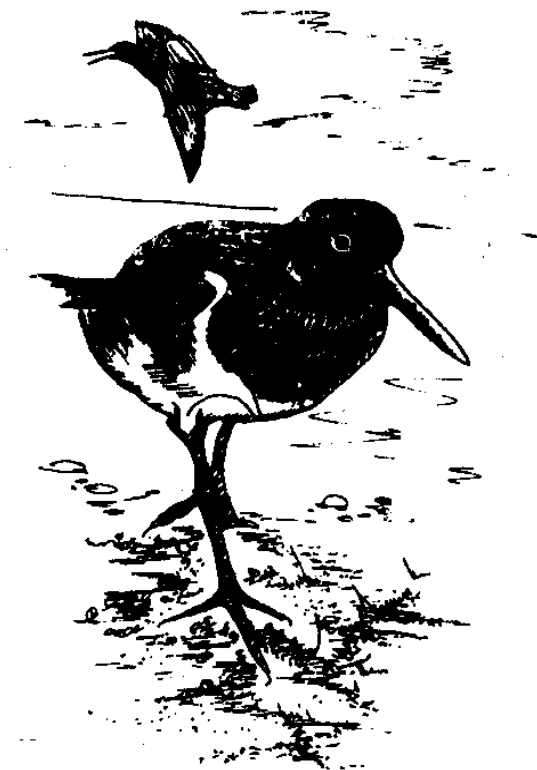


THE OYSTERCATCHER



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KELVINSIDE, GLASGOW

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**ST BRIDE'S EPISCOPAL CHURCH
KELVINSIDE, GLASGOW**

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PASTORAL LETTER

Dear friends,

After keeping the great feasts of spring—Easter Day, Ascension, Pentecost, Trinity Sunday, and Corpus Christi—we have now settled into a steady rhythm of Christian discipleship: worship, prayer, service, and witness.

Our faith is nurtured not only by these great feasts but also by the daily offering of the Eucharist, the Daily Office—Morning and Evening Prayer—and the rhythm of the twenty-four Sundays after Trinity. There's a deeper reality here. The changing seasons of the Church year can teach us that our spiritual lives also have seasons. There are times of joy and consolation, times of struggle and uncertainty, and many days that seem unremarkable. God is present in all of them.

The summer months also bring a different pace to life. Schools have broken up; some people go away on holiday; many others take the opportunity for rest and recreation. In fact, God commands us to rest!

There are two slightly different versions of the Ten Commandments—Exodus 20.1-17 and Deuteronomy 5.6-21—and each gives a different reason for keeping the Sabbath, the seventh day of the week, holy. The book of Exodus says that the Sabbath is given so that we can share in the joy of God who has made all things very good; in the book of Deuteronomy we are told that we keep the Sabbath to enjoy the freedom God gave his people when they were rescued from slavery in Egypt.

As Christians we are not directly bound by the Sabbath Law. Christians keep the first day of the week holy, the day on which Jesus rose from the dead. Even so, the commandment to rest stands. God orders us to rest, to enjoy the goodness of creation, and to discover our freedom in Christ.

Yet, summer can be a difficult season for some people. Loneliness, illness, financial worries and bereavement don't go on holiday. We are

called to watch over one another in love. A telephone call, a visit, or a simple act of kindness can be a profound expression of the presence of Christ in our midst. St Bride's is strongest when each of us knows that we are valued, remembered and prayed for.

In these green and growing months, we can also attend to our spiritual growth. Perhaps this summer offers an opportunity to deepen our prayer life, to spend time with the Scriptures, or to sit quietly in church and rest in God's presence. The Lord continues to call each one of us to holiness, not only through dramatic gestures, but also through daily faithfulness.

As we journey through the long season of Trinity, may we be strengthened by Word and Sacrament, encouraged by one another, and the love of Christ renewed in us.

Those who wait for the Lord shall renew their strength; they shall mount up with wings like eagles. (Isaiah 40.31).

