

# Ferintosh

## Parish Church



# Ferintosh Focus

Church Newsletter

**September 2016**

Serving the communities of Canon Bridge & Maryburgh  
[www.ferintoshparishchurch.org.uk](http://www.ferintoshparishchurch.org.uk)



# Church Contact Information

**Minister:** Rev'd Andrew F. Graham

Ferintosh Manse, Leanaig Road, Conon Bridge IV7 8BE

Tel. 01349 861275

**Session Clerk:** Mr Martin McLauchlan

34 Braes of Conon, Conon Bridge, IV7 8AX

Tel. 01349 861930

**Treasurer:** Mr Jim Bremner

Strathmore, Gairloch Crescent, Conon Bridge IV7 8BQ

Tel. 01349 861412

**Freewill Offering / Gift Aid:** Mrs Isabel MacKenzie

Tel. 01349 864387

**Roll Keeper / Order of Service / Website:** Mr John Smith

The Finches, Strathdrynie, Dingwall IV15 9UJ

Tel. 01349 865915

**Newsletter Committee:** Miss Emma Smith, Mrs Janette Steele, Mr Hugh Steele

**Pastoral Care Team:** Mrs Janette Steele

17 Muirden Road, Maryburgh IV7 8EJ

Tel. 01349 861591

**Guild Contact:** Mrs Janette Steele

17 Muirden Road, Maryburgh IV7 8EJ

Tel. 01349 861591

**Sunday Club:** Mr Tommy McGregor

102 Birch Drive, Maryburgh IV7 8ES

Tel. 01349 866181

**Ferintosh Youth Fellowship:** Mr Tommy McGregor

102 Birch Drive, Maryburgh IV7 8ES

Tel. 01349 866181

**Child Protection:** Mr Hugh Fraser

Achnasoul, Muir Of Ord, IV6 7XA

Tel. 01997 433384

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@gmail.com](mailto:strathdrynie@gmail.com)

A full-colour copy of this newsletter is also available online at [ferintoshparishchurch.org.uk](http://ferintoshparishchurch.org.uk)

*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*



# Contents

“It’s the little things...” is a phrase which many of us would agree upon. Little things like a conversation over tea, a phone-call during a difficult time, help when we’re ill or even a small gift. This newsletter is full of the ways that we as a congregation and as a wider Church are making the little things count. The Pastoral Care team are working on small things which have a much bigger impact. Blythswood are brightening lives with small gifts. CrossReach are working in many small ways to change people’s chances around.

Jesus used many “little things” in the time of His ministry on earth. He spoke to people, spent time with them, visited their houses, comforted them whilst they mourned and got to know them deeply through it. With all these small things, however, he also pointed towards the huge, life-altering and very “big thing” of His sacrifice on the cross. We are now able to see, through God’s Word, that in demonstrating grace, love, peace and patience He directed the people around Him to the Father.

I pray that we’re able to use the little things to alter the big things in people’s lives and point them towards God’s love for them and His offer of eternal life.

Church Contact Information	Page 2
Minister’s Message	Page 4
Guild Updates	Page 5
Church Groups	Page 6
Bible Study - Esther	Page 7
National Prayer Weekend	Page 8
Sunday Club & FYF	Page 8
Social Team Update	Page 9
CrossReach @ Christmas	Page 11
Church Rotas and Register	Page 12

*“Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.”*

*1 Timothy 6: 18-19*



# Minister's Message

Dear Friends,

This year Margaret and I decided to take our summer break later than usual and to our surprise – and great delight – we have had two of the best weeks of weather this year.

The Edinburgh Festival was in its last week when we arrived and the city was the busiest I have ever seen it. There were so many people from all over the world and everywhere we went was so busy. However, right in the middle of the busiest street, the Royal Mile, we found perhaps the quietest place of all. St Giles Cathedral is a place where you can go and sit in the peace and quiet, knowing that, even in the hustle and bustle of all that is going on around you, God is there with you. It really is a beautiful place, and one that we visit every time we are in Edinburgh.

