

Blackbraes and Shieldhill  
Parish Church  
linked with  
Muiravonside Parish Church  
Easter 2016



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**From the Manse  
March 2016**



***Deuteronomy Ch4, v9-*** Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

***Matthew Ch18, v5-*** Jesus said: 'And whoever welcomes a little child like this in my name welcomes me.'

Dear friends,

As I write this letter I am conscious of the aching need within our communities to tell our children the good news that God loves them and the stories of Jesus. We love our children wholeheartedly, we buy them the best, we take them on trips, day outs, holidays abroad but all the while we fail to nurture their spiritual needs and tell them the most important good news of all.

It is a national tragedy that so many of our children and young people do not know who Jesus is, do not know what happened at Easter and have not been taught how to read the Bible, sing a hymn or say a prayer. Other faiths teach children from a young age both within their place of worship and in their home the story of their faith and how to practice it so it becomes natural and second nature to them. But sadly within our own faith, we have become complacent and neglected to do this.

But it is not too late, because we are all followers of Jesus and we are all called to tell others the good news of God's love. If you have children, grandchildren, nieces and nephews then **you** can become their Sunday School teacher and buy them a children's Bible and read it to them. There are lots of resources online- colouring sheets, quizzes, online games relating to the stories of the Bible. You can teach them how to pray, tell them that God loves them and that his presence will support and guide them through life. You can explain to them what happens in church on a Sunday and bring them along to the annual Christingle service. Even just bringing them once or twice a year can make a difference and make church less strange. If they would like to come to Sunday School then you could bring them along,

or take them to a Sunday School or Youth Club at a church nearer to where they live.

Acutely aware of the huge number of children who never come to church and do not know who Jesus is, our Presbytery has responded by organising 'Sunday School' in the Howgate Shopping Centre. **Falkirk Presbytery's Easter Cracked Open** event for children takes place in the community hub next to M and S in the Howgate shopping centre on **Friday 18<sup>th</sup> March - 2-4pm and Saturday 19<sup>th</sup> March- 10-3pm**. Please pop into the community hub if you are in the town on these dates and say hello to those who are organising this event. Even better bring along your children, grandchildren, nieces and nephews and allow them to hear the good news of the Easter story and have lots of fun at the same time.

Within our increasingly secular society we have a duty as followers of Jesus to teach our children and young people the good news of the Gospel in whatever way we can. Having faith supports children and young people as they grow up and as they face life's challenges and difficulties. Knowing that God is with them in difficult times and being aware of comforting passages in Scripture is a priceless treasure that we can pass onto them. Teaching them and showing them how to pray is a precious gift greater than any latest toy, gadget, day out or holiday. I know this from personal experience as it was my Granny who taught me about faith and took me to Sunday School as a child. I am forever grateful to her and my Sunday School teachers who taught me about God's love and the stories of Jesus. My faith was a great comfort and strength to me throughout my childhood and teenage years when experiencing fallouts with friends, worry about tests and exams, first dates, trying to discern what career path to take and coping with family illness and bereavement. Looking back I simply do not know how I would have got through those years of childhood, adolescent and young adulthood without my faith.

Sometimes I hear people blaming the church for not connecting with children and young people but that is merely a convenient excuse reflecting guilt away from ourselves and pushing the blame onto others. We need to remember that **we are the church**, each one of us called by God to be the church in our home, society and work place. Each one of us is part of the body of the church and we are

called to tell our children, grandchildren, nephews and nieces that God loves them and the stories of Jesus.

I urge you all to do this this Easter time in whatever way you are able. One way you can do this is by buying your children and young people a '**Real Easter Egg**' which can now be found in most of the main supermarkets and which contain a free Easter story gift pack in each Fairtrade chocolate egg made by the '**Meaningful Chocolate Company.**' They can also be bought in bulk online.

If you have no contact with children and young people then please pray for them, that they would know the truth of God's love in a new and surprising way this Easter.

