



St Mungo's Companion

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which may be used in conjunction with the prayer diary and daily Bible verse

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WELCOME!



Whether this is your first time at St Mungo's or you've been coming here since the year dot, we hope you'll find our companion helpful.

Services are held at **11.30am** each Sunday, following the pattern below:

1st Sunday

Morning Prayer

with **Kingdom Kids**

followed by said communion.

2nd Sunday

Holy Communion

with **Kingdom Kids**

3rd Sunday

Holy Communion

with **Kingdom Kids**

4th Sunday

All-Age Communion

with **brunch**

(5th Sunday)

All-Age Communion

House Group meets on Thursdays at 7.30pm. Leadership is shared. Markie Woodfield's number is given as a contact within this leaflet.

Explanatory Notes

The Daily Bible Verse

Rev'd Lynsay has chosen one verse from the readings set for each day that you might like to mull on or use with the short form of prayer. The full forms of SEC Daily prayer with readings can be found at:

<http://www.scotland.anglican.org>
under the Spirituality tab.

Cycle of Prayer

A cycle of prayer helps us each to maintain our promises as Christians to pray for one another, the church, the world and our local community. This is not a list of particular intercessions requests but of general themes. We cycle through the congregation each month and through each church in the diocese every two months. In the calendar that follows, prayer intentions appear in the following order each day. The intentions are separated by semi-colons.

Our Church; Members of the Congregation; Wider Church; West Linton & surrounding communities; Wider world; Those in need.

Please pray for Bishop John each day.

Our Father...

Please use the version of the Lord's Prayer that you are most familiar with. The SEC currently uses this translation:

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.

Fasting & Abstinence in the SEC

Fasting and abstinence are noted in the calendars that follow, to enable those wishing to observe these practices to do so easily. The bishops offer the following interpretations of what fasting and abstinence mean within the SEC:

Fasting should be observed by partaking of only one solid meal in the day; other meals to be of a light character.

Abstinence should be observed by abstaining from some form of food or drink which is normally enjoyed. It is to be noted that for this purpose tobacco and sweets may be considered as forms of food.

Simple Daily Prayer

Opening

O God who reaches out to us,
circle our hearts, centre our minds,
still our bodies, be present to us now. Amen.

Canticle

from Psalm 131

O Lord, do not let me be proud;
nor my eyes caught up in haughty looks.
**Don't let me occupy myself with great matters,
or with things that are too hard for me.**
But help me to still my soul and make it quiet,
like a child upon its mother's breast;
let my soul be quieted within me.
**O people of God, wait upon the Lord,
from this time forth for evermore.**

God of earthquake, wind, and fire, may we know you also in the voice of silence.
Teach us the way of quiet, that we may find our peace in your presence, in the pattern
of our Saviour Jesus Christ. **Amen.**

Bible Reading(s)

Prayers of intercession

concluding with:

Gracious God, you hold all heaven and earth in your hands, mercifully hear the prayers we offer. Grant to our community all that we need to be the people you call us to be in this place. Give grace to those who minister your holy word and sacraments. Strengthen and increase the faithful. Protect and guide West Linton's children. Comfort and relieve all who are sick or afflicted in any way. Stir-up the care-less, recover the fallen, restore the penitent. Remove all barriers to the coming of your kingdom and bring us all to be of one heart and mind within the fold of your holy church, through Jesus Christ our Lord. **Amen.**

Our Father...

Let us bless the Lord.
Thanks be to God.

What's going on during communion?

