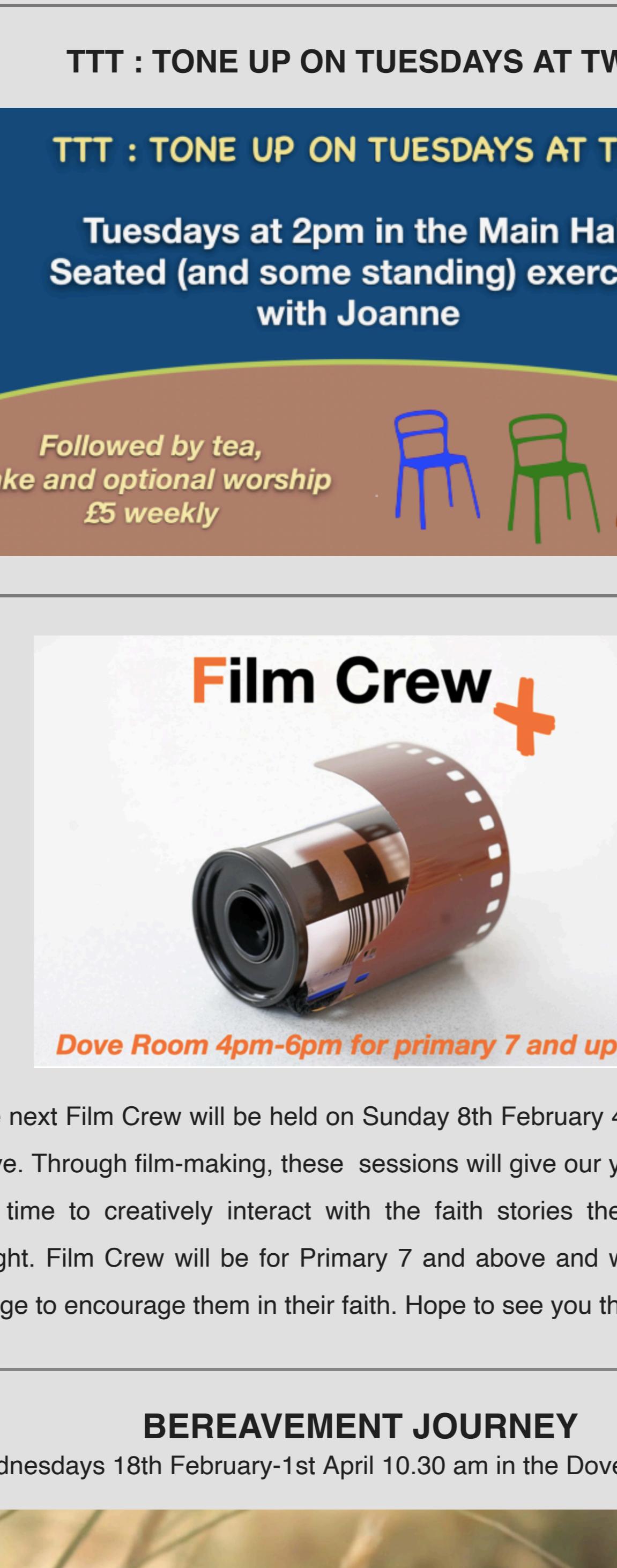
This Sunday 8th February at 10.30 am we continue with our series on John's gospel looking at Chapter 3 verses 1-21. The sermon theme is 'Going Fully Electric'.

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.