***A peaceful Easter to you all,  
Your minister and friend,  
Louise***

**Baptisms**

***'Whoever welcomes a little child like this  
in my name, welcomes me.'***

**Blackbraes and Shieldhill Parish**

Lewis Calder and Rhiannon Walsh  
together with their daughter Sophia Rose Chloe  
on Valentine's Day- 14<sup>th</sup> February 2016

Steven, Callum and Ethan  
sons of Kate and Steven Peddie  
on 28<sup>th</sup> February 2016

**Funerals**

***'The Lord will  
protect you as you  
come and go, both  
now and  
forevermore'.***

**Muiravonside Parish**

Mrs Margaret Kelso  
Mr Thomas Barker  
Mrs Agnes Gow  
Mrs Mary Robertson  
Mr John Nimmo  
Mrs Janet Hunter





## Princess Sophia

*Arise ye daughters of a land that vaunts  
That vaunts its liberty  
May restless rulers understand  
That women must be free  
That women will be free*

## The Women's Marseillaise 1909 Words by Florence Macaulay

In the early 20<sup>th</sup> century, the Suffragette movement consisted mainly of women mainly from upper and middle class backgrounds, women who were frustrated by their social and economic situations. The name Emmeline Pankhurst who founded the Women's Social and Political Union and that of Emily Davison who in 1913 died under the feet of the King's horse feature prominently in history but has anyone seen or heard of a Maud Watt.

I was really touched by her story when I saw the film "Suffragette" at my favourite cinema at Bo'ness "the Hippodrome". Maud was a young wife and mother caught up unwittingly in suffragette activities. She finds herself surprisingly encouraged to speak in Parliament and branded as an activist. She faces hostility from neighbours, thrown out of her home by her husband and ceases to have contact with her son. The film highlights the injustices suffered by these women, the brutality inflicted on them by the police and force feeding in prison. Health issues often followed force feeding.



Annie Kenney and Christabel Pankhurst used violent tactics in Britain as members of the Women's Social and Political Union (WSPU)

One thousand suffragettes were imprisoned between 1900 and 1914, usually for public order offences or non payment of outstanding fines. Motivated to secure equal rights for women including that of the vote, she gives her all and her situation at the end of the film despite some success is a tearful one.

Not long after viewing the film, while flicking through a TV guide, I noticed a programme, for me not to be missed “Sophia, Suffragette and Princess”. This was another name with which I was unfamiliar. Princess Sophia Alexandra Duleep Singh was the granddaughter of the Indian Maharaja Ranjit Singh (known as the Lion of the Punjab) and the debutante goddaughter of Queen Victoria. Although at first, she kept a low profile as a suffragette activist, she became deeply involved in promoting the cause of the WSPU. She always wore the WSPU emblem, a small green and yellow badge inscribed with the words “Votes for Women”. She was involved in riots, refused to pay fines and taxes and even supported bomb making but she was never arrested. She even attempted to fall in front of the Prime Minister’s car. With her family, she lived in Hampton Court Palace and even had the audacity to sell copies of a Suffragette newspaper just outside the palace gates. She was never evicted. Indeed being a Royal Indian Princess, did have privileges.

During the war years 1914 – 1918 she nursed Indian soldiers being cared for by the Red Cross. A friend of Emmeline Pankhurst, when Emmeline died Sophia became President of the Suffragette Fellowship and was president when in 1928 Royal consent was given to the act enabling all women of 21years and over to vote making their voting rights equal to that of men. She had succeeded in achieving her aim in life “the advancement of women”

Princess Sophia’s full story is an intriguing and interesting one and is told in the book by Anita Annand “Sophia Princess Suffragette and Revolutionary. It is well worth reading.

**Lorna Coulter**



Would you find it easier to talk to God if you could use your mobile phone to talk to him? Would you expect him to answer straight away? How might a conversation go? Like this, perhaps?

Caller Hello. Is that God?

God Hello. God speaking. Long time no' hear!

Caller Sorry I've not been in touch recently.

God Recently? It will be three years come Tuesday, actually!

Caller Time flies. I've been busy.

God You talk to me about time? Don't you think I'm busy? Have I not answered your call right away? Did I put you on hold just now? Did I play 'The Queen of Sheba' through three times while you waited?

Caller No. I shall keep in touch more often from now on.

God Don't make promises you can't keep. What can I help you with today?

Caller Well, recently my work's been getting me down.

God I know

Caller My daughter is quite unwell at the moment.

God I know

Caller We're struggling a bit financially just now.

God I know.

Caller Why am I telling you all this? You know all of this already.

God I do, but I'm here 24/7 and can provide reassurance and advice. And you don't have to use your mobile phone by the way. I'll still record what you say for monitoring purposes.