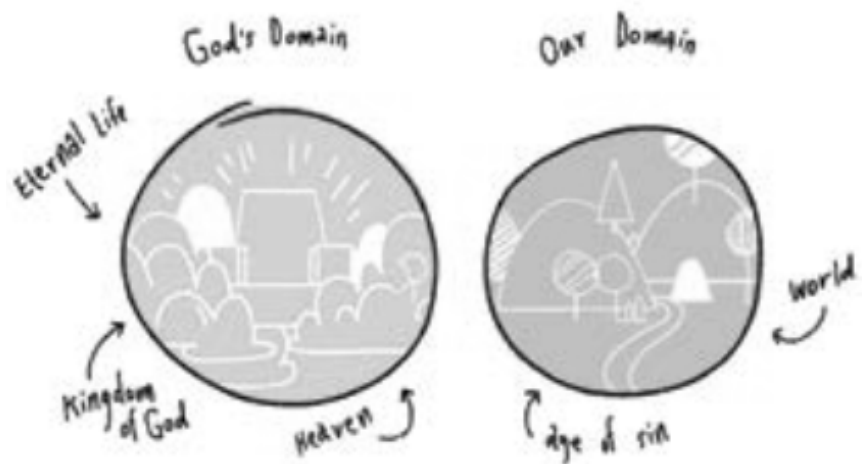
THE BIG PICTURE

A guide compiled by Rev'd Lynsay, adapting material from www.thebibleproject.com

IMAGINE YOU ARE AT COMMUNION ON A SUNDAY MORNING. WHO ELSE IS WORSHIPPING WITH YOU? ARE YOU IN HEAVEN OR ON EARTH? ARE YOU THERE FOR YOUR OWN NEEDS OR TO PARTICIPATE IN THE WORK OF THE CHURCH? HOW IS GOD MOVING?

Human beings were designed, from the very beginning, to be in God's presence and to worship. The story of the Bible is the story of heaven on earth being ripped into heaven and earth, followed by God's glorious mission to reunite these two realms once again. When we use the words "heaven" and "earth," we are talking about two different domains.

Heaven is God's domain. It is ruled by God. In heaven, God is the one who defines what is good and what is evil. It's where God's will is always done. The biblical authors call this domain by different names, including God's kingdom, paradise, eternal life, and, of course, heaven.



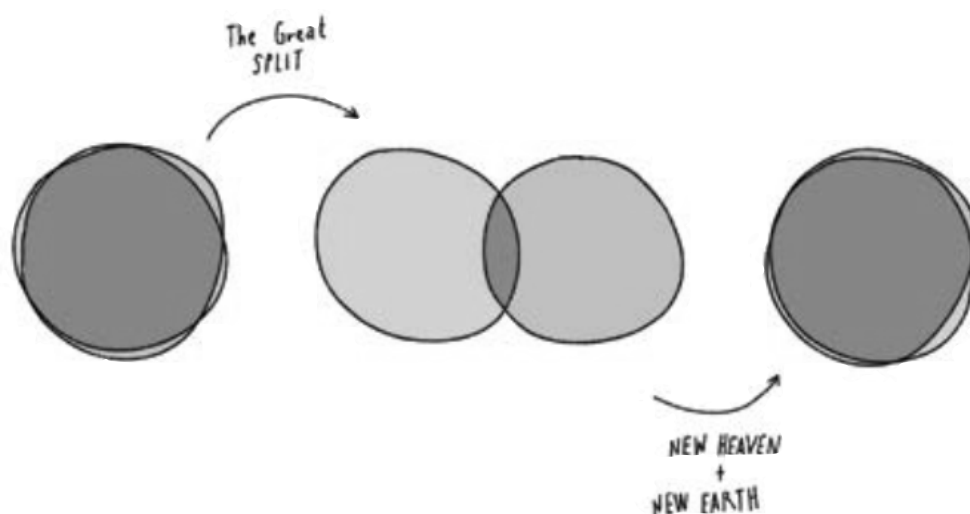
Earth is our domain. On earth, humans have chosen to be the ones who define good and evil. Biblical authors give this domain a few different names, too: the world, the present age, and the age of sin and death. Notice that two of those names imply that humanity's domain is only temporary, an age, which, by definition, comes to an end.

