

# Ferintosh

## Parish Church



# Ferintosh Focus

Church Newsletter

**June 2017**

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



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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)

*He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ.*

*2 Thessalonians 2:14*



# Contents

We talk about the call of a congregation to a minister – something to be especially praying about at this time of vacancy. But God has a call for everyone and it comes through the Gospel – the good news of Jesus' death & resurrection.

*He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ.  
2 Thessalonians 2:14*

But what is our calling to? We may have special talents or gifts which we can use to serve God but it's sometimes easier (and sometimes more challenging!) to recognise that we are called to:

*Stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter.  
2 Thessalonians 2:15*

Let each of our individual talents, actions and gifts be woven together and used as a whole to stand firm & hold fast to the Lord.

This edition of the focus highlights many of the ways that is being done – through loving others as God would; sharing the message with those around us and encouraging one another in our faith.

*Emma (Editor)*

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## Go in Love

*“Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love.” Corinthians 16:13-14*

The **Guild** enjoyed a full season with many interesting meetings and we are now trying to prepare for the exciting new theme for session 2017-2018. This is entitled “Go in Love”, a great title to inspire us, don’t you agree?



We are completing our final year of six projects - this is a three year cycle - and we are amazed and delighted and, to use a modern phrase, gob-smacked! People throughout the Guild movement have been working hard in many different ways to raise money for six different causes.

- |                                    |              |
|------------------------------------|--------------|
| • Street Pastors                   | £88,894.84   |
| • Care for the Family              | £80,216.56*  |
| • Caring for Mother Earth, Bolivia | £73,251.44   |
| • Feed the Minds                   | £102,473.02* |
| • Mission International, Haiti     | £64,672.88   |
| • All Friends Together             | £69,167.25*  |

*\*these were the three we supported in Ferintosh*

If you have added it up, it comes to £478,676.01 (as at the end of May). Can you believe it? You can understand why charities are eager to be included on the Guild Project programme.

We will look forward to the announcement of the new projects at the Annual Meeting in Dundee on the first Saturday in September.

We are delighted the Guild “Big Sing” will take place during Guild Week in November in Inverness. It will be wonderful to have 800+ voices all praising God. Last year, three of Ferintosh Guild went to Westburn Church in Greenock.

The Guild will resume on the first Monday in September and this will be one of our evening meetings. We’d love to have you with us.

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2 Thessalonians 2:14*





# A call to serve those in need

*To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. 1 Peter 2:21*

## Christian Aid Week 14 - 20 May 2017

This year the message for Christian Aid week 14 - 20 May was the plight of refugees, highlighting the trauma of Nejebar, her husband and two young sons, refugees in a Greek camp, who despite their extreme difficulties had the courage, and generosity to invite two, possibly orphaned brothers, to join their family unit.

With this message implanted in our hearts & minds we were inspired to give our time & talents in fund raising to help support the efforts of Christian Aid in their work to ease the suffering of those in need.

Thanks to the generosity of the congregations of Ferintosh, and Maryburgh (Free Church) the grand total from all fund raising efforts: Big Brekkie, door-to-door collections, book sale & music quiz, was a magnificent £2,184.57.

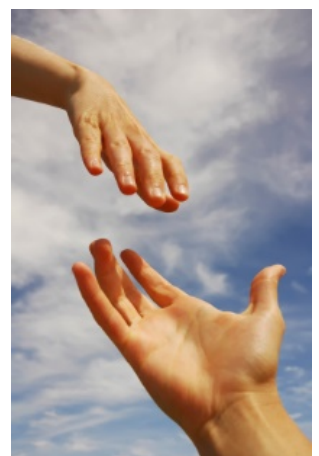
I would personally like to express my sincere gratitude to all who participated in fund raising this year, and hope more volunteers may come forward in 2018 to join in Christian Aid week. *Joan MacKenzie*



The **Pastoral Care Team** continues to offer support and help to people in our community. It is small in size but it carries out an invaluable service to those who just need an extra bit of assistance.

