



# Crucis



## The Magazine of St Salvador's Scottish Episcopal Church

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*Far be it from me to glory except in the cross of Christ, by which the world has been crucified to me and I to the world.*

Galatians 6:14

### February 2026

### Message from Fr Michael Turner

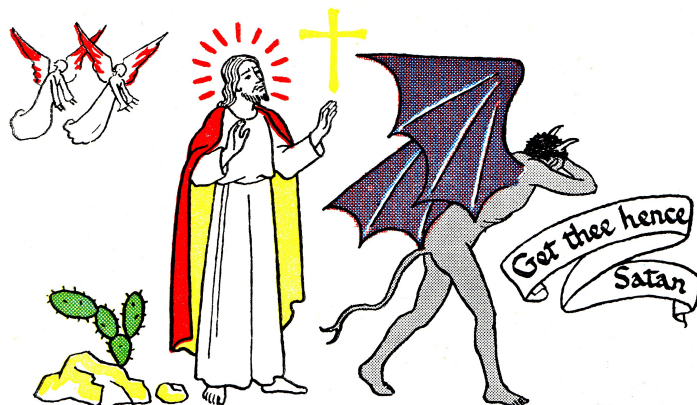
Do you remember the Winnie the Pooh stories? And Kanga's insistence on Baby Roo's taking his Strengthening Medicine? It's 'really quite a nice taste when you get used to it', she explained, although I'm not convinced Baby Roo always agreed.

It can be helpful to think of Lent as a sort of medicine; an opportunity to strengthen us in the things that are good, rein in other facets of our personality, and reset the compass to the true North of following Jesus. A spring-clean of the soul, if you like.

Baby Roo found Strengthening Medicine not to his liking, and we may groan inwardly at the thought of 'giving up something for Lent'. But what lies behind this 'giving up'? It's so that we may be strengthened, our character refined, our prejudices examined, our junk thrown overboard and we may come to Passiontide and Easter more fit to walk the way of the Cross, and rise in new life with Jesus at His Resurrection.

Nor is Lent just a case of giving up chocolate. Perhaps we might spend less time on scrolling through the screen on our mobile phones each day. It might free us to do other, more constructive things. And instead of giving up, why not take up something you've been meaning to do but never got round to; something life-affirming, something good for God.

Lent begins on Ash Wednesday, which this year falls on 18<sup>th</sup> February. The practice made by some of going to a service that day where ash, made from the burning of the previous year's palm crosses, is marked as a Cross on the forehead is a public expression of their intention to keep a good Lent. Having been ashed, the intention of the 40 days of Lent is to maintain a steady course closer to God, symbolised by the giving up of something which has a hold on us. We walk with



Jesus on the way to the Cross, mindful of the "riches of God's kindness, forbearance and patience" as St Paul has it, and mindful too of Jesus' choice of the Cross as a way for us to enter those riches more fully.

And to face the immensity of that sacrifice, and the immensity of God's riches made available to us in Jesus, we need all the Strengthening Medicine we can get!

Fr Michael

### Services in February 2026

Sun	1	Candlemas (ant)	Sung Mass	11.00 a.m.
Wed	4	St Bride of Kildare (tr)	Lay-led	10.00 a.m.
Sun	8	Epiphany V	Sung Mass	11.00 a.m.
Wed	11	St Scholastica (tr)	Low Mass	10.00 a.m.
Sun	15	Sunday before Lent	Sung Mass	11.00 a.m.
Wed	18	Ash Wednesday	Low Mass	10.00 a.m.
Sun	22	Lent I	Sung Mass	11.00 a.m.
Wed	25	Feria	Lay-led	10.00 a.m.