Throughout the biblical story of God's relationship with humanity there are times and places where heaven and earth meet. This is where worship takes place. In the old testament this begins at altars with blood sacrifices and becomes established in temples and finally, the Temple in Jerusalem. The New Testament begins with a new Temple, that of Christ's body. In Jesus heaven and earth start meeting all over the place. Through his death, resurrection and ascension those who gather in worship, the Church, become part of Christ's body - the place where heaven and earth meet.

As the church developed patterns of corporate worship, we began to understand that part of the work of the church is to gather together in heaven and on earth to worship God, consciously reuniting the two domains. This is possible because, as part of Christ's body, we are made part of the Trinity, that part which inhabits both heaven and earth.

The priest worships alongside the people (s)he serves. Just as in Genesis One, where God separates waters, creating spaces for life to rush in, the priest's task is to hold open the space for the dance of the Trinity. In this act of worship Father speaks to Son, the Spirit moves, simultaneously in heaven and on earth and we are caught up in this mystery because we are hidden in Christ, beloved of the Father, inspired by the Spirit.

IF YOU'RE THINKING 'THIS SOUNDS A LOT MORE COMPLICATED THAN WHAT I THOUGHT WE WERE DOING', DON'T WORRY. THIS IS WHY WE CALL COMMUNION A HOLY MYSTERY. OVER THE NEXT FEW MONTHS WE CAN DELVE INTO SOME OF ITS DETAILS.



Day	Daily Bible Reading	Please Pray for:	Events:
Saturday 1/4 Gilbert of Caithness, Bishop Abstinence until Evening Prayer Purple	<u>John 6:66-77</u> Because of [his teaching] many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?'	The work of the Rector (Rev'd Lynsay); Joan Brindle, Alison & Alan Cameron & family; Edinburgh Cathedral Chapter; West Linton Nursery; UK Parliament, (David Mundell); The unemployed.	10-12 St JtL's Daffodil Tea, St Mungo's Hall Penicuik (by Lidl).
Sunday 2/4 Passion Sunday No Fasting or Abstinence on Sundays! Purple	Lamentations 3.19-33 Psalm 30 Matthew 20.17-34 . HC John 11.1-45	All involved with hospitality; Susie Compton & family, Paul & Jean Dobbing & family; St Ninian's Comely Bank; West Linton Medical Centre; EMMS; Those with money problems.	11.30am Morning Prayer with Kingdom Kids, followed by said communion.
Monday 3/4 Abstinence Purple, due to Lent	<u>John 9:2-3</u> 'Rabbi, who sinned, this man or his parents, that he was born blind?' Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him.	Newcomers & visitors to St Mungo's; Zoe Davies & family, Calum & Gillian Greenhow & family; The priory Church of St Mary of Mount Carmel, South Queensferry; Peebles High School; The courts and all who administer justice; Prisoners & captives.	Rev'd Lynsay's day off.

Day	Daily Bible Reading	Please Pray for:	Events:
<p>Tuesday 4/4 Abstinence</p> <p>Purple, due to Lent</p>	<p><u>John 9:39</u> Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.'</p>	<p>Our Wardens (David King & Alan Cameron); Ben & Hannah Haynes & family, Natalija & Mark Hepworth & family; St Paul's & St George's, York Place; Whim Hall; Peace in Syria; Those with marital or relationship difficulties.</p>	<p>Rev'd Lynsay on leave.</p>
<p>Wednesday 5/4 Abstinence</p> <p>Purple, due to Lent</p>	<p><u>John 10.16</u> I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.</p>	<p>Our Musicians; Sandra Hemus & family; The Downs Family; St Vincent's chapel; The Red Cross; Cape Coast Ghana; those facing famine.</p>	<p>Rev'd Lynsay on leave.</p>
<p>Thursday 6/4 Abstinence</p> <p>Purple, due to Lent</p>	<p><u>Jeremiah 26:4-5</u> Jeremiah 26:4-5 Thus says the Lord: If you will not listen to me, to walk in my law that I have set before you, and to heed the words of my servants the prophets whom I send to you urgently.</p>	<p>Growth in faith & understanding; Kathleen Hunter & family, Clare Hunter & Family; St Mary's and All Soul's Coldstream; Carers in West Linton; Christian Aid; Those struggling with addiction</p>	<p>7.30pm House Group Please call 01968 682307 to find out where we are meeting this week.</p> <p>LMD on leave</p>
<p>Friday 7/4</p> <p>Fasting & Abstinence</p> <p>Purple, due to Lent</p>	<p><u>Jeremiah 29:7</u> Seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare.</p>	<p>Growth in numbers; Sandy Jenkins & family, Ian & Ros Kerry & family; St Peter's Linlithgow, St Columba Bathgate; Social Services in West Linton; Tearfund; Those in need of peace of mind & heart.</p>	<p>Rev'd Lynsay on leave.</p>

