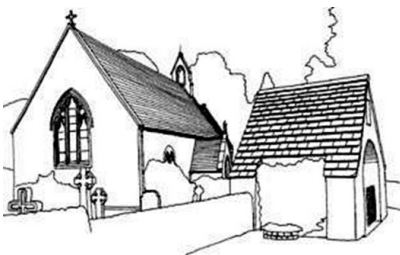




Scottish Episcopal Church Highland Perthshire Linked Charge



Prayer Booklet 2020



Holy Trinity, Pitlochry



St Andrews , Strathtay



All Saints, Kinloch Rannoch



Kilmaveonaig, Blair Atholl

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Then you will call on me and come and pray to me, and I will listen to you.

Jeremiah 29:12

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

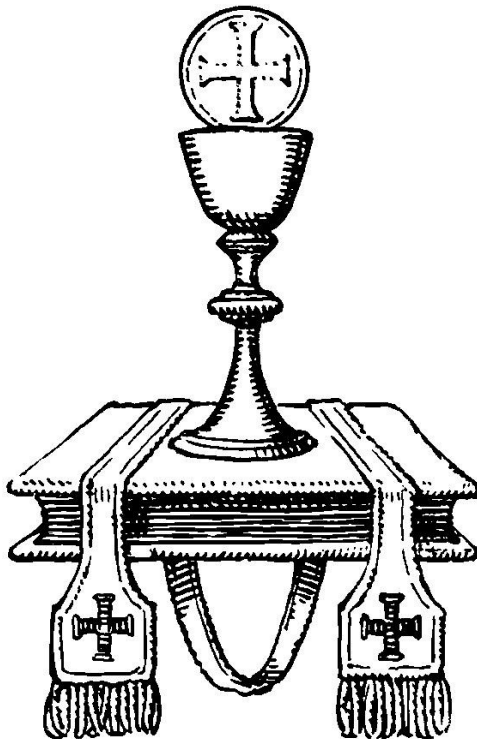
Adapted for use in HPLC from
St Oswald's Church, Maybole
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Additional material by Liz, Lesley & Rachael
Illustrated and designed by Seonaid

Introduction

In creating this booklet we are endeavouring to offer opportunities for regular prayer and worship to all members of our 4 congregations during the Covid-19 pandemic. In Highland Perthshire our people are scattered across a wide geographic area and whilst many are joining in our online services, we are very aware that there are many who cannot.

So, with this booklet we aim to provide a guide to those who are not able to take part in online services so that all can join in (at appropriate times), as well as being a general and hopefully easy to use resource of prayer and Bible Study for everyone. For although this booklet has been created particularly for this time when services are suspended, it can be used as an aid to our prayer life at any time.



The Daily Offices: Morning, Evening & Night Prayer

It has always been the Christian custom to pray with Christ at the beginning and at the end of each day:

*The morning is the time of his **resurrection**: as the new light breaks we pray to be made new in him.*

*The evening is the time of his **descent from the cross**: as the sun sets we pray to find our final rest in him.*

Even if we are insulated from the natural rhythm of dawn and dusk, as many these days are by patterns of work and family life, let our prayer fit the hymn:

'With thee began, with thee shall end the day'

as a sign that we seek to place all that we are, all that we say, and all that we do within the unending praise of the God and Father of our Lord Jesus Christ.

The structure of these simple forms is as follows:

- I. A short invocation — calling upon God
(in the morning from Psalm 51, in the evening from Psalm 70)

Gloria — praise of the God who through Jesus invites us to worship him as Father, Son, and Holy Spirit.

- II. A psalm, followed by a short reading from scripture.
(These vary according to the season.)
- III. A canticle
(in the morning Benedictus, in the evening Magnificat).

Short prayers, including the Lord's Prayer.

This structure is a very ancient one and has therefore been tested through long Christian experience. It is offered here in simple form in the hope that it may encourage all who use it to 'keep on praying and not to lose heart'.



MORNING PRAYER

INVOCATION

O Lord open our lips;

and our mouths shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever.

Amen.

PSALMODY AND SCRIPTURE

If you have access to the lectionary, you can find the readings allocated for each day. Otherwise, you can use the list of suggested readings below or a Psalm and reading of your choosing. Some of the Lectionary Readings will be published each month in the Newsletter.