May this be God's gift to us this summer.

Yours in Christ,

Peter

Fr Peter Bradley

Natural Church Development

There will be a short NCD meeting after the Sung Eucharist on Sunday 5 July. We will be hearing the results of the survey which we undertook and discussing the next steps in our development. Please do come and support this initiative of our Bishop which is important for the future of our Charge.



JOLLOF RICE

This month's recipe comes from Ebi Japhet, far travelled from her home in Nigeria via academic study in Ghana, Birmingham UK, Aberdeen and latterly Glasgow, where she recently achieved her PhD. Ebi grew up in a big family (we've loved getting to know her Mum too) and says 'we learned to cook from our parents and then from each other!'. The Editorial team were lucky enough to sample this dish in advance and it was delicious.

Jollof Rice is a one-pot dish from West Africa, especially popular in Nigeria and Ghana. Rice is cooked in a flavourful tomato-and-pepper stew, resulting in an aromatic, mildly spicy dish. The distinctive smoky flavour comes from frying the tomato base. This gives 6–8 servings and is easy to scale up or down.

For the pepper/tomato blend (sauce base):

- 3–4 Roma/plum tomatoes, roughly chopped
- 2–3 red bell peppers, seeded and chopped
- 1–2 Scotch bonnet or habanero peppers (adjust for heat, start with 1!)
- 1 medium onion, roughly chopped
- 2–3 garlic cloves
- 1-inch piece fresh ginger (optional but recommended)
- ¼–½ cup water (for blending)

For the rice:

- 3–4 cups long-grain parboiled rice (e.g., Golden Sella, Uncle Ben's, or similar — rinse well)
- ⅓–½ cup neutral oil (vegetable, canola, or a mix with palm oil for authenticity)

1 medium onion, sliced
3–4 tablespoons tomato paste
1–2 bay leaves
1–2 teaspoons curry powder
1–2 teaspoons dried thyme
1–2 seasoning/bouillon cubes (e.g., Maggi) or vegetable stock powder, to taste
Salt to taste
1–2 teaspoons smoked paprika (optional, for extra smokiness)
2–3 cups chicken/vegetable broth or water (adjust as needed)
Optional add-ins: sliced carrots, peas, or green beans for colour

Instructions

Blend the sauce base ingredients with a little water until smooth. Set aside.

Heat the oil in a large pot over medium heat. Add the sliced onion and sauté until softened and lightly browned (5–7 minutes). Stir in the tomato paste and cook for 5–8 minutes until it darkens and the raw taste has disappeared.

Pour in the blended tomato-pepper mixture. Add bay leaves, curry powder, thyme, seasoning cubes, salt, and paprika. Cook over medium-high heat, stirring occasionally, until the sauce reduces and thickens significantly (10–15 minutes). This step builds deep flavour — don’t rush it!

Stir in the rinsed rice until well coated with the sauce. Add broth or water (start with about 4–5 cups of liquid for 3–4 cups of rice; the rice should be just covered). Bring to a boil, then reduce the heat to low.

Cover tightly with foil and a lid (this helps trap steam). Cook on a low heat for 20–30 minutes, checking and gently stirring once or twice. Add a little more liquid if needed but avoid over-stirring to prevent the rice from becoming mushy. The goal is fluffy grains with a slight “party” char at the bottom, if desired.

Once the rice is tender and the liquid has been absorbed, turn off the heat and let it stand, covered, for 10 minutes. Fluff with a fork.

Thanks to Ebi for this very special recipe and for giving us at St Bride’s a flavour of Ebi’s much-loved homeland. If you’d like *your* favourite recipe to appear in a future *Oystercatcher*, please speak to Gilly on a Sunday, or email drgillymcd@gmail.com. All contributions welcome!

Sing out during the Summer...

The
Summer
months are
the time of
year when



congregational singing really comes into its own on a Sunday morning. Although our Choir takes a well-earned break during July and August, our sung services are supported by Cantor and Organ so, please, no holding back everyone!

