

Ferintosh

Parish Church



Ferintosh Focus

Church Newsletter

July 2013

Serving the communities of Conon Bridge & Maryburgh

www.ferintoshparishchurch.org.uk



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Contents

Unity has been talked about much over the past few months, especially within the Church. Although sounding positive it invokes connotations of some discontent and disagreement which needs to be overcome. How refreshing that the Bible talks about unity with regards to the absolute truth that is the Kingdom of God. Each of us is joined with one another, and those throughout the World, as members of this Kingdom. However you play your part be encouraged that your work for the Lord is united with both Him and many others!

Congregation Contribution

Look out for the "Congregation Contribution" in this edition, and have a think about submitting some for the next issue.

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Some of our sections this edition have their titles taken directly from the Bible. Find the passages and discover for yourself how they fit into the story of God's own Church.

As always, we welcome any comments, questions or suggestions about the newsletter. Submissions are now invited for the next edition of the Focus - these can be made to members of the editorial team, or sent by email to strathdrynie@fiscali.co.uk.

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Minister's Message

Dear Friends,

Our church building has been a place of worship for over 100 years and not much has changed inside or out in that time. Now we have to change, not through choice but necessity, and unfortunately this comes at a cost. Over the last few months I have asked that we all pray about our situation to ask for God's guidance on how we are to proceed.

What would Jesus do? I have asked myself this question on many occasions recently - after all we are a small congregation in a relatively small community. I am reminded that the bible tells us, **"...in everything we do, we show that we are God's servants by patiently enduring troubles, hardships, and difficulties..." (2 Cor 6:4).** Then I remember, Jesus only had twelve apostles and look what they achieved through their love and commitment.

The apostle Paul reminds us, **"...you are the body of Christ, and each one of you is a part of it..." (1 Cor 12:27.)** There are many ways in which we can all play our part, be it through prayer, the giving of our time, talents or money - all of which shall be needed. This project cannot be carried forward by just the Congregational Board members alone, it needs the whole congregation, members, adherents, and indeed our whole community to work together, as one body.

So let us move forward, together, in the knowledge that our Lord and Saviour is with us and all that we do is for the glory of his kingdom here in our community. Let us all look to the future with joyful hearts, knowing that all we do to maintain and update our church building will ensure a church presence here for generations to come.

With Every Blessing, Andy

The Social Committee would like to thank everyone who has supported the various events, which have been held over the past few months. These have included River Cafes, Soup Lunches, a Beetle Drive, an Organ Recital and of course our Easter Morning Breakfast. Thank you one and all for the friendship and fellowship we have shared together during these times.

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Encouraged in heart and united in love

Colossians 2:2

The Guild has had another successful year and is now having a welcome summer break. The first meeting of the new season will be on the first Monday 2nd of September. So keep the date in your diary and come along if you can. You will be made most welcome.

To end our session some of our members made a return visit to Cameron House, CrossReach's Care Home for those with dementia. This is always an uplifting experience as you enjoy the company of the residents and staff. We had a short act of worship on the theme of "Summer" which was followed by a quiz compiled by Janet Winchester. This was very well received and gave a lot of fun and pleasure. A walk in Whin Park prior to a visit to Bogroy Hotel for tea, with more members, completed the enjoyable "end of term" celebration.



The programme has been very varied on the theme "A Faith to Proclaim". With the discussion topic "Let's talk about.... Being a Christian in today's world". Our new theme is "a fellowship to build" and topic for discussion "finding the right way".

The Team will be working on providing interesting speakers to support these themes and meetings will be sometimes in the afternoon and others in the evening.

The project we intend to support this year is a familiar one – Mary's Meals in Liberia.

On 30th May members of Ferintosh Guild met with eight members of the Guild of Port Glasgow: Hamilton Bardrainey Church of Scotland. These ladies had travelled north to visit former member Irene Munro and former minister Rev James Munro in their new home and wanted to know something of the congregation and community of which James and Irene are now part. All present enjoyed a time of fellowship and exchange of ideas. The two groups share many similarities, although in very different settings. The ladies from Port Glasgow were particularly sympathetic to our current fabric problems, having lost their church when the heavy snow a few years ago caused the roof and walls of the modern building to collapse. They had refurbished their hall (itself a former church) to provide a flexible space for worship and other activities, and were ready with encouragement and hints on fund raising. It is hoped that the link formed between the two Guilds will continue and develop in future.