However, we were not alone in seeking such sanctuary. At a time when we hear so much of unrest, disharmony and division, it was so good to see St. Giles Cathedral full of so many people from so many different nationalities and backgrounds, and from other faith groups and denominations. Paul once said, **'There is neither Jew nor Greek, slave nor free, male or female, for you are all one in Christ Jesus... (Gal. 3:28)** and sitting in St. Giles Cathedral that day we were all children of God, seeking that peace which only He can bring.

I hope you have all had a lovely summer and that wherever you have been, you were able to find the peace of Christ.

With Every Blessing,  
Andy



## A Story from Blythswood Care

A pair of black dress shoes, European size 42. What's the chance of finding that in a Blythswood shoebox? Practically nil as one thing that the gift-filled boxes don't usually contain are shoes.

Imagine then the amazement of shoebox distributor Patricia Varga when she discovered exactly what a young man had set his heart on amongst the relatively small number of boxes allocated to her in Budapest.

"We were taking boxes to a school for children with special needs," she explained. "It includes a dormitory for children who are orphans and for those who live too far away or who are too poor to travel each day. The school never receives sufficient donated gifts to give one to each child but we made sure that each child received their own shoebox.

One man, about 13 years of age said all he really wanted was a pair of black shoes. Formal dress here is white shirt, black trousers and black shoes – if you can afford them.

In all our years distributing Blythswood boxes, we have never seen shoes. Miracle of miracles, this box contained a pair of black shoes in his size. Both he and his carer and all of us were astounded. We serve a God who hears out heart's cry and is the Father to the fatherless!"

*The Blythswood Shoebox Appeal 2016 aims to collect and distribute over 100,000 shoeboxes this Christmas.*



*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*





## Guild Updates

The Guild Session at Ferintosh began on Monday 5<sup>th</sup> September with a visit from the choir based at Rosskeen Church, the Miriam Singers. They took on board the theme for 2016-17 "Go in Joy" and certainly a joyful noise to the Lord was made on that afternoon. We enjoyed the company of ladies from St Clements Guild and, of course, a welcome cuppa and chat afterwards.

On Saturday 3<sup>rd</sup> September, 2000 Guild folk from all over Scotland headed to the Caird Hall in Dundee for the Guild Annual Gathering. This was a joyful, uplifting occasion. In the morning we heard from the Moderator of the Church of Scotland, Rt Rev Russell Barr, who took his theme of "Making a Difference" and showed us how the Guild makes a difference locally, nationally and internationally. His talk gave us insights into the tasks a minister undertakes - preaching, visiting those in hospital and those at home - with the use of very funny anecdotes. He was given a scarf and a tie in the Guild Tartan to take to Her Majesty and Prince Philip since he was heading from the Gathering to Balmoral. (He delivered them directly to her, so you may be on the look out to see if they get worn!)



Also in the morning we heard from the retiring convenor about the visit that the secretary, assistant secretary and she made to Malawi. We heard for the first time the Heart and Soul Swing Band.



The afternoon was very special with Sally Magnusson talking about her mother's struggle with dementia and the charity she has helped set up "Playlist for Life" which tries to help those living with dementia to stay connected to family, friends and carers through music.

Again, the Heart and Soul Swing Band played for us and even had the Guild folk dancing in the aisles - yes *dancing*!

Some of us met the ladies from our Linked Guild from Port Glasgow. Lovely to see some of them.

In the programme we were given an update on the projects which have so far raised a total of - wait for it - £241,499.10! An astonishing amount for Street Pastors, Care for the Family, Caring for Mother Earth in Bolivia, Breaking the Cycle of FGM, Haiti Project and Prospects and there is a year and a half to go.

The Guild meets the first Monday of each month and in the main in the afternoon this session. Next meeting is October 3<sup>rd</sup>, "Great North Railway". Look out for more details in the order of service. Guild is for all. We'd love to have you with us.