Day	Daily Bible Reading	Please Pray for:	Events:
<p>Saturday 8/4</p> <p>Abstinence until evening prayer.</p> <p>Purple, due to Lent</p>	<p>John 11:43-44 Jesus cried with a loud voice, 'Lazarus, come out!' The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.'</p>	<p>Our Vestry Members; Carol Kilpatrick & family, Pauline King & family; St Salvador's, Stenhouse; Carers working in homes in West Linton; Peace in Egypt; Asylum seekers & refugees;</p>	
<p>Sunday 9/4 Palm Sunday</p> <p>No Fasting or Abstinence on Sundays!</p> <p>Red, due to Passiontide</p>	<p><u>Isaiah 50.4-9a</u></p> <p><u>Matthew's Passion</u></p>	<p>House Group; David & Karen King & family, Ivor MacKenzie & family; Christ Church Falkirk; Newlands Primary School; Lord Lieutenant of Tweeddale (Sir Hew Strachan); Victims of slavery & trafficking.</p>	<p>11am Palm Sunday procession from health centre to St A 11.30am Holy Communion with kingdom kids 7pm Tenebrae at St JtL Penicuik (a candlelit service of music & readings for Holy Week.)</p>
<p>Monday 10/4 Holy Monday</p> <p>Abstinence</p> <p>Red, due to Passiontide</p>	<p><u>John 12:14-15</u> Jesus found a young donkey and sat on it; as it is written: 'Do not be afraid, daughter of Zion. Look, your king is coming, sitting on a donkey's colt!'</p>	<p>Rev'd Neville; Rae Montgomery & family, Una Nichol & family; St Margaret's Easter Road; The Historical Society; Mercy Ships; The abused & the oppressed.</p>	

Day	Daily Bible Reading	Please Pray for:	Events:
<p>Tuesday 11/4 Holy Tuesday</p> <p>Abstinence</p> <p>Red, due to Passiontide</p>	<p><u>Jeremiah 15:16</u> Your words were found, and I ate them, and your words became to me a joy and the delight of my heart; for I am called by your name, O Lord, God of hosts.</p>	<p>Our Congregation; Charles & Araminta Ritchie & family, Dave Smith & family; Livingston Ecumenical Parish; LEPRRA; Peace in Iraq & Iran; Those who are grieving</p>	
<p>Wednesday 12/4 Holy Wednesday</p> <p>Abstinence</p> <p>Red, due to Passiontide</p>	<p><u>John 12:27</u> 'Now my soul is troubled. And what should I say —“Father, save me from this hour”?’</p>	<p>Growth in love for one another; Eddie Trevillion & family, Peter & Markie Woodifield & family; St Mary's Dalkeith & St Leonard's Lasswade; The Beekeepers; Peace in Pakistan; Those doubting or despairing.</p>	
<p>Thursday 13/4 Maundy Thursday</p> <p>White, due to the feast.</p>	<p><u>John 17:25-26</u> 'Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.'</p>	<p>Messy Church; Peter & Anne MacDonald & family, Ian Alexander & family; Holy Trinity Haddington; Guides, Brownies, Rainbows & the Senior Section; The courts & all who administer justice; Prisoners and captives.</p>	<p>11.30am Chris Eucharist St Mary's Episcopal Cathedral Edinburgh 7.30pm Holy Communion with footwashing</p>