Mainly it ensures people are able to attend clinics and appointments either locally in Dingwall or at Raigmore. Members also visit those who are unable to get about as before and also visit those no longer able to live at home but have moved into residential care.

Thanks go to those who have said they can help occasionally. If you'd like to volunteer, please contact the coordinator.



Not everyone can be a member of the team but everyone is asked to pray for the work of the team as it attempts to carry out the Lord's work.

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Sadly this service provided by the **Highland** Foodbank is still required in our area. The foodbank is one of a Trussell Trust organisation run by Blythswood. Thousands of food parcels are given out each year and the need seems to be growing rather than diminishing. Perhaps you could help alleviate the distress caused by having no money for food and necessities.

People come to foodbanks in the main because they have lost their job and are awaiting benefits. They tend not to be “scroungers” but truly desperate folk who just want to put food on the table.

We ask if you'd like to donate whatever you can in non-perishable goods by placing these into the basket in the annex of the Church. Tinned potatoes, tomatoes, corned beef, fruit, ham are really needed. So too are toiletries and baby needs. As you can imagine, if you can't afford food, you are unable to buy toothpaste, toilet rolls, baby wipes either.

Please do whatever you can to help.



**CrossReach** is the Social Care arm of the Church of Scotland. The mission statement reads like this, “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.”



They do this throughout the service where children, young adults, adults with learning difficulties, adults with mental health difficulties, people with addictions and older people are given help and support to fulfil this mission statement.

The current issue of CrossReach News contains articles concerning services local to us in Inverness. There is one about Beechwood House which provides residential rehabilitation for drug and alcohol misuse problems. There is another about a new initiative with Scottish Churches Housing Action together with Cale House helping people to navigate a path out of homelessness via a befriending scheme. Another article in the News is about Darren who has been a resident in Cale House who's now ready to take the next step into his own tenancy.

*There are a few spare copies of CrossReach News at the back of the Church if you want to read more.*

Peter Bailey retires as Chief Executive Officer with CrossReach after 25 years. Together with former Moderators, Very Rev. Dr. John Chalmers and Very Rev. Dr. Russell Barr they abseiled on Sunday 28<sup>th</sup> May from the Forth Bridge to raise money for the Children and Family services of CrossReach and raised the marvellous sum of £ 26,000 - double their target. We wish them all well in their retirement.

The new Chief Executive has been appointed and her name is Viv Dickenson who has worked for CrossReach for over 20 years. We wish God's blessing upon her in her new role.

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**We're inviting you to bake cakes for CrossReach.** Not just any old cakes – cakes with a meaningful twist.

CrossReach would like you and your friends and family to bake cakes which are vibrant and full of colour but with their true splendour hidden by grey coverings.

### Why Grey Cakes?

CrossReach Grey Cakes symbolise the world of someone who is affected by mental health problems, where the fog of anxiety and depression can feel overwhelming, colouring their experience of life. In Scotland, 1 in 4 adults or around 850,000 individuals experience mental health issues each and every year. Individuals who, assuming they can obtain a referral from a GP, must then wait on average at least 10 weeks to obtain counselling support from the NHS. For the 1 in 10 children who also experience mental health problems, access to counselling services can be even more difficult; around 75% are thought to receive no support at all.



**CROSSREACH**  
providing a caring future



## Cupcake Recipe

Makes Approximately 12 Cup Cakes

### Ingredients For Cakes

100 g (4 oz) butter or margarine (or mix)  
100 g (4 oz) caster sugar  
2 medium eggs  
100 g (4 oz) Self Raising Flour  
Gel food colouring in a mixture of colours\*

### Ingredients For Buttercream

100 g (4oz) unsalted butter  
200 g (8 oz) sieved icing sugar  
4 tsp of hot water  
Vanilla Flavouring  
Black gel food colouring as required\*  
(This should make enough to cover 12-14 cakes)

### Make The Cakes

Method:

- 1 Pre-heat oven to 180°C, 350°F, Gas Mark 4. Line a 12 hole muffin tin with paper cases.
- 2 Cream butter/margarine and sugar until light and fluffy. Beat in eggs, one at a time, adding a little flour with each.
- 3 Gently fold in remaining flour.
  - To make a single coloured sponge add in a little of the food colouring and mix, keep adding and mixing until you get the desired colour.
  - To make rainbow sponge, divide the cake batter as evenly as you can into the desired amount of bowls and colour each one in turn before spooning into the paper cases.
- 4 Divide as evenly as you can into the paper cases and bake for 20-25 minutes.
- 5 Cool in tin for 5 minutes before transferring to a wire rack to finish cooling.
- 6 Once cool, pipe or spread on grey buttercream icing.