Advent:	Psalm 97	Romans 13.11-12
Christmas:	Psalm 98	Hebrews 1.1-2
Lent:	Psalm 51	1 Thessalonians 4.1 & 7
Easter:	Psalm 150	Acts 10.40-41
Ascension to Pentecost:	Psalm 104	Acts 5.30-32

Other days

Option 1:	Psalm 43	Lamentations 3.22-25
Option 2:	Psalm 46	2 Corinthians 4.5-6
Option 3:	Psalm 63	Ephesians 5.9,13,14
Option 4:	Psalm 145	Hosea 6.1-3

CANTICLE AND PRAYER

Benedictus: The Song of Zechariah Luke 1.68-79

1 Blessed be the Lord God of Israel:
for he has come to his people and set them free.

2 He has raised up for us a mighty saviour:
born of the house of his servant David.

3 Through his holy prophets he promised of old:
that he would save us from our enemies,
from the hands of all that hate us.

4 He promised to show mercy to our fathers:
and to remember his holy covenant.

5 This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,

6 free to worship him without fear:

7 You my child shall be called the prophet of the most high:
for you will go before the Lord to prepare his way,
8 He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
9 the promise he made to our fathers:
to Abraham and his children for ever.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and shall be for ever. Amen.

A time of prayer or silence, followed by:

Kyrie

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial
but deliver us from evil.
For the kingdom,
the power and the glory are yours,
now and for ever. Amen.

Collect

God most holy, we give you thanks for bringing us out of the shadow
of night into the light of morning; and we ask you for the joy of spend-
ing this day in your service, so that when evening comes, we may
once more give you thanks, through Jesus Christ, your Son, our Lord.
Amen.

Let us bless the Lord:
Thanks be to God!

The Lord bless us and preserve us from all evil;
and bring us to life eternal. Amen.

EVENING PRAYER

INVOCATION

O God, make speed to save us;

O Lord, make haste to help us.

Glory to the Father, and to the Son, and
to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever. Amen.



PSALMODY AND SCRIPTURE

If you have access to the lectionary, you can find the readings allocated for each day. Otherwise, you can use the list of suggested readings below or a Psalm and reading of your choosing.

Advent:	Psalm 75 1 Thessalonians 5.23-24
Christmas:	Psalm 113 Galatians 4.4-5
Lent:	Psalm 130 1 Corinthians 9.24-25
Easter:	Psalm 114 Ephesians 2.4-6
Ascension to Pentecost:	Psalm 23 Romans 8.11

Other Days

Option 1:	Psalm 103 Matthew 11.28-30
Option 2:	Psalm 111 Romans 11.33-36
Option 3:	Psalm 139 Matthew 6.19-21
Option 4:	Psalm 147 Mark 4.30-32

CANTICLE AND PRAYER

Magnificat: The Song of Mary Luke 1.46-55

1 My soul proclaims the greatness of the Lord:

my spirit rejoices in God my Saviour;

2 for he has looked with favour on his lowly servant:

from this day all generations will call me blessed;

3 the Almighty has done great things for me:

and holy is his name.

4 He has mercy on those who fear him:

in every generation.

5 He has shown the strength of his arm:

he has scattered the proud in their conceit.

6 He has cast down the mighty from their thrones:

and has lifted up the lowly.

7 He has filled the hungry with good things:

and the rich he has sent away empty.

8 He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
9 the promise he made to our fathers:
to Abraham and his children for ever.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and shall be for ever. Amen.

A time of prayer or silence, followed by:

Kyrie

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial
but deliver us from evil.
For the kingdom,
the power and the glory are yours,
now and for ever. Amen.

Collect

Lord, God almighty, come and dispel the darkness from our hearts, that
in the radiance of your brightness we may know you, the only unfading
light, glorious in all eternity. Amen.



NIGHT PRAYER (COMPLINE)

INVOCATION

The Lord almighty grant us a quiet night and a perfect end. Amen.

O God, make speed to save us;

O Lord, make haste to help us.

Glory to the Father and to the Son, and to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever. Amen.

Alleluia! (*omitted in Lent*)

PSALMODY AND SCRIPTURE

Sundays:	Psalm 91	Revelation 22.4-5
Mondays:	Psalm 86	1 Thessalonians. 5.9-10
Tuesdays:	Psalm 143	1 Peter 5.8-9
Wednesdays:	Psalms 31.1-5 & 130	Ephesians 4.26
Thursdays:	Psalm 16	1 Peter 5.6-7
Fridays:	Psalm 88	Jeremiah 14.9
Saturdays:	Psalms 4 & 134	Isaiah 30.15

CANTICLE AND PRAYER

Nunc Dimittis: The Song of Simeon Luke 2.29-32

Antiphon: Preserve us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.