Caller Why would you need to do that?

God To offer the best guidance of course.

Caller      What guidance can you give me today?

God         Try keeping in touch without the phone.

Caller      Will just talking make things better?

God         It's good to talk. It depends who's listening and at the risk of boasting, listening is something I do well. Look, do you want my help to cope or not?

Caller      Of course I do.

God         Well, so far you haven't asked for my help.

Caller      Shall I ditch the phone first?

God         Well you know what trouble APPLE caused in my garden!

Caller      What do you mean?

God         I suggest you read your bible to find the answer to that one!

Caller      You say I've to keep in touch and read my bible?

God         I think you're beginning to get the message. I've already texted a lot of it to Moses! Keep in touch and let me know how things go and I'll see what I can do to help with your problems.

Caller      Thank you God.

God         Any time!

***Submitted by A Christie***

**Braes Holy Week Services (all start at 7pm)**

Monday 21 <sup>st</sup> March	Blackbraes and Shieldhill Parish Church
Tuesday 22 <sup>nd</sup> March	Slamannan Bowling Club
Wednesday 23 <sup>rd</sup> March	Wallacestone Methodist Church
Thursday 24 <sup>th</sup> March	Polmont Old Parish Church
Friday 25 <sup>th</sup> March	Redding and Westquarter Parish Church

## Notes From a Shieldhill Garden



*“So the earth produced all kinds of plants, and God was pleased with all he saw”. Genesis 1 verse 12.*

This year, The Guild service had, as its theme, Climate Change. During that service we saw a bit about Christian Aid’s work in Bolivia. They are providing families with solar powered ovens and giving the people training in using these ovens. This saves the women time and prevents some of the cutting down of trees. The cutting down of vast swathes of forest is seen as one of the causes of Climate Change as trees soak up carbon dioxide and expire oxygen when they photosynthesize. Trees are, in fact, the lungs of the world.

We can just look at the plants in our gardens and we can see some of our plants flowering ahead of their usual time. There is a group of scientists, linked to the Woodland Trust I think, who invite people to take part in ‘Natures Calendar’. The web address is: [www.naturescalendar.org.uk](http://www.naturescalendar.org.uk). It is free to take part and, in order to do this, you need to log into their site. When my family did this at first, there were just 6 items to look out for and it was very easy to remember what one was recording. The list today is quite long and so my advice is to download a recording sheet and then choose the things that you can look out for. You only do what you can manage. Watching wildlife along with our unseasonal weather, very cold wet and windy weather and extreme weather, all point to the effects of Climate Change.

Christian Aid is not the only charity that is talking about climate change. Many of the wild life charities, the Eco Church people, Friends of the Earth and many others are all talking about climate change too. The poorest people in the world suffer from the effects of Climate Change. In some African and South American countries, the people are experiencing extended drought when their food crops wither and their animals will die. In other places there are increased hurricanes and tsunamis. These folk are not the ones who are causing Climate Change.

Fossil fuels -coal, gas and oil- are seen as the main culprits as they are dirty to produce and when they are used. In the western and developing world, oil is used in transport and to power all the things that are fuelled by electricity that comes from dirty power stations; ones fuelled by coal and gas.

The last ice age ended some 12000years ago. The world's temperatures were only 4 to 5% cooler than it is today. This makes a big difference to Britain as our islands was under a mile of ice and the seas were some 100metres lower than they are today. Over the past 150years, the temperature has risen by 1°C. Experts think that temperatures can rise by as much as 4°C this century unless we do something about it now. Preferably experts think that it will be better for our plane to aim for a target of a temperature rise of a maximum of 2°C .

What can we do to help to reduce temperatures? Falkirk council is a leader among councils for good waste sorting and collecting. The different coloured bins help the waste to be sorted at source. There is talk of the blue bin being sorted out further ie another bin may be added to the collection; one that will take only paper and cardboard. It is important that tin cans are rinsed out before being put into the bin as, should some of the tin's contents spill onto the other things that are in the bin, that bin load will be contaminated and will go to landfill. Scotland has waste reduction targets are that by 2025, 70% of all waste will be recycled and only 5% of all waste will go to landfill. The government waste report has the slogan "Reduce, Reuse Recycle" on the cover. This slogan has been around for quite a while now and I think that it is a good place to begin.