*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*



# Church Groups

The **Pastoral Care Team** is available for those who require a bit of extra help. Generally speaking, we take folk to appointments but we also continue to visit people at home or in care homes.

I'd like to thank those who have indicated that they are willing to help with these tasks on an occasional basis. I will take up these offers when needed.

The service is much appreciated by those who use it and it enables team members to show the kindness and help people may require. Whilst we all can't undertake the tasks, the Team appreciates the prayers of those who remember the work we try to do in Christ's name.

Please contact either the Minister or the coordinator, Janette Steele (01349 861591), if you think you'd like to join us in this service.

**Crossreach** is the social care arm of the Church and it is involved on our behalf in caring for the most vulnerable in our society.

Locally there is a CrossReach Care Home for those living with dementia in Inverness called Cameron House and the Guild at Ferintosh love to go there to see the care provided and the help that is given to very vulnerable adults. Members and residents always seem to get so much out of their visits. Caley House in Inverness is also run by CrossReach on our behalf. This is supported accommodation for those recovering from addictions. Beechwood House in Inverness takes in alcoholics and addicts to try to help them break the cycle.

Throughout Scotland, young people, young mothers and couples, people in crisis, people with learning difficulties and older people are being cared for by CrossReach.

You can show your support by having a look at their Christmas Catalogue for cards and calendars etc (more information on page 11.) A sample calendar will be available to view soon. Buying from this catalogue helps the vulnerable in our community.

The **Ladies Bible Study** meet each week on a Wednesday in the Church hall beginning at 1.30pm for approximately an hour. This session we are looking at the book of Hebrews.

We enjoy reading, studying and discussing together and trying to learn more about God's word. We have a study guide to help us make our way through the passages and there are questions which help to enlighten and also to see the relevance in our everyday lives.

There is always room for more ladies. We'd love to have you come along even if you can't make it every week.

*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*



# Bible Study - Esther

## Background Information:

The book of Esther is a graphic narrative telling how the people of Israel were saved from destruction after an evil plot devised by Haman. The author is unknown, although some believe it could be the work of Mordecai, the uncle of Esther and the other main character in the book, or even Ezra. It is set around the Fifth Century BC during the reign of Ahasuerus (probably Xerxes I) sometime between 485 and 465 BC.

The Persian are now the dominant force in the Middle East having conquered the Babylonians. It is now about 50 years since Cyrus, the first King of that empire issued a decree allowing the Jews to return home (around 538 BC). The return home though was not the exodus many anticipated and over the next 25 years only around 50,000 return to Judah. During this time Ezra began the rebuilding work on the Temple, but opposition from non-Jews frustrated this from the very beginning down to the time of King Artaxerxes, the successor to Ahasuerus. After this, with the arrival of Nehemia and more exiles, around 422 BC, the work began again during the reign of Darius II. (The prophets Haggai and Zechariah were also prominent around this time.)

The book of Esther is set right in the middle of these troubled times, (around 483 – 471 BC) where the Jews, although now free to return home, were still seen by many as the enemy and a threat to their way of life. Their allegiance to God and their desire to rebuild the Temple lay at the heart of this fear. And so Haman devises a plot to destroy them.

## Read Esther 4:1 – 5:8 and 7:1 – 8:8

*What do we learn of Esther in these chapters?*

- She was courageous – risking her life in coming before the King as she did.
- She was also selfless – realising that the safety of her people was more important than her own life.
- She was humble before God – realising that despite her position as Queen, she still needed God's help.
- She was faithful – despite the decree that had been issued, she refused to despair or wallow in self-pity. And she came to believe that perhaps God had placed her in that position for just this purpose.
- She gave God the honour He was due – worshipping Him by fasting for three days and nights before seeking to go and see the King.

*What does the story of Esther teach us today?*

- God is always in control – even when the situation appears dire, God is there and we need to trust Him and come to Him in prayer to seek His help and intervention.
- God will place people in specific places to help carry out His will.
- Deliverance comes only from God.

