

St Saviour's Episcopal Church Services

Wednesday

09.30 Toddler service – informal prayers and songs for pre-schoolers
11.00 Said Eucharist

Sunday

08.00 Said Eucharist
10.00 Sung Eucharist (Young Church and Crèche meet at the same time)

HOLY AND WEEK EASTER DAY 2008

16th March Palm Sunday
08.00 Said Eucharist
10.00 Sung Eucharist with Palms Ceremony

17th March Monday
19.30 Said Eucharist

18th March Tuesday
21.00 Choral Night Prayer – Candlelit

19th March Wednesday
11.00 Said Eucharist

20th March Maundy Thursday
19.30 Sung Eucharist

21st March Good Friday
14.00 The Solemn Liturgy

EASTER TIME

22nd March Holy Saturday
20.00 The Easter Vigil

23rd March Easter Day
08.00 Said Eucharist
10.00 Sung Eucharist

All are welcome to any of our services.

It is now commonplace for people of one religious tradition to visit people of another religion. With much negative press about religion as a whole; internal warring factions and religion against religion; the excellent work which is on going in communities when religious people come to talk and work together is often overlooked. On 8 January David Chillingworth, Bishop of St. Andrew's, Dunkeld & Dunblane and I met with Imam Arif Hansrot and members of the Islamic Centre in Stirling.

We were greeted with the normal graciousness and hospitality which so many mosques offer and is particularly characteristic of Imam Arif. A fruitful discussion was had, touching on topics such as the Church not being the force it might have been for previous generations of Scots and how Muslims in Scotland develop their faith in a minority context.

Dominic Ind, Rector

EFT and Weight Loss

Now that we are heading towards spring and summer, that difficult issue of losing weight enters many people's minds. The excesses of the Festive Period are over, but maybe we are still carrying its repercussions! We know that dieting rarely works and that weight often creeps back on again after giving up the diet.

Our eating habits are often another form of addiction and usually divert our attention away from other issues which are cleverly hidden or ignored.

But often it not just a physical craving which triggers our behaviour. Rather, the craving tranquilises some strong, unresolved emotions. Until those emotions are resolved the behaviour will continue.

New York City therapist Carol Look, LCSW, DCH, says: "When you use sugar or overeating as a way to numb your feelings, no diet in the world can help you. Even the latest surgery does nothing to correct underlying emotional imbalances that trigger overeating. EFT (Emotional Freedom Techniques) doesn't focus on calorie restriction.

"Instead, it targets emotions that lead to immediate cravings, hunger pangs, and poor eating habits, such as emotions triggered by daily stress, issues from the past, a family history of obesity, limiting beliefs about one's ability to lose weight, fear of the future, and other factors that trigger binges."

EFT provides two remarkable benefits for weight loss that sets it apart from other methods:

Benefit 1 - EFT Eliminates Your Immediate Cravings: Using EFT for one or two minutes arrests your cravings 80% of the time so that you no longer need to eat when you are not hungry. This feature surprises most newcomers.

Benefit 2 - EFT Eliminates Emotional Overeating: If you have been using food to "tranquilize" years of past emotional hurts, then you will find EFT to be your best friend. EFT brings you emotional peace which, in turn, leads easily to more sensible eating habits.

This emotional contributor, which EFT handles so nicely, is the missing piece in most weight loss programmes.

EFT is a Universal Healing Aid and applies to even more than weight loss. It is easy to apply and often works where nothing else will.

For further information, contact Kathleen Morison on 01786 833717

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