April-17	<i>A Scottish Episcopal Church</i>	<i>stmungoswestlinton.org.uk</i>	10
Day	Daily Bible Readings	Please Pray for:	Events:
Friday 14/4 Good Friday Fasting & abstinence Church stripped.	Wisdom of Solomon 2:19-20 Let us test him with insult and torture, so that we may find out how gentle he is, and make trial of his forbearance. Let us condemn him to a shameful death, for, according to what he says, he will be protected.'	Kingdom Kids & children's work; Leon & Heather Coates & family; St Baldred's North Berwick, St Adrian's Gullane; Beavers, Cubs & Scouts; The Scottish Parliament (Christine Grahame); The peoples of the Holy Land.	7.30pm An hour at the cross.
Saturday 15/4 Abstinence Church stripped.	Hebrews 4:15-16 We do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.	Our flower arrangers and odd-jobbers; Simon & Carna Hodge & family, Margaret Hogg & family; St Anne's Dunbar; West Linton Tennis Club; Saughton Prison staff; Those to whom God seems far away.	AM Decorating Church for Easter.
Sunday 16/4 Easter day White, due to the Easter Feast	John 5:6b 'Do you want to be made well?'	Our flower arrangers and odd-jobbers; Simon & Carna Hodge & family, Margaret Hogg & family; St Peter's Musselburgh; West Linton Tennis Club; Saughton Prison staff; Those to whom God seems far away.	5.45am Sunrise service in Penicuik meeting in the churchyard behind S Mungo's Penicuik and finishing with breakfast in St JtL hall. 11.30am The First Communion of Easter with Kingdom Kids

Day	Daily Bible Readings	Please Pray for:	Events:
Monday 17/4 Easter Monday White, due to the Easter feast	<u>John 14:1</u> Do not let your hearts be troubled. Believe in God, believe also in me.	The work of the Rector, Rev'd Lynsay; David Bachop & family, Ann Baxter & family; Clare Armes, St Ebba's Eyemouth; All who use the Graham Institute; The European Parliament; The unemployed.	Rev'd Lynsay's day off.
Tuesday 18/4 Easter Tuesday White, due to the Easter feast	<u>John 14:15</u> If you love me, you will keep my commandments.	All involved in church hospitality; Sheila Bell & family, Ruth Brain & family; Our link dioceses: Dunedin (NZ), Cape Coast (Gh), Espoo (Fin); all who use or are involved at Whitmuir; Peace in Iraq & Iran; Those with money problems;	Rev'd Lynsay on leave.
Wednesday 19/4 Easter Wednesday White, due to the Easter feast	<u>Acts 3:6-7</u> Peter said, 'I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk.' And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong.	Our churchwardens (David & Alan); Joan Brindle, Alison & Alan Cameron & family; St Andrew's Kelso; Borders General Hospital; Those with marital or relationship difficulties.	Rev'd Lynsay on leave.
Thursday 20/4 Easter Thursday White, due to the Easter feast	<u>John 15:12</u> This is my commandment, that you love one another as I have loved you.	House Group; Susie Compton & family, Paul & Jean Dobbing & family; Christ Church, Duns; Borders Crisis Team; Tweeddale Council; Children & those who care for them.	7.30pm House Group Please call 01968 682307 to find out where we are meeting this week. Rev'd Lynsay on leave.