1 Now, Lord, you let your servant go in peace;
your word has been fulfilled.

2 My own eyes have seen the salvation
which you have prepared in the sight of every people;

3 A light to reveal you to the nations,
and the glory of your people Israel.

Glory to the Father and to the Son, and to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever. Amen.

Antiphon: Preserve us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.

A time of prayer or silence.

Collect Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour, Jesus Christ. Amen.

Conclusion May the almighty and merciful Lord, the Father, the Son and the Holy Spirit, bless and keep us. Amen. 9

SPIRITUAL COMMUNION

A key aspect of SEC liturgical life is the regular sharing of word and sacrament in eucharistic worship. As you already know, until the threat of this virus has subsided, we will not be able to gather together to celebrate Holy Communion.



The practice of 'spiritual communion' is the intentional act of linking one's prayer with the whole Church, and receiving Communion in the Holy Spirit, either because one is physically unable to receive it in Bread and Wine or because physical circumstances prevent being physically present, has a long tradition going back to the early church (especially in times of persecution). But you may still receive the comfort and assurance that is given us by the long standing tradition of "spiritual communion", sometimes called "the sacrament of desire".

Just like the early church taught that a believer who was being prepared for baptism, but who died before actually being baptized, the Church has taught us that the faithful who desire to receive Holy Communion, but who are unable to do so, actually join in the Holy Communion through faith and by their desire to receive it.

If you are able to join, some of us will be Celebrating the Eucharist each Sunday at 10.30am on Zoom (links will be sent to all who potentially have access to a computer or tablet/phone), but if this is not possible, then please follow the service from the Blue Book and read from Scripture.

If you have access to the day's readings for Holy Communion use these. If not, please reflect upon the following:

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' – John 6.35

And offer one of the following prayers after reading a eucharistic prayer from the liturgy:

We do not presume to come to this thy Holy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies.

We are not worthy so much as to gather up the crumbs under thy Table; but thou art the same Lord, whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the Flesh of thy dear Son Jesus Christ, and to drink his Blood, that our sinful bodies may be made clean by his most sacred Body, and our souls washed through his most precious Blood, and that we may evermore dwell in him, and he in us. Amen

Or

God of unending love, you are present to us in Word and Sacrament. With all around the world who gather to worship, I offer you my praise and thanksgiving; and though I cannot eat the bread of God, or drink the royal wine of heaven, I pray that I may know the fountain of your love drench my heart and your Incarnate presence encompass me behind and before, that through the power of your Spirit, I may rejoice in the sure and certain hope that I abide in your wondrous love now and for all eternity, in Jesus Christ our Lord. Amen.

If you have no access to the Blue Book or any other liturgy permitted by the SEC, then you may still receive Spiritual Communion by using the following:

Opening

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O Lord, all we long for is before you;
and our deep sighing is not hidden from you.
But we acknowledge our wickedness;
we are filled with sorrow at our sin.
Be pleased O Lord, to deliver us;
O Lord, make haste to help us.
May the Lord forgive what we have been,
help us to amend what we are
and direct what we shall be,
through Jesus Christ our Lord. Amen.

Readings from the Lectionary, or your choice or:

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' – John 6.35

PRAYERS

An opportunity for personal prayer: for the world and its people, for those who suffer and those in need, for the Church and its members.

Concluding with:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Prayer for Spiritual Communion (as above)

We do not presume to come to this thy Holy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table: but thou art the same Lord, whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the Flesh of thy dear Son Jesus Christ, and to drink his Blood, that our sinful bodies may be made clean by his most sacred Body, and our souls washed through his most precious Blood, and that we may evermore dwell in him, and he in us. Amen

Or

God of unending love, you are present to us in Word and Sacrament. With all around the world who gather to worship, I offer you my praise and thanksgiving; and though I cannot eat the bread of God, or drink the royal wine of heaven, I pray that I may know the fountain of your love pouring upon me and your incarnate presence encompassing me behind and before, that through the power of your Spirit, I may rejoice in the sure and certain hope that I abide in your wondrous love now and for all eternity, in Jesus Christ our Lord. Amen.

Closing Prayer

The Lord bless us and keep us.

The Lord make his face to shine upon us and be gracious to us.

The Lord lift up his countenance upon us and give us peace.

Amen.



SCRIPTURE AND PRAYER

The study of Scripture and praying with passages from the Bible is an ancient tradition and one well worth trying. Here are 2 ways (there are others) of doing this for you to try.

