

Ferintosh

Parish Church



Ferintosh Focus

Church Newsletter

September 2017

Serving the communities of Canon Bridge & Maryburgh
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

A full-colour copy of this newsletter is also available online at ferintoshparishchurch.org.uk

"From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." Ephesians 4:16



Contents

While as individuals we can, with a lot of effort and commitment, achieve a great deal, together we can achieve a lot more. When people come together in one cause their shared values and experiences provide energy and spirit beyond what could be achieved as individuals.

For where two or three are gathered together in my name, there am I in the midst of them.

Matthew 18:20

By working together, especially in a time of vacancy, we can not only sustain but grow our faith together. Therefore when the appointed time comes for us to call a Minister, we will be a healthy and vibrant congregation to provide an uplifting welcome.

This edition of the focus highlights how working together we can make a difference within our own congregation and beyond our communities.

John (Editor, for this edition)

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"From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." Ephesians 4:16



SUMMER – RUSSEL SMITH

I was reading a book published in the mid-seventies called *hello its Monday again* by John Jackson
It started like this.

“Whatever the future may bring either of marvel or surprise at least we can all be assured of the need to make do with less. We have been told time and again that we are sailing into rough seas and struggle and sacrifice will be called for. Whilst I am sure that we will all get through this time of austerity relatively unscathed. Let us hope that any belt tightening applies to every part of society.”

Remember this was written forty years ago yet it could well have been written yesterday when you look at all the newspaper headlines, cuts here, prices up their, inflation rates rising, interest rates low, cuts in the numbers of ministers and on and on there headlines go. John Jackson then goes on to say that over the years he has seen parents trying to teach their children something called manners. They tell their children there are two magic words called please and thank you and encourage them to use them in the right place. He goes on to recount how more and more adults seem devoid of manners.

Again this is probably as true if not more so today as in the past. Certainly this world would be a better place if people were better mannered. John states that there is no such thing as a bad mannered Christian. He pleads for an extravagance of doing something for nothing, doing it for no other reason than just the sheer joy of doing it. Not just do it yourself because it's cheaper, but doing something not for yourself, not for gain or for profit, but for free, for someone else. Service he argues means to a greater or lesser degree sacrifice on your part.

Maybe by visiting someone who is housebound or helping them attend hospital or doctor's appointments or just sitting with them. Good old fashioned manners and courtesy John argues should not be allowed to die. Jesus always treated people he met with respect. He taught on good manners. We overlook those words in the New Testament which say very simply that Jesus went about doing good.

Jesus was not always preaching
Jesus was not always praying
He was not always at worship in the house of God.
He was not always reciting the commandments.
But Jesus always went about with an extravagance in gentlemanliness
He was always extravagant in watching
Watching the lilies of the field
Watching the wheat
Watching the mustard seed and tree
Watching the birds of the air

Jesus was also always extravagant in stretching out a hand to those who were in any kind of need, the blind, the leper, the paralytic man, the woman whose past was less than perfect, those whom we would say live beyond the boundaries of normal society. What ever the future holds for the world or the country or the church let us always remember that Jesus was always extravagant in stretching out his hand to those in need. Therefore May we who follow in his footsteps do likewise.

Some words to get you thinking

With kind regards
Your locum Russel

“From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.” Ephesians 4:16



Nominating Committee Update

It is now approaching 10 months since Rev'd Andrew Graham (and his wife Margaret) moved south to his new charge at Bendochy linked with Coupar Angus Abbey Church. Since then we have entered a period of vacancy. Quite a lot has happened during that time and at present the Nominating Committee are working hard to find a new minister.

At the time of writing, there are 5 churches with vacancies in Ross Presbytery, with a further 14 vacancies in the surrounding area of Caithness, Sutherland, Inverness and Moray. Clearly there is a lot of competition from other churches in the area, all of whom are also looking for a new minister. Hopefully, our position (near Inverness and Dingwall) plus the fact we are a single charge, have an active congregation and have a well looked after manse will work in our favour.

The vacancy process is specified by the Church of Scotland and to that end we need to follow their guidance. So far, the following areas have been tackled:

- Appointment of an Interim Moderator
- Permission to Call a new Minister has been given
- The Vacancy Schedule has been completed and confirmed by the Church of Scotland
- The Manse has been inspected by Presbytery
- The Parish Profile has been created and published on our website
- The Presbytery Advisory Committee has been appointed and has met with the Kirk Session
- The Electoral Register has been created and confirmed
- The Nominating Committee has been elected and is now at work

The work of the Nominating Committee is however confidential and therefore it may appear that "nothing" is happening. This concept of confidentiality cannot be over emphasised and indeed the Guidelines from the Church of Scotland for the Nominating Committee state quite clearly:

"It should be fully understood from the very beginning that the work of the Committee is confidential at all times. It should not be discussed with other members of the congregation or with others outside the congregation, including family members."

