

# **Edinburgh church invites you to get five minutes peace**

**An Edinburgh church is opening its doors to allow local people space for peaceful meditation without participating in a formal church service.**

Mayfield Salisbury Church is open on Tuesday evenings and Saturday mornings for anyone to take part in their "Five Minutes' Peace" initiative. Admittance is free. As well as taking time for private reflection and meditation, visitors can enjoy the celebrated stained glass windows in the church's sanctuary, and its bright and airy interior. They will also find information on the church's history and architecture.

Minister the Rev. Dr Scott McKenna said: "With so much noise and activity within the lives of most of us, we may often feel the need to stop and experience a few moments of quiet. To do this we need to find a space in which there are few distractions. Church sanctuaries, like ours at Mayfield Salisbury, are ideal for this purpose: places of beauty, peace and stillness. However, in Scotland, they are frequently closed when there is no service taking place. The "Five Minutes' Peace" initiative is our response to this situation."

He continued: "As a church community, we are conscious that many people who might feel hesitant about participating in a formal religious service could welcome the opportunity to take time out of their busy lives and enjoy the beauty and peace of the sanctuary at Mayfield Salisbury Church. We invite people of all faiths and none to come and enjoy five minutes' peace."

Situated on the corner of West Mayfield and Mayfield Road, 1.5 miles south of Edinburgh city centre, Mayfield Salisbury is a Church of Scotland church. "Five Minutes' Peace" is part of the church's broader programme of outreach activities, which includes public lectures, festivals, an expanding and vibrant youth programme, and events celebrating the beauty offered by other world faiths (Islam, Judaism, Sikhism, Ba'hai and Buddhism).