### Make The Buttercream And Decorate The Cooled Cakes

Method:

- 1 Cream butter gradually add icing sugar and cream/whisk together. Then whisk in the hot water.
- 2 Add a few drops of vanilla flavouring/vanilla paste to taste
- 3 Gradually add black food colouring until desired shade of grey is achieved
- 4 Spread onto cooled cupcakes or place in a piping bag with a star nozzle and pipe on top of cupcakes.

\*Gel food colouring: this type of colouring holds better, requires less quantity to achieve the desired colour and doesn't affect the texture of the cake or icing as much as liquid.

**Donate:** [www.justgiving.com/campaigns/charity/crossreachchurch/greycakebake](http://www.justgiving.com/campaigns/charity/crossreachchurch/greycakebake)  
**Pack & Info:** [www.crossreach.org.uk/crossreach-grey-cakes](http://www.crossreach.org.uk/crossreach-grey-cakes)  
**Social Media:** #CRGreyCakes

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As part of a follow-up to the World Day of Prayer Bible Study recently, two members of the Ladies Bible Study were invited to the depot of **New Start Highland** in Carsegate. Margaret and Janette were met by Russell. The Bible Study ladies were interested in the origins of the charity which was to give “Starter Packs” to people who had been given new tenancies but had few resources to fit them out.

It was a huge eye-opener to see the many varied activities which are carried out there - some to raise money (e.g. the shop in Dingwall High Street is supplied from here) and others to provide goods to people starting out from scratch in a new home.

Work experience is also available with the charity to get people into work. (e.g. carpentry, painting, upholstery, administration, bike repair, warehousing, retail, electrical, forklift, horticulture, first aid)

These are some of the things the charity does:

- furniture collection and house clearance
- upcycling (e.g. sofas, chairs, tables, bicycles)
- removals
- training

The Ladies Bible Study Group invites you to join us in collecting items for the “Starter Packs” over the summer. These can be brought to the Church Hall and will be delivered to (or collected by) New Start at the end of summer.

### **Can you help with the cleaning packs?**

Basin; cloth; tea towel; sponge; washing up liquid; brush & pan set.

### **Starter packs?**

Grater; colander; scale; baking tray; chopping board; cake tin; teapot; sealable containers; jug; wooden spoon; potato masher; fish slice; tin opener; ladle; mixing bowl; casserole dish.



**New Start Highland**

2 June at 12:15 • €

Congratulations to Emma for winning an award at SkillBuild 2017 for her painting and wallpapering! We were delighted to welcome Emma on a work experience placement, where she learnt to upcycle, paint and recycle furniture. We're excited to see her achieve this excellent industry award and we wish her all the best for the future!



### **DIY shows off young mum's talent for the painting and decorating trade**

A SINGLE mother who found her flair after turning her hand to a spot of home decorating has won an industry award for her painting and wallpapering.

INVERNESS-COURIER.CO.UK

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# A call for everyone

*The same Lord is Lord of all and richly blesses all who call on him, for, "Everyone who calls on the name of the Lord will be saved." Romans 10:12-13*

At the end of March, **Sunday Club** enjoyed making floral arrangements for Mother's Day, thanks to the expert help from Isobel Macdonald. We looked at the Easter story and did an egg hunt in the church grounds. The children played the bells in church before the Easter holidays 'Jesus loves me' with the choir singing along. In April and May we have been following the life of Jesus from his baptism to his Ascension and the children did some role play.