The Guild for some time now has been for all - young, old, male female. Some local Guilds do have men on their membership rolls. Do think about giving the Guild a try. We are very well informed about the Church in Scotland and throughout the world.

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The Pastoral Care Team members are willing to take you to appointments; we can visit you at home for a wee chat; we can do small jobs which you might find a bit difficult now; we can take you to visit relatives in hospital or Care Homes; we can visit folk who are residents in Care Homes; we are also willing to help young mum's keep appointments by perhaps taking care of the children while they are at the consultation. These are some of the things we have done in the past but we are open to suggestions.

Our numbers are very low with some regular members being incapacitated. If you could volunteer, even on an occasional basis, the team would be most grateful and welcoming.

We ask earnestly for your prayers as the team tries to carry out a caring role in the Parish.



Mission Statement: "In Christ's name we seek to retain and regain the highest quality of life which each individual is capable of experiencing at any given time".

Services Provided: In over 70 locations, the services are being provided in the name of the Church of Scotland to some of the most vulnerable people in Scotland over a wide range of specialist areas of social care. Managed under 3 main sections: Adult Care Services: Children and Family Services and Services to Older People. All of the services are caring in Christ's name, many 24 hours a day, 365 days a year.

Services within our own area include Cale House in Inverness – a unit for Homeless People: Beechwood House in Inverness – a unit dealing with Substance Abuse: Cameron House in Inverness – a unit which caters for people with Dementia: Oversteps in Dornoch – is a Home for Older People.

The Circle of Care Newsletter is published 3 times a year and is about to be "revamped", with the next issue being called "CrossReach News". The Prayer Letter is another informative publication which encourages prayer for the various units and service users. Copies of both are available if you would like to know more about the work of CrossReach. As I have been our church contact person since 1996 (and for the Guild prior to that), I have decided to "pass the baton on". Mrs Janette Steele has kindly agreed to take this on so our prayers go with Janette in continuing our contact with this worthwhile part of our church life.

Many thanks go to everyone who has supported CrossReach throughout the years, whether financially or through prayer.

Janet Murray

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19th May 2013 – Princes St Gardens, 2013

Walking towards the Gardens that Sunday, I pondered - would this event, the showpiece for the Church of Scotland, be an anti-climax, or a rather special day; would I know anyone and would there be enough to fill an afternoon? And why was it called Heart and Soul?

I did indeed meet Janet (Winchester) first, as arranged so it was great to see a 'kent' face and it wasn't long before we were meeting various 'blasts from the past' among the 5000 folk who attended.

The dampness of the day was not reflected in the dampness of the spirits of the attendees. Covered stalls of numerous churches displayed, not so much items to buy, but ideas to take away; inspirational literature and even free tablet - never refused! Janet's sister's church in Monifieth gave away tea lights wrapped in orange cellophane tied with orange ribbon to give the impression of a flame, as this was Pentecost Sunday. I have sent mine to the Guild ladies of Hamilton-Bardrainney as they often make crafts and look for new ideas. So the ideas of the day have snowballed round the country. I picked up a pattern for a Prayer Shawl to be used in prayer ministry. The shawl can be crocheted or knitted using rows or stitches of threes to represent the Trinity.

We heard a preview of the Steel band which came to Castle Street recently and who were greatly appreciated both here and there. There was actually enough to see or do to fill several afternoons and there was not enough time to go to all the seminars on offer. I went to a discussion of the role of 'Healing in the

Church' presented by a panel of four, in St Cuthberts, one of whom was a former minister of St Cuthberts who told us how the healing ministry was developed there.

Musically there was much to appreciate and I was enjoying Celtic music, harp and voice when the fire alarm went off. We wondered if the stovies they were selling went on fire. Despite the disappointment at not hearing the end of the recital, the Capercaillie band led by Karen Mathieson in the Ross Bandstand more than compensated.

The highlight was probably the closing Worship service, where the music was led by the inspirational Christian folk group, Iona. The symbolic releasing of three doves into the gardens was rather special, while the Moderator, the Very Reverend Lorna Hood reminded us of the important role of the Church of Scotland at a time when many would try to dismiss its influence.