Day	Daily Bible Readings	Please Pray for:	Events:
Friday 21/4 Easter Friday White, due to the Easter feast	<u>John 16.13</u> When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come.	Growth in faith & understanding; Zoe Davies & family, Calum & Gillian Greenhow & family; St Peter's, Galashiels; West Community Mental Health Team; Those struggling with addiction.	Rev'd Lynsay on leave.
Saturday 22/4 Easter Saturday White due to the Easter feast	<u>Isaiah 25:1</u> O Lord, you are my God; I will exalt you, I will praise your name; for you have done wonderful things, plans formed of old, faithful and sure.	Growth in numbers: Ben & Hannah Haynes & family, Natalija & Mark Hepworth & family; St Cuthbert's, Hawick; West Linton Day Centre; Elizabeth our Queen; Those in need of peace of mind & heart.	Rev'd Lynsay on leave.
Sunday 23/4 Easter 2 White due to the Easter feast	<u>John 20:19-31</u>	Our Vestry; Sandra Hemus & family; The Downs Family; The college of Bishops; Guid Blethers; The Kello Hospital; Asylum seekers & refugees.	11.30am All-Age Communion
Monday 24/4 White due to the Easter feast	<u>1 John 1:8-9</u> If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.	The congregation; Simon & Carna Hodge & family, Margaret Hogg & family; St Andrew's Innerleithen & St Peter's Peebles; The Whipman Play Society; Sheriff Principal of Tweeddale (Mhairi M. Stephen QC); Victims of slavery & trafficking.	Rev'd Lynsay's day off.

Day	Daily Bible Readings	Please Pray for:	Events:
<p>Tuesday 25/4 Mark, Evangelist</p> <p>White due to the Easter feast</p>	<p><u>2 Timothy 4:3</u> For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths.</p>	<p>Our cleaner, gardeners & flower arrangers; Kathleen Hunter & family, Clare Hunter & Family; St John's Jedburgh; Riding for the disabled; Peace in Nigeria; Those without the basic necessities of life.</p>	
<p>Wednesday 26/4 Albert Ernest Laurie, Priest</p> <p>White due to the Easter feast</p>	<p><u>1 John 2:12-14</u> I am writing to you, little children, because your sins are forgiven on account of his name. I am writing to you, fathers, because you know him who is from the beginning. I am writing to you, young people... because you are strong and the word of God abides in you, and you have overcome the evil one.</p>	<p>Our Musicians; Linda & Sandy Jenkins & family, Ian & Ros Kerry & family; Holy Cross Davidson's Mains Brainerd; Teens in West Linton; The Prime Minister & government; LEPR.</p>	
<p>Thursday 27/4</p> <p>White due to the Easter feast</p>	<p><u>Luke 3:1-10</u> The crowds asked John, 'What then should we do?' In reply he said to them, 'Whoever has two coats must share with anyone who has none; and whoever has food must do likewise.'</p>	<p>Kingdom Kids & children's work; Carol Kilpatrick & family, Pauline King & family; Holy Trinity Melrose; The Garvald Community; Peace in Ukraine; Those in any spiritual need.</p>	<p>7.30pm House Group Please call 01968 682307 to find out where we are meeting this week.</p>

Day	Daily Bible Readings	Please Pray for:	Events:
Friday 28/4 White due to the Easter feast	1 John 3:10 How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?	Pastoral work at St M; David & Karen King & family, Ivor MacKenzie & family; St John's Selkirk; Leisure facilities in Tweeddale, staff and users; People receiving treatment for cancer in West Linton; Those in spiritual need.	
Saturday 29/4 Catherine of Sienna, Mystic & Teacher of the Faith White due to the Easter feast	1 John 3:17 How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?	St M worship leaders; Rae Montgomery & family, Una Nichol & family; All clergy working in the ministry development service; retired & elderly people in West Linton; FISCHY music; Those suffering fatigue.	
Sunday 30/4 Easter 3	Acts 2.14a, 36-41 Luke 24.13-35	Rev'd Lynsay; Charles & Araminta Ritchie & family, Dave Smith & family; All retired clergy and clergy wio(w)er(s) in the diocese; under 5's in West Linton; Those to whom God seems far away.	11.30am All-age Communion

SERVICE TIMES, TRIAL PERIOD UPDATE.