Doing our bit to help the situation can involve cutting down on waste and recycling more. It can mean thinking about where our food comes from and how many miles it has travelled from source to supermarket. You can help by making a shopping list and using up leftovers. Some of us live in small families and so some of the supermarkets buy one get one free may be too much. Another way to help could be to think about where you go on holiday. Aeroplanes burn a lot of fuel to get in to the sky. I just wish that I could say that if you stay at home for your summer holidays, you will get warm, sunny weather. If we all do a wee bit to help, we eventually will make a difference.

I hope to be a delegate at the Eco Church's annual conference this year when the focus will be Climate Change. The key speakers will be talking about it and there will be workshops related to Climate Change and so I may return to this topic again.

You may well have favourite recipes to use up leftovers. These could be shared on the pages of this magazine.

God created this wonderful planet, as its custodians we should be looking after it a bit better.

**Rena**

  
**Welcome In Committee**

The committee met recently to discuss fundraising events for this year and dates for these events have been agreed as follows -

**Wed 9<sup>th</sup> March - Folk Night organised by the Guild**

**Sun 15<sup>th</sup> May - Christian Aid Lunch** in the church hall after morning worship

**Sat 11<sup>th</sup> June - Strawberry Tea 10 a.m. - 12 noon**

**Sep/Oct - Fashion Evening *date to be confirmed***

**Fri 11<sup>th</sup> Nov - Cabaret Evening at 'The Three Kings'**

**Sat 26<sup>th</sup> Nov - Christmas Fayre & Brunch**

Further details will be intimated in due course.

***Marion Zacks***

### The Bridge of Hope

**T**here is a wonderful bridge that stands proud.  
**H**eld up by supports with inestimable strength.  
**E**nsuring a safe passage on our journey across.

**B**ridging the gap easily over the valley of despair.  
**R**emaining solid, strong and so firm as we cross.  
**I**ndestructable, no matter what adversities strike.  
**D**eath doesn't survive here, it is truly conquered.  
**G**od is well pleased, as looks down at this bridge.  
**E**ngineered and crafted by his immeasurable love.

**O**ver all the centuries this bridge has been here.  
**F**rom the very first time it appeared on this earth.

**H**olding up and supporting this bridge is Jesus.  
**O**ur bridge which links all humankind with God.  
**P**roviding our lifeline of joy to an everlasting life.  
**E**ternally with us both before and after we cross.

*By Andrew Robertson*



**Drew's  
view**

*Hi Everybody,*

*A few weeks ago, the Elders' Service took place at Blackbraes and Shieldhill and I was asked to preach the sermon. A few very kind people have asked me for a paper copy of the sermon, so I have decided to submit it as my magazine article. I have also added in a few pieces of extra information about my friend's journey which weren't in the actual sermon.*

*There are things that happen to you in your life that you will treasure forever. One of them is people having faith in you and asking you to write a sermon for their service and to preach it.*

*So it is very humbling, but also a great pleasure to submit a copy of the sermon.*

*Have a nice Easter when it comes.*

*Blessings from Drew*

### **Crossing the Bridge**

Many years ago, I had a friend who discovered an area in one of the busiest and most populated parts of Scotland where it is possible to become hopelessly lost!

What made matters worse, was that he could quite clearly see the place he was trying to get to and this gave him a false sense of security. However, no matter how hard he tried to reach this destination, it seemed to always be just a few miles away. Sometimes, it was so tantalisingly close that he could see the traffic all converging and making for it on a road which was running parallel about a mile away! Encouraged, he would turn the next corner - then the road would suddenly veer away in the wrong direction and bring him back to the street he had just left!

This was at a time before we had satellite navigators and he stopped a few times to ask directions from a few kindly people who couldn't be more helpful. However, he found the directions so complex and confusing that he drove around this area for hours. When he finally got back, he compared this place which is actually a really nice and respectable district, to the "Bermuda Triangle." He had read about this famous area off the Florida coast and Caribbean, where entire ships

and aircraft - no less - disappear. Compasses are said to spin wildly. Mariners and airmen also report a sense of foreboding and doom which he no doubt must have felt as he tried to drive ever closer to his goal, only to find it was even further away!

This elusive destination was none other than the Erskine Bridge!