My journey back to Glasgow took a different means than the one I had planned as I ditched the booked Megabus in favour of going with a bus load of Greenock church folk who accommodated me on their bus. As I accompanied these friends out of Edinburgh, it brought to an end an uplifting and inspirational day, 'heart' uplifted and 'soul' inspired.

Irene Munro

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Heart & Soul 2013

Celebrating the life of the Church

 The Church of Scotland

I too had wondered on the long journey down to Edinburgh whether the effort would be worthwhile. I need not have worried. As soon as I got off the bus and realised how many of my fellow passengers had the same aim as myself, I started to get the feeling, which grew as the afternoon progressed and more and more people joined the crowd in Princes Street Gardens, that I was part of something huge and exciting.

As Irene has written, there was so much to do and see that we could quite easily have filled several afternoons. Three different venues, two in the open air and one in the nearby St Cuthbert's Church, as well as children's events and a Youth tent, offered an incredible variety of information, music, reflection and activity. After the opening service led by the Guild, I listened to an illustrated talk on prayer labyrinths and was fascinated to discover that this is both an age-old tradition of the Church and an increasingly popular form of reflective worship. There was a labyrinth marked out in the gardens, though by the time I found it, it had been taken over by some children who were competing to see who could get round it the fastest.

Most of my time, however, I spent among the dozens of stalls lining the main walkway. Congregations from Shetland to London were represented – I understand there had been keen competition for stands – and great city Churches neighboured scattered rural parishes and congregations from housing schemes in

the priority areas. Some had a specific event or issue to communicate: an anniversary, a refurbishment, a union, or even an appeal for applicants for a vacant charge. All shared in a variety of often innovative ways, aspects of worship, fellowship and service. Irene has mentioned the prayer shawl ministry. Congregations in Newtonmore and Laggan described their "ministry of hospitality"; the congregation in Polwarth had exciting plans for the stretch of the Forth and Clyde canal on which its Church stands. A congregation from a priority area showed a video of "cardboard testimonies", an activity which encourages everyone to share the good things God has done for them. Among the stalls allocated to departments and organisations of or related to the Church, I was glad to see familiar faces from the Guild and Christian Aid, but also enjoyed speaking to those promoting "Messy Church" (aimed at young families) and "Prospects" (aimed at those with learning disabilities).

I found the closing act of worship both moving and invigorating. I enjoyed singing the many well known hymns of all eras relating to Celtic spirituality (the theme of the day in the year of the 1450th anniversary of St Columa's arrival on Iona). I left with the exhortation of the Moderator, Rt Rev Lorna Hood ringing in my ears: to be more outrageous in prayer and less restrained in expressing faith.

Janet Winchester

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Give them unity of mind... to follow the word of the Lord

2 Chronicles 30:12

Ladies Bible Study meets fortnightly in the Church hall on a **Wednesday** afternoon beginning at **2.00pm**. It is having a break during the summer and will resume in the autumn - watch the Order of Service for more details nearer the time.

The Ladies are very friendly and supportive of each other. We always learn something new from our meetings through reading God's Word and the lively discussions which follow. Some members are more vocal than others but it would be fair to say everyone's contribution is highly valued. It would be really encouraging to see some new faces next session. Please give this group serious, prayerful consideration.

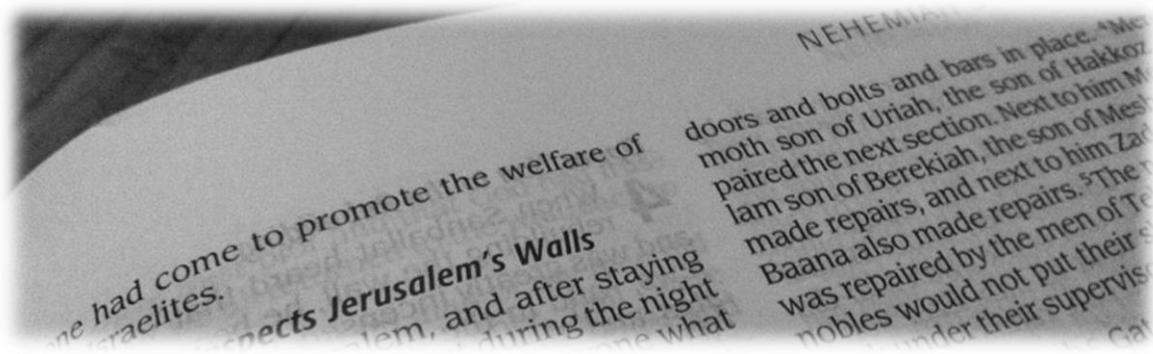
This year we looked at 2 Corinthians using the Cover to Cover Bible Study notes from CWR. It was entitled "Restoring Harmony" which seemed most pertinent to the Church today. It was so interesting to see video of Professor William Barclay with his TV talks of the 1970's.