The end of March concluded the first three-month trial period of differing service times for St Mungo's West Linton and St JtL Penicuik. Both vestries consulted widely and many views were reported back to the meeting. As expected, the vestries concluded that a further three-month trial period would be necessary, with the service times reversed, to allow both congregations to experience both options.

From the April, therefore, St Mungo's will gather for worship at 11.30am, following the established pattern of services. On the 1st Sunday of each month, in order to fulfill the legal requirement of offering communion every Sunday, Rev'd Lynsay will offer a said communion service in church following on from the main service of Morning Prayer that day. With the services being later, you may wish to consider meeting for coffee or brunch before the service rather than after it.

For those who find these times too late, perhaps for this three-month period you might consider attending St JtL Penicuik, rather than missing church altogether. They will be meeting at 9.30am from 2nd April, with coffee after the service.

Morning Prayer at St JtL is on the fourth Sunday of the month and will be preceded by an 8am said communion, for the same reason that we will be having communion follow on from our service of Morning Prayer.

On 21st May every member of each congregation will receive a response form, allowing them to register an opinion in the decisions before us. We hope most will be collected from church, but will post out any uncollected forms on the Monday. These forms will need to be returned to the vestry secretary no later than Friday 9th June. This information can then be collated and taken to the next joint vestry meeting on 14th June, allowing us to set the Summer pattern for worship.



Piskies and Picts.

In February the Most Rev David Chillingworth announced that he will retire as Bishop of St Andrews, Dunkeld & Dunblane and as Primus of the Scottish Episcopal Church at the end of July this year. In fact, with the diocese of Aberdeen and Orkney already in vacancy, Bishop David retiring and now Bishop Nigel of Brechin retiring, there's plenty of room at the top of our church just now. As the processes for appointing new bishops and a new primus get underway, I am struck by the similarities between the way we do things and the way the Pictish peoples of this land organised themselves.

On page 5 of [The Story of Scotland](#), Nigel Tranter explains: "The Picts used this system, the High King of Cruithne, or Alba, being appointed by the sub-kings of the seven great provinces. These were known as Mormaors... The seven provinces or sub-kingdoms of Alba over which mormaors ruled were: Fife; Strathearn; Angus; Mar; Moray; Ross; and Caithness;" Similarly, the Scottish Episcopal Church provides ministry to the whole of Scotland by dividing it into Seven dioceses, each with a bishop. The dioceses are: Aberdeen & Orkney; Argyll & The Isles; Brechin; Edinburgh; Glasgow & Galloway; Moray, Ross & Caithness; and St Andrews, Dunkeld & Dunblane.



The seven bishops together comprise The College of Bishops. Within the College a 'primus inter pares' is elected to act as 'first among equals' in his role as Senior Bishop. The Primus chairs the College of Bishops and represents the College and the wider church at home and throughout the world-wide Anglican Communion. The Primus is elected by the Episcopal Synod which comprises all of the Diocesan Bishops. The bishop who is elected Primus also remains a Diocesan Bishop.

For the Picts electing their High King, the convention was not that the throne usually passed to the eldest son of the previous incumbent, but to "the most suitable member of the royal family for the task by matrilineal succession". (Tranter, p5) This meant that throne was not passed to those without the ability to rule by reason of ill health, age or intellectual ability. Likewise, within the college of bishops, the convention is that the longest serving bishop usually becomes Primus, unless he (and possibly in the future she) is too close to retirement age; in ill health or has some other consideration to bear in mind.

I am particularly struck by how sensible and apolitical these Scottish ways of doing things are. Another thing to love about the land I now live in.