1.Lectio Divina; (literally divine reading) is a way of becoming immersed in the Scriptures very personally. It draws on Jewish practice of reading and studying a text, but the Christian form of Lectio Divina was first introduced by St. Gregory of Nyssa (c 330- 395), and also encouraged by St. Benedict of Nursia (c 480-547), the founder of the Benedictine order. It's a way of developing a closer relationship with God by reflecting prayerfully on His words. In Lectio Divina, the chosen spiritual text is read four times in total, giving an opportunity to think deeply about it and respond thoughtfully. When we practice Lectio Divina, we can imagine we're actually involved in the events of Scripture — for example, hearing God's words to the Israelites in the desert. It's an intensely personal experience.

There are four stages of Lectio Divina, imagine they form 4 points around a circle, with the Holy Spirit moving seamlessly between them. Here's how to get started:

Preparation

Set aside about 30 minutes to read, reflect, pray and respond to the Holy Spirit's promptings. Sit quietly with your chosen text, (only 1 or 2 verses at a time and an open mind (otherwise you will be overwhelmed). You may like to light a candle, and begin your session with a short invitation. "God, let me hear from you".

Lectio (Read)

Read the passage you have chosen for the first time. Listen carefully for any words or phrases that seem to jump out. It's important not to force things, but wait patiently for God to give gentle guidance. Taking this example from Jeremiah 31, you might become aware of the strength of God's commitment to His covenant as God's people are not left to begin their journey alone:

"[I will make a new covenant] not like the covenant that I made with their fathers on the day when I took them by the hand to bring them out of the land of Egypt, my covenant that they broke, though I was their husband." (Jeremiah 31:32)

Meditatio (Reflect)

Read the passage for the second time, this reading of the same passage can focus on the points you become aware of during the first reading, then you can reflect carefully on where God has nudged you.

Then reflect on what you feel God is saying to you. Try not to analyse the passage - this is not a bible study this is about listening to what God might be saying to you today. It helps to ask God to make His focus clear.

Oratio (Respond)

After a third reading, it's time to respond. You can save your thoughts by using a journal to record your thoughts and insights. You can respond in prayer too, which gives you the opportunity for a conversation with God.

Example: When reading Jeremiah, I wrote down my wonderings. *"If God is so powerfully committed to keeping His covenant with me, why do I sometimes lack the commitment to stay close to God?"* This then became something I was able to bring to my daily prayer life.

Contemplatio (Rest)

After the final reading, spend around 10 minutes in silent contemplation. This isn't a time of prayer or meditation, just sit quietly and allow God to work. When your mind starts to wander bring it gently back to stillness again. Finally, offer a short prayer of gratitude for the time you have spent, you can finish with the Grace or the Lord's Prayer.





2. IGNATIAN SPIRITUALITY – FINDING GOD IN ALL THINGS

Another practice you might like to try at this time are some of the Spiritual Exercises developed by St Ignatius of Loyola. Ignatian Spirituality is based on the conviction that God is active in our world and that we are able to seek God's guidance in our everyday lives.

Teilhard de Chardin wrote:

"God is not remote from us. He is at the point of my pen, my pick, my paintbrush, my needle – and my heart and my thoughts"

You may like to use some of these exercises to help you discern the presence of God in your daily life.

The Daily Examen

St. Ignatius Loyola included in his Spiritual Exercises a prayer called "the Examen," which derives from the Latin word for examination. It is a meditation with roots not only in Ignatian spirituality, but also in the spiritual practices of the ancient Stoics. There are many versions of the Examen today, but all have five steps. Here is a simple rendering of some key elements:

- 1) Place yourself in God's presence. Give thanks for God's great love for you.
- 2) Pray for the grace to understand how God is acting in your life.
- 3) Review your day — recall specific moments and your feelings at the time.
- 4) Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
- 5) Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

Remember that the heart of the Examen is the third part: reviewing your day and that no experience is too trivial for spiritual investigation.
If it's part of our human experience, God is in it.

Ignatius told the early Jesuits that if they for some reason did no other spiritual exercises, they should do this one. Because the Examen is a spiritual tool for sizing up your days — and planting the seeds for a more purposeful life.

Ignatian Reading

This is a way of using your imagination when reading the gospel stories. One then becomes part of the story (in imagination as an onlooker or participant) in imagination we enter the world of 1st Century Palestine and see and feel the sun, smell the dust and watch and listen to all that is happening. It is important to read the passage several times and then to enter into the scene.