And although there is no Choral Evensong on the third Sunday of the month during the Summer 'break', there will be two more opportunities for anybody and everybody to join in with *Come and Sing Evening Prayer*. Taking place on Sundays 19 July and 16 August, we shall gather at 2.45 p.m. for a short session to acquaint ourselves with the hymns, psalm/Magnificat chants and Marian Antiphon, which I shall lead, and the Service will take place from 3.30-4.15 p.m. Just come along – all will be made most welcome.

Alan Tavener
Director of Music

St Bride's Women's Group Tuesday 14 July at 7.00 p.m.

The Women's Group's mid-summer meeting will take place at Peckham's, Clarence Drive. The Reverend Dawn Matthew, Canon Missioner, has kindly agreed to join us. This event is a drop in, so please come along as your schedule permits.



Isaac Steele will be baptised in St Bride's on Saturday 8 August at 12.30 p.m.

The service will be followed by refreshments in the Crypt.

Alex and Heather extend an invitation to all members of the congregation to attend.

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Publication date is usually the last Sunday of each month; copy deadline is the penultimate Sunday of the month. The Oystercatcher is the bird traditionally known as "the servant of St Bride". Contributions may be sent to the Editor.

CONGREGATIONAL LUNCH

The Congregational Lunch on Sunday 21 June was a very happy occasion. We were able to combine the lunch with a slightly early celebration of Ebi Japhet's graduation from the University of Glasgow with the degree of PhD.



Harry Dunlop had been working away to prepare a delicious curry, which was much enjoyed by the assembled company.

And it wouldn't be a celebration without cake. This one was a particularly fine example, although those who had to sing Evensong afterwards should perhaps have had smaller portions.



READINGS FOR SUNG SERVICES IN JULY

<i>Sunday 5 July</i> The Fifth Sunday after Trinity	Zechariah 9, v 9-12 Psalm 145, v 8-14 Romans 7, v 15-25a Matthew 11, v 16-19, 25-30 <i>(Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.)</i>	Ebi Japhet Joe Mannion
<i>Sunday 12 July</i> The Sixth Sunday after Trinity	Isaiah 55, v 10-13 Psalm 65, v 9-14 Romans 8, v 1-11 Matthew 13, v 1-9, 18-23 <i>(A sower went out to sow)</i>	Gary Nisbet Gilly McDougall
<i>Sunday 19 July</i> The Seventh Sunday after Trinity	Wisdom 12, v 13,16-19 Psalm 86, v 11-17 Romans 8, v 12-25 Matthew 13, v 24-30, 36-43 <i>(Let them both grow till the harvest)</i> Come & Sing Evening Prayer Psalm Reading one	Alex Steele Viv Miller
<i>Sunday 26 July</i> The Eighth Sunday after Trinity	1 Kings 3, v 5-12 Psalm 119, v 129-136 Romans 8, v 26-39 Matthew 13, v 31-33,44-52 <i>(He sells everything he owns and buys the field)</i>	Paul Sinclair Jonathan Lord