My friend's version of the "Scottish Bermuda Triangle" took in the Milngavie and Bearsden area. It was there he became hopelessly lost, as he drove through these sedate leafy suburbs in his quest to make it to the bridge! At one point, he even managed to somehow stray into Clydebank, followed a road and actually drove *under* the bridge, much to his amazement and bemusement, as he watched the cars passing over high above!

My friend had a really good reason for crossing the bridge. A few months before, while on holiday, he had met a young lady who came from Greenock. They had exchanged letters and phone calls - there were no emails or *Facebook* back in those days and the point had come that they just had to see each other! So off he went with the largest box of chocolates in the world on the back seat!

My friend had not long passed his driving test and still wasn't too confident about driving through central Glasgow. Looking at a road atlas, he came up with an alternate route which skirted past the outskirts of Glasgow, without ever going into the city. On paper, it all looked very good, but he still had to negotiate through busy places like Milngavie and Bearsden!

What made matters worse about all of this, was that my friend prided himself in his navigation skills. He'd been a member of the Scouts practically all of his life! He also had a love of flying and was a member of the local Air Training Corps, as well as the University Air Squadron, where he learned rather exciting things like navigation and something really impressive to a person like I on "Civvy Street," called "triangulation."

Although it was the latter part of the 1970s, my friend rather resembled a World War Two pilot. He had a "short back and sides" haircut which was always "Brylcreemed" and wore a leather flying

jacket which he could never be separated from. He even donned a silk scarf when it was cold!

One Sunday, he somehow persuaded me to go along on a visit to an Open Day that was being held at Edinburgh Airport. The highlight of all the displays was a pleasure trip which could be booked in a small twin - engined commuter plane that could take about twelve people. This was before the days of Health and Safety taking over everything. The advert boasted in cheery tones, at the discretion of the Captain, there would be a chance to visit the cockpit. There might even be a chance for a minute or so, to sit in the co - pilot's seat!

I'm one of those people who neither like nor dislike flying. It's OK, but for me, it's just a method of getting from A to B. But for my friend, this would be the fulfilment of a lifelong ambition! Not only had he booked a seat for himself, he presented me with a ticket as well. Before I knew it, we were in the words of the old song, once again "Into the wild blue yonder..." and flying high over the River Forth.

Due to our ticket numbers, we were seated toward the back of the plane, so it turned out we were the last people in the queue to visit the cockpit. When our turn eventually came, my friend knew I would only sit a second or two in the co - pilot's seat. He consequently let me in first, as he hoped he would get to spend a longer time with the Captain, with him being last and had many questions for him. I actually got to hold the control column, or joystick, or whatever you call it!

"Look at that. You're actually flying the plane!" exclaimed the Captain in a really convincing voice.

Certainly, the illusion was there, as I could feel the engines throbbing through the control column. But I knew fine that I wasn't flying anything, as I dared not apply the slightest pressure on it in case I jinxed it!

After a few seconds of making a flight that was probably just a bit longer than the Wright Brothers, I thanked the Captain. My friend was just about to swap with me on the co - pilot's seat...when...all of a sudden...air traffic control advised that turbulence had been reported a

few miles ahead. We were advised to go back to our seats right away and fasten our seatbelts!

My friend never got his chance to fly the plane, but back at University, it didn't stop him telling everyone about the moment he stood in the cockpit right behind the Captain. I had a really wicked sense of humour back then and just couldn't resist adding to his totally wowed audience:

"Oh yes, that's right. Jim stood in cockpit just behind the Captain...But it was **Robertson** who was flying the plane!"

My friend is very independent and doesn't like asking people for help, but he finally stopped again, asked a passer - by and made it to the Erskine Bridge, thanks to this kindly inhabitant of Bearsden who even drew him a little map. He said that his feelings once the bridge was finally crossed were one part elation, one part relief and a sense that everything was back in control again. He was so glad he had put his trust in this person who helped him.

He did eventually make it to Greenock. The biggest box of chocolates in the world was duly delivered and after a fantastic date with his new girlfriend, the journey back home was much better. However, he did manage to take a wrong turning while still in Greenock, late at night and ended driving straight through Greenock Bus Station! The next day, I couldn't resist giving him a special certificate which was written in really fancy Old English script, just like the one you get when you've climbed up Blackpool Tower or the Scott Monument in Edinburgh. It said:

"It is with great pleasure we announce that on July 29th 1979, the Erskine Bridge was successfully crossed by...." and then there was a space where you could write his name!