One example of this is the contemplation on Jesus' birth when Ignatius suggests that we imagine "the labours of the journey to Bethlehem, the struggles of finding a shelter, the poverty, the thirst, the hunger, the cold, the insults that meet the arrival of God-with-us." In the course of the Exercises, Ignatius proposes many such scenes from the Gospels for imaginative contemplation. He chooses scenes of Jesus acting rather than Jesus teaching or telling parables. He wants us to see Jesus interacting with others, Jesus making decisions, Jesus moving about, Jesus ministering. He doesn't want us to think about Jesus. He wants us to experience him. He wants Jesus to fill our senses. He wants us to meet him.

Again this is an emphasis on meeting God in the reality of our world.

These are but suggestions of Spiritual practices you might like to explore and study, they can all help us into a deeper relationship with a loving creator and redeemer.



PERSONAL PRAYERS

This first prayer can be used on Sunday Evenings when since 22nd March 2020 (National Day of Prayer) Christians from across Scotland have been lighting a candle and placing it in their window each Sunday at 7pm in response to the coronavirus pandemic.

The lighting of a candle joins Christians of all denominations in Scotland together in prayerful solidarity. The candle is a visible symbol of the light of Christ, a light of hope for us to share with the world.

The following prayer can be used when lighting the candle:

For all that is good in life, thank you,
For the love of family and friends, thank you,
For the kindness of good neighbour and Samaritan stranger,
thank you.
May those who are vulnerable, hungry or homeless, experience
support,
May those who are sick, know healing,
May those who are anxious or bereaved, sense comfort.
Bless and guide political leaders and decision-makers, with wisdom,
Bless and guide health workers and key workers, with strength and
well-being,
Bless and guide each one of us, as we adapt to a new way of living.
And may the light shining from our windows,
across road and wynd, glen and ben, kyle and isle,
be reflected in our hearts and hands and hopes.
Through Jesus Christ our Lord, Amen.

A short selection of some of Liz, Lesley and Rachael's favourite prayers.

Here are 2 of my favourite Prayers (Liz)

A Prayer for Stillness

Lord, everything that moves, now and then
Here and there, makes pauses
The bird as it flies,
Stops in one place to make its nest,
And in another to rest in its flight.
The Sun, which is so bright and beautiful,
Is one place where God has paused.
The moon the stars, the winds, God has been with them too.
The trees and the animals, are all places where God has stopped,
Leaving the touch of the Holy in all these things.
We too have had God pause in us.
We too have the Holy touch in our beings
Let us pause now and listen for the grace of God in our hearts. Amen

(Followed by a period of silence)

*Anon adapted from a Lakota Prayer From 'Cherish The Earth'
Mary Low 2003 Wild Goose Publications*

We are not Alone

We are the people who heal each other,
who grow strong together,
who name the truth,
who know what it means
to live in community,
moving towards a common dream
for a new heaven and a new earth
in the power of the love of God,
the company of Jesus Christ
and the leading of the Holy Spirit. Amen
From 'Liturgies for the Journey of Life'
Dorothy McRae-McMahon 2000 SPCK

My prayers for the booklet (Lesley)

A General Thanksgiving.

ALMIGHTY God, Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men;

We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful, and that we shew forth thy praise, not only with our lips, but in our lives; by giving up ourselves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom with thee and the Holy Ghost be all honour and glory, world without end. Amen.



A Prayer of St. Francis of Assisi:

"Lord,
make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is discord, union;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

"O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life." Amen.

A beloved prayer of mine (Rachael)

Christ, as a light

illumine and guide me.

Christ, as a shield

overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,

lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;

in the mouth of each who speaks unto me.

This day be within and without me,

lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

Canticle for Morning Prayer from Celtic Daily Prayer I

(The Northumbria Community Trust, 2015, HarperCollins Publishers: London)

The Jesus Prayer:

"Lord Jesus Christ, Eternal God, have mercy upon me"

Ancient words that are especially associated with Orthodox Christianity, their slow repetition becomes a meditative prayer that helps us to be aware of the presence of God with us and in the world. Traditionally, you pray the first clause as you breathe in and the second clause as you breathe out. In this way, it is a prayer that begins in the head (or mind) but becomes a prayer of the heart and is embodied in us. For, as Rowan Williams writes: 'First, and most importantly, prayer is God's work in us. It is not us trying to persuade God to be nice to us or to get God interested in us. It is opening our minds and hearts and saying to the Father, "Here is your Son, praying in me through the Holy Spirit. Please listen to him, because I want him to be working, acting and loving in me"'.



Iona Cross with Cairngorms

(photo by Seonaid)

**Highland Perthshire Linked Charge
Diocese of St Andrews Dunkeld & Dunblane
Scottish Episcopal Church**