We hope to study the Ten Commandments when we resume in September.

Janette Steele



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Bible Reflection – The Book of Nehemiah

Background Information:

Nehemiah is the last of the Old Testament historical books and records the history of the third return to Jerusalem after captivity, telling how the walls were rebuilt and the people renewed their faith and is set around 445 – 432 BC. Previously, Zerubbabel had led the first return in about 538 BC, followed by Ezra in about 458 BC. Probably written by Nehemiah himself, with Ezra acting as a kind of editor, the book shows the fulfilment of the prophecies of Zechariah (Ch. 8) and Daniel (Ch. 9) concerning the rebuilding of Jerusalem's walls.

Read Nehemiah Chapter 1

In this chapter there are a few key verses. For example,

- Verse 3 – Nehemiah is told about the distress and dilemma of the Jews in Jerusalem.
- Verse 4 – Nehemiah's response to the news are tears, fasting and prayer.
- Verse 11b – Nehemiah is cupbearer to the Persian King, a position which gives him influence within the palace.

From these verses, what would we say are the key themes for this chapter?

More questions for thought?

- Is scripture as relevant to our society today as it was when it was written? (See 2 Timothy 3:14-17)
- Our nation today is often described as a Christian nation – is that true? (See 1 John 1:6)
- What do we do in desperate times? (See 1 Thessalonians 5:17 and James 5:13)
- We spoke about Nehemiah being in the 'right place' at the 'right time' to be used by God. Is there such a thing as divine coincidence? (See Romans 8:28)

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In Christ we... form one body

Romans 12:5

As you know we discovered asbestos in the lagging of our old pipes beneath the floor and, although they are sealed and safe for the meantime, it would mean that no workmen would be able to access the floor space to carry out any maintenance or repairs. On the guidance received from the General Trustees we are now planning to remove them and over the past weeks members of the Congregational Board have been working hard, looking at different options.

Unfortunately, our pews are too long to be removed intact and will have to be cut, therefore making them redundant for church use. Also, our current electric heating system is approximately 60 years old and only single phase, which is no longer acceptable. We are left with no other option but to replace both. **The estimated total cost of this work is £45,000.**

We have approached the General Trustees and have been promised a Grant of £20,000. They are also willing to lend us the outstanding figure, repayable over 5 years at 5% interest. This however, is probably a sum that we would find difficult to repay in that time-scale without leaving us with large annual deficits. We have also applied to other small trusts for financial help and we await their answer. However, any monies we might receive from them will be small. Therefore, we will be dependent on our congregation to help fund this project, through fund-raising and an appeal. We would also like the congregation to be involved in as much of this project as possible. If anyone feels they have any particular gifts and talents that would help us in this project, please come forward.

We are, of course, very aware of what this means, particularly in such difficult financial times. Unfortunately, however, this is work that needs to be carried out if we are to have a church which is fit for purpose for the years ahead. More details will be given in the coming weeks, after the Congregational Board has met again on the 6th of June. In the meantime I would ask you to remember this in your prayers. If anyone has any questions, please don't hesitate to contact myself or any member of the Congregational Board.

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The Church's Finances In 2012

The Church's Stated Annual Meeting was held on Wednesday, 20th March and amongst other matters heard the Treasurer, Jim Bremner, give his report on the Church's finances for the year ended 31st December 2012. He reported that –

The income generated by offerings in 2012 (including the proceeds of the Gift Day) amounted to **£42,074**. This is **£624** lower than last year. Indeed the total income from Offerings (ie. excluding the Gift Day proceeds) was disappointingly lower by **£1,226** (or almost 3.5%).

Other Ordinary General Income (which includes the Investment Income, donations from Weddings and Funerals and income for the use of the Hall, etc.) also showed a small decrease of **£298** from that of 2011.