MUSIC FOR JULY

Date	Readings	Setting	Motet	Hymns	Psaln	Voluntary Before	Voluntary After
Sunday 5 th 10.30 Trinity V: Choral Eucharist	Zechariah 9.9-12 Romans 7.15-25a Matthew 11.16-19,25-30	<i>Cabena</i> Mass in the Dorian Mode	<i>arr John Barnard</i> Do not be afraid – I am with you	239, 63, 258, 475	145.8-14	<i>Noel Rawsthorne</i> Prelude on “Be Thou my Vision”	<i>J S Bach</i> Prelude and Fugue in A, BWV536
					Voluntary Before	Voluntary Communion	
Sunday 12 th 10.30 Trinity VI: Sung Eucharist, Sea Sunday	Isaiah 55.10-13 Romans 8.1-11 Matthew 13.1-9,18-23	<i>Grayston Ives</i> Salisbury Service		64, 315, 448, 307, 354	<i>J S Bach</i> “Great” Prelude in A minor, BWV543 I	<i>Frescobaldi Ave</i> Maris Stella (words at NEH180)	<i>J S Bach</i> “Great” Fugue in A minor, BWV543 II
Sunday 19 th 10.30 Trinity VII: Sung Eucharist	Wisdom 12.13,16-19 Romans 8.12-25 Matthew 13.24-30,36-43	<i>Joanna Forbes</i> <i>L’Estrange</i> The St Helen’s Service		259, 369, 424, 440,	<i>J S Bach</i> Allegro I (Trio Sonata No 5 in C, BWV529)	<i>J S Bach</i> Largo (Trio Sonata No 5 in C, BWV529)	<i>J S Bach</i> Allegro II (Trio Sonata No 5 in C, BWV529)
Sunday 26 th 10.30 Trinity VIII: Sung Eucharist	1 Kings 3.5-12 Romans 8.26-39 Matthew 13.31-33,44-52	<i>Grayston Ives</i> Salisbury Service		364, 114, 476, 275, 420	<i>Johann Ernst, arr J S Bach</i> Allegro (Concerto in G, BWV592)	<i>Johann Ernst, arr J S Bach</i> Grave (Concerto in G, BWV592)	<i>Johann Ernst, arr J S Bach</i> Presto (Concerto in G, BWV592)

KALENDAR FOR JULY

July

1	Wed	<i>Serf, Bishop, c. 500</i>	The Bishop of Glasgow & Galloway
2	Thu	<i>Feria</i>	The Anglican Consultative Council
3	Fri	Thomas, Apostle	The Christians of South India
4	Sat	<i>Feria</i>	The General Synod Office
5	Sun	Fifth Sunday after Trinity	Life and Ministry of St Bride's
6	Mon	<i>Palladius, Bishop, c. 450</i>	The Church of Ireland
7	Tue	<i>Boisil, Prior of Melrose, c. 642</i>	Hospital Chaplains
8	Wed	<i>Feria</i>	Christian agencies working to relieve poverty
9	Thu	<i>Feria</i>	Prisoners and those working in the criminal justice system
10	Fri	<i>Feria</i>	Mission to Seafarers
11	Sat	<i>Benedict of Nursia, Abbot, c. 550</i>	Benedictine Communities
12	Sun	Sixth Sunday after Trinity	Life and Ministry of St Bride's
13	Mon	<i>Feria</i>	The persecuted Church throughout the world
14	Tue	<i>Feria</i>	Vocations to ordained and lay ministry
15	Wed	<i>Feria</i>	Scientists and all engaged in medical research
16	Thu	<i>Feria</i>	The work of evangelism and mission
17	Fri	<i>Jane Haining, Martyr, 1944</i>	Holocaust survivors
18	Sat	<i>Feria</i>	Farmers and fishermen
19	Sun	Seventh Sunday after Trinity	Life and Ministry of St Bride's
20	Mon	<i>Feria</i>	Those working for peace and reconciliation
21	Tue	<i>William Wilberforce, 1833</i>	Enslaved people
22	Wed	Mary Magdalene	Penitents
23	Thu	<i>Feria</i>	Those who live in isolation
24	Fri	<i>Feria</i>	Peace in the Holy Land
25	Sat	James, Apostle	The People of Spain
26	Sun	Eighth Sunday after Trinity	Life and Ministry of St Bride's
27	Mon	<i>John Comper, Priest, 1903</i>	Street Children
28	Tue	<i>Feria</i>	Those without secure housing
29	Wed	<i>Martha and Mary of Bethany</i>	Domestic Workers
30	Thu	<i>Silas, Companion of Saint Paul</i>	Lay ministers and churchwardens
31	Fri	<i>Ignatius Loyola, Priest and Religious, 1556</i>	Ignatian Spirituality Centre