On Saturday 3<sup>rd</sup> June **Sunday Club** and **FYF** went on a trip to Inverness Airport and aircraft museum. It was fascinating to see the old aircrafts and get a chance to sit in the cockpit of four planes. We had a packed lunch whilst watching the planes from the cafe lounge. Callum Smith the Airport manager gave us a tour and told us all about how the airport operates. We managed to dodge the thunderstorm and were shown the airport fire engine by fireman Steve. Thank you to the Airport staff for making us feel so welcome.



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Ferintosh's part in leading worship at Seaforth House continues every two months. At our latest Sunday with them, four of us from Ferintosh explored the feeding of the five thousand with the residents. We were all involved in different ways.

The residents helped with the visual flip chart and comments on the story. Those from Ferintosh did a dramatic reading of the passage with a short summary. We all took part in responsive prayer and for our intercessory prayers the volunteers helped the residents write their prayers on cut-out fish and made a small collage. We all used small percussion instruments to help us with the praise which we used some actions for.

After the benediction we sang happy birthday to one of the residents.

It is a privilege to be able to worship altogether and we stress that we are worshipping *with* and not just doing something *for* the residents.

Irene



Congratulations are due to Jim Bremner, Eric Munro, Isabel MacKenzie and Janette Steele on the 40<sup>th</sup> anniversary of their ordination to the eldership (24<sup>th</sup> April 1977).

We give thanks for their dedication and service and pray God's blessing upon them as they continue to serve the Lord in the parish of Ferintosh, Ross Presbytery.

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# A call together

*"He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ." 2 Thessalonians 2:4*

## Ten-Pin Bowling:

A most enjoyable evening was spent recently at the Rollerbowl in Inverness. Just as before, shoes were changed, teams were picked and battles begun. 14 people tested their skills against each other. Were the machines more difficult to beat this time, or were our aims not as good, or are we getting older? Just a few comments made on the night! As the evening wore on, a few players started to creep into the lead and our winner was Alastair MacKenzie, who obviously displayed skills from a mis-spent youth! At the "other end of the scale" Andrew too was awarded a prize along with the winning team.

**Verdict:** Once again a great fun evening, so watch this space for the next one.



**RIVER CAFE:** This is held in the Church Hall on the 2<sup>nd</sup> Wednesday of the month from 2pm-3.30pm and gives the opportunity to enjoy some tea/coffee, home baking and the all important chat. Following a break during July/August this will resume on Wednesday 13<sup>th</sup> September, where a warm welcome awaits.

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**SOUP LUNCHES:** These are held throughout the Autumn/Winter and will recommence on Friday 6<sup>th</sup> October at 12 noon.

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**SUNDAY TEAS:** It is encouraging to have so many people join together for tea/coffee following Morning Worship. Thanks go to everyone who kindly provides the tea etc. If you haven't already added your name to the list, please consider it, as your help would be greatly appreciated. Many thanks.

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**EASTER BREAKFAST:** Although numbers were a bit disappointing this year with only 20 people attending, (last year 30 people attended) those who did manage along, enjoyed the event which made it all worthwhile.

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**COFFEE MORNING/CHRISTMAS BAZAAR:** It is planned to hold a Coffee Morning with Christmas Stalls in the Church Hall on Saturday 2<sup>nd</sup> December 2017. Details will be available in the next Newsletter but please put on your "thinking caps" to come up with ideas of unusual gifts and produce to make and sell.

*Janet Murray  
On behalf of the Social Group*

## Book Review

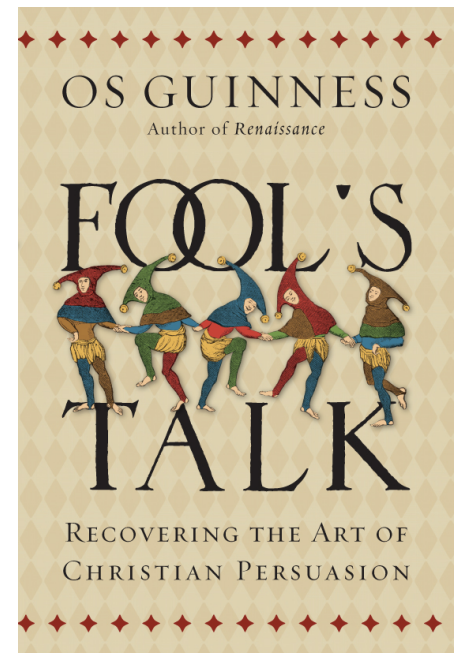
**As we pack for summer holidays maybe we think of those books we have been desperate to read all year but only have time on holiday. One which is a must read is Fool's Talk by Os Guinness.**