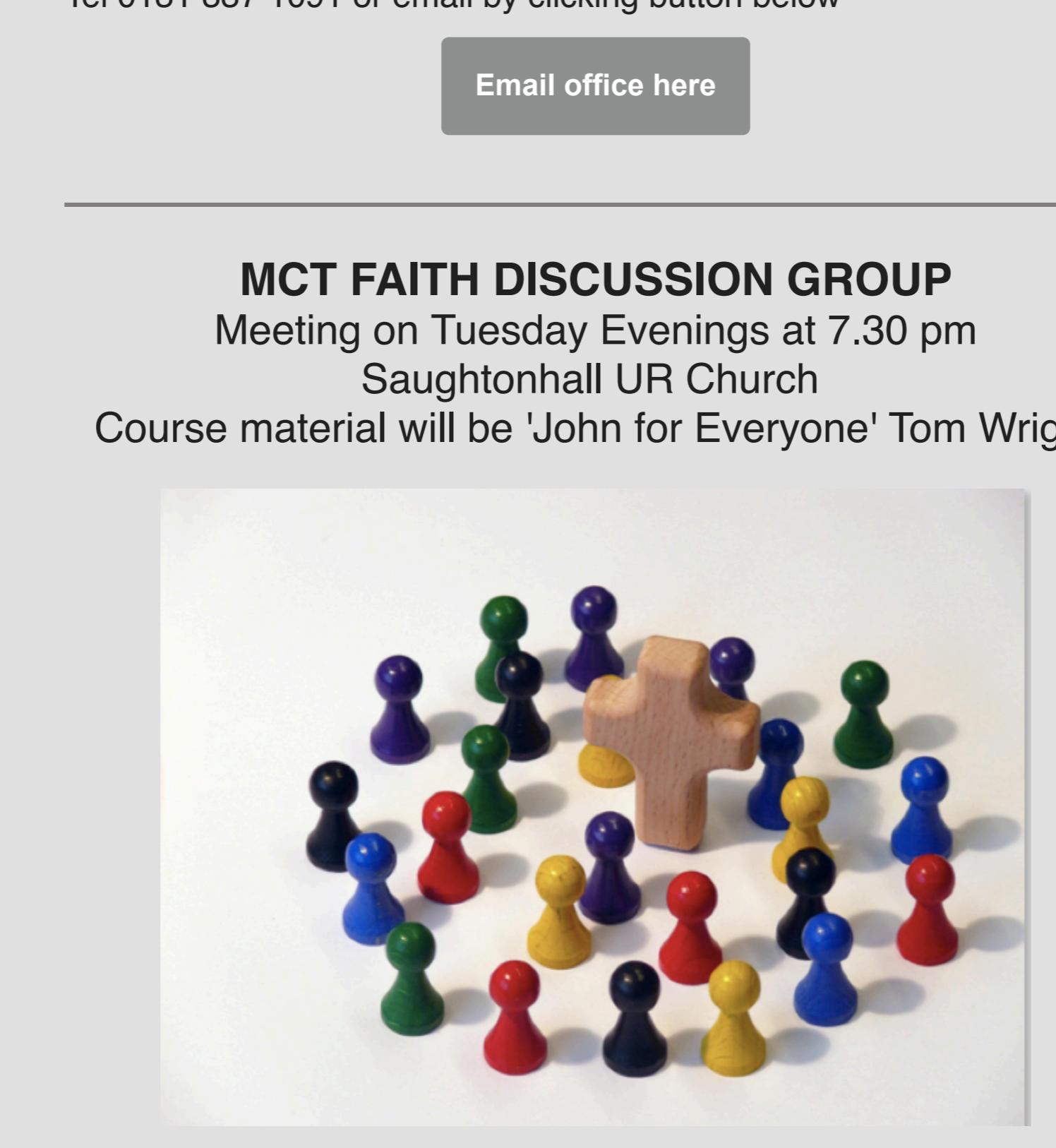
## Thrive on Thursdays

Well-being Workshops



The next 'Thrive' session 'Thriving with the help of Technology' will be held on Thursday 19th February at 2pm in the Dove, Church Centre.

This session will be led by Gary Wallis. Please contact the church office if you would like more information.

[Email the office here](#)

We regret to announce the death of one of our church members. Mrs Katherine Richardson died on 3rd February. Please remember Katherine's family and friends in your prayers.

We also regret to announce the death of Mrs Ruby Boyd. Please remember Ruby's family and friends in your prayers.

## 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**



**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.



Grief is hard. Death can impact all of life.

7 sessions of films and discussion for anyone bereaved anytime.

Topics include:

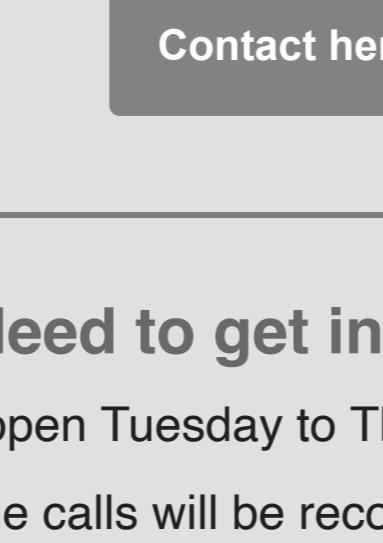
- Attachment and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting forward healthily
- Faith questions - a Christian perspective (optional)

To register (limited spaces) please contact the church office

Tel 0131 337 1091 or email by clicking button below

[Email office here](#)

## Lent Study



**beginning on the 23rd February**

**the Church of the Good Shepherd**

**using the 'Acts of Hope' book from the**

**Charity 'Acts of Hope' based on the Book of Acts**

**All Welcome**

**If you would like more information please contact**

**tots@saughtonhall.com**

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

**Sunday 6th March 6pm**. 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](#)

## WORLD DAY OF PRAYER

**Friday 6th March 2026**

**In the Church of the Good Shepherd**

**in the World Day of Prayer**

**in the World Day of Prayer**