Total Ordinary General Income for 2012 was, in total, lower than in 2011 by **£922**.

The Church's Expenditure in 2012 amounted to **£56,013**. This was again higher than in the previous year by **£2,440**.

In 2011, our Church's funds ended with an excess of expenditure over its income of **£6,697**. The deficit which resulted in 2012 proved to be considerably worse at **£10,059**. It will be appreciated that unless there is some increase in the weekly/monthly offerings or a decrease in expenditure (which is being examined), it is likely that the deficit in 2013 will be even more substantial. Two generous legacies to the Church in 2011 and 2012 fortunately offset the deficits of these years but there is no expectation that such will be repeated in 2013. It was pointed out that many more of the Congregation could and should sign up to the Gift Aid scheme through which the Church would receive an additional 25% of those participants' offerings at no extra cost to themselves – indeed they would personally benefit taxwise!

In closing, Mr. Bremner thanked those members of the congregation who have already increased their level of giving through the Freewill Offering and Gift Aid Schemes and the Open Plate and especially those who contribute through the popular Church's Monthly Bank Standing Order Scheme. Hopefully other members of the congregation will wish to increase their offering or change their method of giving and they are invited to contact Mr. Bremner (in confidence) at 01349 861412.

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You are all one in Christ Jesus

Galatians 3:28

On Saturday 15th June 2013 we went to North Kessock for our summer trip. We met at the Church Hall in North Kessock at 09:30hrs. Thankfully, the weather was nice and after a brief safety talk and prayer we set off on our nature trail through the woods and along the shore. During the walk we had to see if we could spot pictures of various wild animals and write as many down on an answer sheet as possible. Some of the pictures included Otters, Frogs, Birds, Pine martens and Red deer. We also saw some real animals as well. When we were down on the shore we tried to spot Dolphins but unfortunately we didn't see any. FYF followed behind the main group to pick up the pictures, however unfortunately they missed one!

In the window of one of the houses on the trail there were various photos of our leaders as children and we had to guess who was in each of the picture. We also had to collect various items such as feathers, small stones, shells and flower petals because we were going to make bookmarks on our return to the hall. Unfortunately we didn't have time to do the craftwork after the walk so we did it at Sunday Club the following day. We all had a fabulous time during the walk. When we arrived back to the hall, we were all quite tired and needed our lunch and a wee rest before we visited the Lifeboat station.



At the Lifeboat station we got to go on the lifeboat we were met by one of the lifeboat crew called Donny. He showed us some of the safety equipment worn during a call out to keep him safe. He also told us about some of the rescues he's been involved in and gave us some really important information on what to do if we ever find ourselves in trouble at the beach or in the sea. It was a really interesting visit and as you can see from the pictures we even got to go on the lifeboat. After we visited the station we walked back to the Church hall to collect our belongings and we all went home about 15.30hrs.

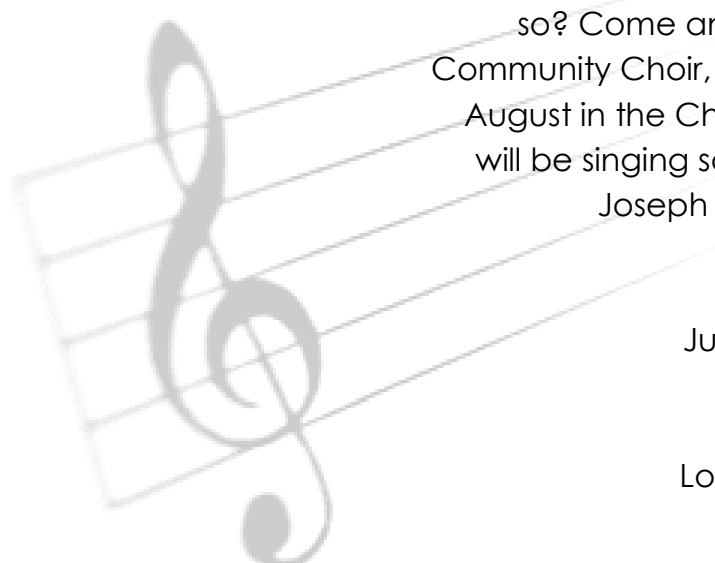
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We would like to thank Knockbain Parish Church for the use of their Church Hall and Donny from the North Kessock RNLI Station for showing us around the station and for allowing us to go onto the lifeboat. We all had a wonderful time.