*Interestingly enough, the name of God never appears anywhere within the book of Esther. Yet it clearly demonstrates the sovereignty of God and His loving care for His people and shows how, safe in the knowledge that God is in control, we can all exercise courage in difficult times. It also shows that when we unite our purpose with the purpose of God, we can expect great things to happen.*

*“Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.”*

*1 Timothy 6: 18-19*



# National Prayer Weekend

**We believe that local people praying for their community and neighbours can change the whole nation. One life, one street, one community at a time.**

Ferintosh Parish Church is participating in this UK wide event, with the map showing the many Churches committing to prayer.

The Church will be open on Friday 23<sup>rd</sup> September from 10am until 4pm.

There you will have an opportunity to come and pray either silently or with others for the issues which worry us today or for thanksgiving for the blessings you may have received recently.

Information will be available in the Church Sanctuary on some of the issues and topics.

Tea and coffee will also be available.



## Sunday Club & FYF

**Sunday Club** and **FYF** started off the year by going on a boat trip down the Caledonian Canal as far as Dochgarroch on a boat from the Seagull Trust, which Isobel is part of. Isobel supplied cakes which were very tasty and we all got a chance to steer the boat (with some being more successful than others).

Back in FYF, we read some passages about persistence (Matthew 15:21-28) from our Youth Bible. We then read a short passage about a girl with Cerebral Palsy who wanted to develop an electronic bible for people like her, and other people with disabilities. In the next few weeks we will be doing two more topics, which are hypocrisy and Service.

Andrew Vance

### Ferintosh Church Website

The Church Website ([www.ferintoshparishchurch.org.uk](http://www.ferintoshparishchurch.org.uk)) has been running for many years. It was refreshed in October 2014 and since then:

- 222 news items have been posted, including the weekly intimations, Andy's blog, Guild updates, social events, Sunday School & FYF updates and copies of the Ferintosh Focus.
- 3,543 different people have visited the site. After the home page, the services page is the most popular. This aims to give a friendly overview of a service to encourage newcomers.

It is possible to receive the news updates straight to your email. This is an excellent way of keeping up with what's going on in the Parish. When visiting the site, use the follow button at the bottom to enter your email.

*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*





# Social Team Update

On Saturday 27<sup>th</sup> August, the **Conon Gala** took place in the field beside the church. As well as serving teas in the Church hall, we also had stalls in the Church garden, selling books and plants. Many thanks to everyone who contributed in any way, whether by providing delicious home baking, serving teas, setting up, clearing up, or by coming along and supporting and enjoying the event.

Totals raised on the day were:

- Teas/donations      £308
- Plants                £40.35
- Books                 £77.60
- **Total**                **£425.95**

Some books and plants were sold later which took the total raised up to £440. A great result I'm sure you will agree.



Conon Gala August 2016



*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*





The **River Cafe** continues on a monthly basis, meeting on Wednesdays between 2pm-3.30pm, where we offer the opportunity to meet together for some tea, coffee, home baking and the all-important chat. Whether you've managed along before, or not, we look forward to seeing you there, even if only for a few minutes.

Dates of Cafes are Wednesdays:

- 12<sup>th</sup> October
- 9<sup>th</sup> November
- 14<sup>th</sup> December

Our **Soup Lunches** will commence on Friday 7<sup>th</sup> October, starting at 12noon and aiming to finish by 1.45pm. As well as enjoying some delicious home-made soups, this gives the opportunity to meet up for a chat.

Future dates are Friday:

- 4<sup>th</sup> November
- 2<sup>nd</sup> December
- 3<sup>rd</sup> February
- 3<sup>rd</sup> March

Further details will be available prior to each lunch.

**Ten Pin Bowling:** We plan to visit the Inverness Bowling Alley on Wednesday 23<sup>rd</sup> November. This should be a fun evening and we hope you will join us. Further details will be provided nearer the event.

Thank you to everyone who supports the various social events, in any way, as without you, they would not happen.