Contrary to what is sometimes stated, Guinness claims that people are not open, interested or needy for spiritual insight. More commonly they might take the position of Jung, Nietzsche and Sartre who all held that God is dead and therefore their truth claim is 'I am now out to be God of my own life'. In an individualistic society, people are inclined to claim the 'right to themselves' and the 'right to their view of things' rather than God's view of things. Guinness quotes Pascal who said, "when God addresses the human heart, there is always enough light for those who desire to see, yet enough obscurity for those who do not wish to see. What makes the difference is the heart."

This book is to help Christians develop the ability to speak to people who are closed to what we are saying, as Guinness believes that we are 'strikingly weak in persuasion'. Christians reading this can learn to help people appreciate the credibility of the gospel.

As I read it it helped me to think more clearly about the 'reason for the hope' that is within me and I continue to dip in and out of this book, having already read it through. I wholeheartedly recommend this book.

*Irene Munro*



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### The Wisdom of the Ages

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio (published in The Grapevine, magazine of St Magnus Cathedral)

1. Life isn't fair, but it is still good.
2. When in doubt, just take the next small step.
3. Life is too short - enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first pay cheque.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye, but don't worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion.  
Today is special.
22. Over prepare, then go with the flow.

23-45 in next edition

To all my dear friends at Ferintosh,

I wish to let you know that I have said a goodbye to regularly worshipping with you at Ferintosh. I know that Doug has enjoyed being a small part of things at Ferintosh and he wishes to join me in letting you know of my decision, which has taken a lot of prayerful consideration.

With our daughter, Deirdre, and family being in attendance at Rosskeen Church of Scotland, Alness, it provides me with a confident support as the years roll on. You will always be welcome anytime at "Woodlands" - just make sure we are in (830120). No doubt there will be times when a visit to Ferintosh will be possible and indeed occur.

Thank you all so very much for being our friends for so many years - and so may it continue. Further, I thank you for being such a tremendous support and encouragement go me over the years.

May God's blessings be with you.

My love – Doreen Suckling

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**Ferintosh Parish Church** meets at 11am 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

<b>July</b>	<b>Organiser – Mrs E Blackburn</b>
2 <sup>nd</sup>	Mrs H Drummond
9 <sup>th</sup>	Mr T Thomas
16 <sup>th</sup>	Mrs S Weir
23 <sup>rd</sup>	Mrs E Blackburn
30 <sup>th</sup>	Mrs C Parry
<b>August</b>	<b>Organiser – Mrs C Parry</b>
6 <sup>th</sup>	Muriel MacKay
13 <sup>th</sup>	Mrs J Cameron
20 <sup>th</sup>	Mrs A McKee
27 <sup>th</sup>	Miss J Winchester
<b>September</b>	<b>Organiser – Mrs J Cameron</b>
3 <sup>rd</sup>	Mrs Wallace
10 <sup>th</sup>	Mrs D Fraser
17 <sup>th</sup>	Mrs W Leggett
24 <sup>th</sup>	Harvest Thanksgiving

## Church Welcome

	<b>Welcome</b>	<b>Count</b>
<b>July</b>	Janette Steele Janet Winchester	Janette Steele Anne MacKay Jim Bremner
<b>August</b>	Janet Murray Tommy MacGregor	Janet Murray Tommy MacGregor Sheena Telfer
<b>September</b>	Mhairi MacKenzie Roderick Urquhart	Mhairi MacKenzie Roderick Urquhart Connie Parry

## Church Register Funerals

7<sup>th</sup> May 2017 Amelia Mackintosh