I believe he still has it to this day!

Sometimes our faith can be like crossing a bridge, especially if we are having an experience with God for the first time. In our reading from 1st Timothy, we were told that:

"There is one God, and there is one who brings God and human beings together, the man Christ Jesus, who gave himself to redeem everyone." (1<sup>st</sup> Timothy, Ch2, verse 5-6.)

In an earlier essay called "The most Important Person in the Shop," I once told of how I have a younger cousin who started attending services at her local church for the first time. She discovered the great joy of being in God's presence through worship, as well as the togetherness of fellowship and the new friendships that are made. On one occasion though just before Christmas, she looked very sad and whispered to me,

"Why would God care about me? After all, I never bothered to care about him until now. In fact I totally ignored him. After the way I treated him I don't think I'd be too high on his list of priorities!"

I felt at that moment as if my cousin was wanting to cross a bridge, but this one was slightly different from the one my friend encountered. She was standing at one last bridge, looking over towards a faith that was beckoning her across, However, she obviously did not want to cross this bridge without some reassurance. I told her about God's unconditional love. But I also told her something else which I didn't mention in the essay that I would like to share with you. I showed her the very passages that were read this morning from the book of Romans and 1st Timothy. Such beautiful passages. Romans, chapter 5, verses 8-11, tells us how God has shown us "How much he loves us...By his blood we are now put right with God...That he made us his friends through the death of his Son...We rejoice because of what God has done through our Lord Jesus Christ." In 1st Timothy, chapter 2, verse 5, we are told how Jesus "Brings God and human beings together."

I told my cousin that there is a wonderful bridge we can cross to find God and that is through Jesus.

Jesus is the bridge between humankind and God.

Jesus is so close, you can reach out and touch him.

Just as my friend was within sight of the bridge that he so wanted to cross, that so eluded him but was frightened to ask for help, my cousin was frightened to make that final step to cross a bridge to a faith that she yearned for and was so tantalisingly close.

I silently asked Jesus for guidance on what to say to her and sensed his love and infinite wisdom. I was able to reassure her. I told her: "Tonight when you're on your own, hold out your hand. Ask Jesus to

take it and lead you across the bridge. He'll be right beside you every inch of the way, just as he is now and has always been. Any other time you need him, just hold out your hand. He will always be there, close beside you."

When I next saw her on Christmas Day, as you know, my present for her was a small compact mirror with the inscription written on it, "You are now looking at the most important person to God." By the look of joy on her face, I knew she had taken Jesus' hand, crossed the bridge and arrived in a beautiful place.

That beautiful place is waiting for us all. We only have to cross the bridge.

### **The story of a modern day Greyfriars Bobby**

When the Carlisle - Settle Railway Line was to be closed, 32,000 people and one dog (a fare paying passenger) objected. The dog was Ruswarp (pronounced Russup) a border collie owned by Graham Nuttall, co-founder of The Friends of the Carlisle-Settle Line

Graham and Ruswarp were inseparable companions and on the 20th January, 1990, they went walking in the hills. They failed to return. Graham's body was found on 7th April. His faithful dog Ruswarp stayed at his Master's side for eleven weeks. The case attracted nationwide attention and the RSPCA honoured Ruswarp and were inundated with offers to care for him. He lived just long enough to be at his Master's funeral.

A bronze statue of Ruswarp sits on the southbound platform at Garsdale Station and looks to the hills and a bench dedicated to his Master's memory. Garsdale was their favourite place.



### National Stewardship Programme

Here are the latest free will offerings for Blackbraes and Shieldhill Parish Church:

	2014	2015
Nov	£1636	£1687
Dec	£1527	£1794
	2015	2016
Jan	£1374	£1693

Our Ministries and Mission payment for 2016 is £1868.60 per month.

*Christine Jones*



Tea, coffee and a chat are always available in the hall after services. Please stay if you can.



U

Join us on Wednesdays  
7.30pm in the church hall

We'd love to see U

FIND OUT MORE ABOUT THE GUILD AT [WWW.COS-GUILD.ORG.UK](http://WWW.COS-GUILD.ORG.UK)