Sunday Club has had two main topics this term. During the first half in April and May we looked at six miracles that Jesus performed including turning water into wine, when the children raced to fill up their water tubs with cups of 'wine' as the water changed colour. The second half we looked at some famous people from the Bible, Samson, Jonah, David and Daniel. Each week we enjoy reading the story from the new children's bibles, playing a game, having juice and biscuit.

COMMUNITY CHOIR



Do you enjoy singing? Have you ever wanted to be in a choir but never got the opportunity to do so? Come and join the Conon & Maryburgh Community Choir, starting on Wednesday the 21st August in the Church Hall, where this session we will be singing some songs from the hit musical, Joseph And The Amazing Technicolour Dreamcoat.

Juniors (Under 16's) 7.00 – 8.00pm
Adults 8.00 – 9.00pm

Look forward to seeing you there.

Miranda Neall

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How good and pleasant it is when God's people live together in unity!

Psalms 133:1

Congregation Contribution

A member of the congregation has sent in these clues to their identity. Can you work out who this is? The answer will be in the next Focus. Could you be our mystery person next Focus? Send in some clues to the editorial team.

- Decided to follow Jesus when I was 7;
- Haven't found following the Christian religion overly easy - many blips along the way!;
- Spent many happy hours hitch-hiking on the Continent with 14 other friends;
- Love reading historic novels;
- Jazz, Rock, The Blues, C&W and all types of modern, classical and "way out" music I just love;
- One weekend when camping, it was pouring with rain and my friends and I decided to find out just how many of us could get into a telephone box - all 15 of us managed to do it - me at the bottom!!
- Tried out roller skating in a main road and nearly got run over by my boyfriend's (one of the many, I might add) father, who proceeded to help me up and said, "I bet Tony put you up to this" - he had, but there I didn't need any egging on!
- This could be a better clue - I have a daughter who plays an instrument that doesn't put out any music.
- Clean my teeth after meals
- Love animals, love the countryside and all that it contains;
- Adore all my family.
- Had professional table tennis coaching and (at the time) thought I was the bees knees at it - now I think that I would probably spend all my time missing the balls and picking them up - certainly not the done thing in those days.

Well I guess that is about enough for you to get your teeth into - I could give examples of many other devious and disastrous examples, but suffice to say that I find **"Service for my Lord and Master" the best and most important thing ever!!** And I'm still trying to be the best I can, but still finding it hard at times.



On Friday 26th April 2013 a most enjoyable **musical evening** took place in our church, courtesy of Miss **Miranda Neall**, who was celebrating her "1st Decade of Playing". Miranda took us on a musical journey through the centuries, explaining and introducing, as she went along, the interpretations of the various pieces, as portrayed by each composer. Those composers included Sweelinck, Frescobaldi, Couperin, Buxtehude, Vaughan Williams, Karg-Elert and not forgetting Johann Sebastian Bach. All ages enjoyed this superb evening of organ playing. Refreshments were served in the Transept which gave the opportunity to chat to Miranda about her musical interests. We are privileged to have such an accomplished musician in our church family. Congratulations must go to Miranda on a most successful and enjoyable evening.

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Church Flowers

July	Organiser – Mrs E Blackburn
7 th	Mrs H Drummond
14 th	Mr T Thomas
21 st	
28 th	Mrs E Blackburn

August	Organiser – Mrs C Parry
4 th	Mrs C Parry
11 th	Mr D Ritchie
18 th	Muriel MacKay
25 th	Mrs J Cameron

September	
1 st	Mrs A MacKee
8 th	Mrs Wallace
15 th	Miss D Fraser
22 nd	Mrs W Leggett
29 th	Miss J Winchester

Church Welcome

	Door	Count
July	G. Jack E. Neilson	S. Telfer
August	J. Cameron E. Neilson	J. Murray
September	M. MacKenzie R. Urquhart	R. MacKay

Church Register

Baptisms

13 March 2013	Adam Dalgetty
26 May 2013	Neil McGregor

Funerals

18 April 2013	Mr. Ken Gillanders
24 May 2013	Mrs. Cathie Aitken

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