Janet Murray  
(On behalf of the Social Team)

It is now four months since **Christian Aid** week 2016, and the money raised will already be benefiting those in undeveloped countries, in particular flood prevention in vulnerable areas of Bangladesh.

In May the 16 collectors from Ferintosh Church & Maryburgh Free Church, plus volunteers outwith Canon Bridge and Maryburgh, went out and about in the area, during some very inclement weather to encourage local residents to support this very worthy cause.

Thanks to everyone concerned the grand total of £1,853.91 was raised, a magnificent sum, which helped achieve over £1.5m throughout Scotland.

Christian Aid is responsible for helping to raise the living standards of people in more than 40 countries worldwide.

A big thank-you to all who helped in any way, from me as the local organiser, and the whole of the Christian Aid team in Scotland and their partners, to make this year's fund raising week such a success.

Joan MacKenzie



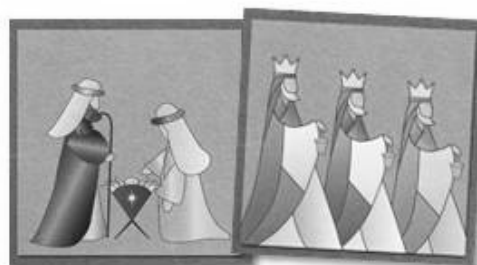
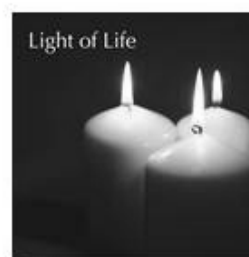
*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*



**CROSSREACH**  
providing a caring future

# Christmas Card and Calendar Collection 2016



The Church of Scotland  
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

Call: 0131 454 4374 or  
email: [webshop@crossreach.org.uk](mailto:webshop@crossreach.org.uk)  
for your FREE Catalogue

*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

*1 Timothy 6: 18-19*



**Ferintosh Parish Church** meets at 11am and 6.30pm each Sunday.

Our friendly and welcoming congregation is made up of those from Conon Bridge, Maryburgh and the surrounding area. Crèche (for those of pre-school age), Sunday Club and FYF meet during the morning service. Tea and coffee are served in the Church Hall at the close of worship.

You are invited to join us and we pray that you will experience a real sense of God's blessing during your time with us.

## Church Flowers

October	Organiser – Mrs Cameron
2 <sup>nd</sup>	Mrs A Mackay
9 <sup>th</sup>	Sadie MacKenzie
16 <sup>th</sup>	Anne MacInnes
23 <sup>rd</sup>	Gael McCallum
30 <sup>th</sup>	

November	Organiser – Mrs E Glashan
6 <sup>th</sup>	Mrs E Glashan
13 <sup>th</sup>	Mrs M Graham
20 <sup>th</sup>	Mrs K Campbell
27 <sup>th</sup>	Mrs I MacDonald

December	Organiser – Mrs J Cameron
4 <sup>th</sup>	Mrs P Gillanders
11 <sup>th</sup>	N/A
18 <sup>th</sup>	N/A
25 <sup>th</sup>	N/A

## Church Welcome

	Welcome	Count
<b>October</b>	J. Steele J. Fraser	J. Steele S. Telfer H. Fraser
<b>November</b>	A. MacKay J. Fraser	A. MacKay J. Bremner J. Smith
<b>December</b>	J. Murray M. MacKenzie	J. Murray M. MacKenzie C. Parry

## Church Register

### Baptism

5 June 2016 Katie Grace Morrison

## Funerals

28 June 2016	Mr. Robert Robertson
4 July 2016	Mr. Ian (Herbie) Middleton Telfer
22 July 2016	Mr. Harry Franklin
11 August 2016	Mr. Tom Gray
1 September 2016	Mrs. Sheila Munro
10 September 2016	Mrs. Elizabeth (Elma) Sutherland

*"Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

1 Timothy 6: 18-19