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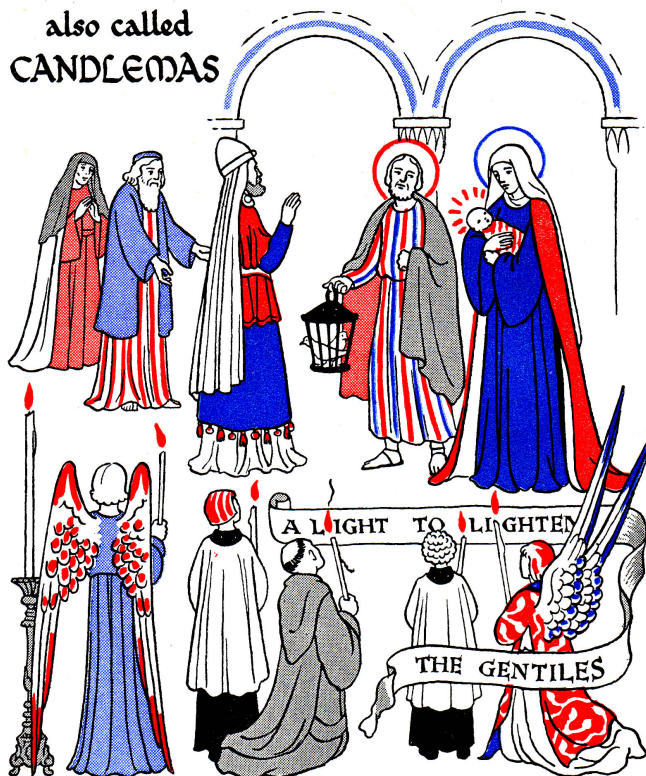
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## Prayer for Ash Wednesday

*O God, who by thy care and counsel for mankind hast moved thy Church to appoint this holy season wherein the hearts of those who seek thee may receive thy help and healing: We beseech thee so to purify us by thy discipline, that, abiding in thee and thou in us, we may grow in grace and in the faith and knowledge of thee; through Jesus Christ our Lord.*

After Gelasian Sacramentary

## Saints' and Special Days for February PURIFICATION B.V.M



### The Presentation of the Lord/Purification of the Blessed Virgin Mary/Candlemas (2<sup>nd</sup> February)

This day marks the completion of forty days since the birth of Jesus, when Mary and Joseph took the Infant to the Temple in Jerusalem to offer a sacrifice of thanksgiving for the firstborn son and to meet the requirements of the Law for Mary's purification after childbirth. The Holy Child is acclaimed by Simeon as 'the light to lighten the Gentiles'. The image of Christ as the Light has led to the celebration of light countering darkness, with candles often taking a central place in the observance of this festival.

### Bride of Kildare, Abbess (1<sup>st</sup> February)

Bride (also known as Brigid) was a contemporary of St Patrick who founded a religious community at Kildare in Ireland in the fifth century. Although there is little historically accurate information about her life, her influence on the Church of her day and

the lingering affection for her among the Gaels of Ireland and western Scotland are testimonies to her leadership, holiness and spiritual power. Bride is thought to have died at about the year 525, and is regarded as a second patron saint of Ireland.

### St Scholastica, Religious (10<sup>th</sup> February)

Born at Nursia in Umbria in the late fifth century, the sister of St Benedict, Scholastica consecrated herself to God in early childhood. She lived near her brother's monastery at Monte Cassino, meeting him annually at a nearby house to praise God together and to discuss spiritual matters. She died in about the year 543.

## SHROVE TUESDAY



Shrove = Pardon

### Ash Wednesday (18<sup>th</sup> February)

Ashes are ceremonially placed on the heads of Christians on Ash Wednesday, either by being sprinkled over their heads or, in English-speaking countries, more often by being marked on their foreheads as a visible cross. The words (based on Genesis 3:19) used traditionally to accompany this gesture are, 'Memento, homo, quia pulvis es, et in pulverem reverteris'. ('Remember, man, that thou art dust, and to dust thou shalt return.') This custom is credited to Pope Gregory I the Great (c. 540–604), although this is probably incorrect since Ash Wednesday was not part of Lent in his time.

Wikipedia

## ASH WEDNESDAY



### Concert – Saturday 14<sup>th</sup> February at 2.30 p.m.

A date for your diary. There will be an organ recital in the church by the Campbell Watterson Organ Scholars, Daniel Toombs, Alexey Popov and Calum Landon, from the University of St Andrews, headed by our own Chris Bragg. Refreshments to be served after the concert. A retiring collection will be divided between church funds and the scholars.