Consequently, members of the Kirk Session who are not on the Nominating Committee and even the Session Clerk are not being informed as to what is happening with the Nominating Committee and this is how it should be. Members of the congregation are asked to not embarrass any member of the Nominating Committee by asking for an update on progress as they clearly cannot provide one. If anyone has questions about the Vacancy Process at the present times, please talk to the Session Clerk who will do his best to provide reassurance.

Hopefully, in due course, the Nominating Committee will advise the Session and Congregation of a sole nomination and then it will be time to hear and then vote on the suitability of the sole nomination to become our new minister. In the meantime, we ask that you pray for the work of the Nominating Committee as they look for a new minister to lead our work here in Ferintosh.

By way of comparison, in our last vacancy it took 3 years to find a replacement minister for Rev. Daniel Carmichael before Rev'd Andrew Graham was appointed. Hopefully, our current vacancy will not last quite so long. Only time will tell...

Martin McLauchlan
Session Clerk

Rev. Scott Polworth
Interim Moderator

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‘Go in Love’

The Guild session 2017-18 has begun. On Monday 4th September, Rev Russel Smith was the speaker on the Guild Theme, “Go in Love”. It was so interesting but also challenging, taking us away from the idea of warm, fuzzy feelings to the more difficult things we are asked to do in loving the unlovely. An excellent beginning to our year.

Next meeting should be of interest to a great many people, not just Guild members.

Rev Sandy Sutherland joins us on October 2nd with a presentation entitled “The Black Isle Bounce - Macro to Infinity and Beyond”. Intriguing, wouldn’t you say? One thing is certain his pictures will be stunning. Do come along to the Church Hall on Monday 2nd October at 7.30pm and find out just what he has to say and show us. There will be a Sales table at this meeting.

Good news, not just good but **great news**, on the running totals for the six Guild Projects for 2015-2018



Street Pastors	£95,209.59
Care for the Family	£84,942.19•
Caring for Mother Earth Bolivia	£79,730.91
Breaking the Cycle of FGM	£110,387.12
Haiti Project	£66,588.12
Prospects, All Friends Together	£72,978.16
Total so far	£509,836.09

Absolutely amazing! Small wonder competition to be a Guild Project is so great. The projects which hope to be in the next three years are making their bids at the end of September and will be announced in the following months.

•This is the Project for Ferintosh this year. The charity aims to support young families to enable them to stay together through the tough times. There is help throughout Scotland for this.

GUILD NATIONAL GATHERING, DUNDEE 2ND SEPTEMBER 2017

A total of five members of Ferintosh Guild attended, as did a group from our Guildlink partners from Port Glasgow:Hamilton Bardrainney. Everyone thoroughly enjoyed the occasion. Below is a selection of reflections on the day.

Ann writes:

On Saturday the second of September at the unearthly hour of 7am three intrepid travellers in the form of Janet Winchester, Margaret Mackinnon and Ann Smith set off from the heart of the Highlands travelling down the A9 to the Guild annual gathering at the Caird Hall, Dundee.

On arrival at 10am we were met by some lovely and caring stewards who showed us to our seats.

Treasured memories of the day included the tremendous singing of hymns and choruses by the massed voices, and of course the Moderator of the General Assembly who gave a keynote speech on love – and then he proceeded to try out a children’s address on the Guild before his royal command performance at Crathie church. The choruses brought back happy memories of Sunday School days.

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There was a break for lunch and then a swing band had Guild members dancing in the aisle!!! The final speaker of the day was Dr Pat Cairns who gave an interesting, informative and emotional talk on the street children and their mums living in dreadful conditions in India, along with slavery and human trafficking. Three very happy and tired travellers returned home late, spirits uplifted by all the day's proceedings. All were in Church the following morning.



Janette writes:

Each time I attend the Gathering, I am struck by the friendliness of everyone: like-minded people coming together for a day of fellowship, worship and speakers. I'm sure the platform party are nervous but I felt this year was a particularly relaxed meeting, making it feel less formal than usual but also getting the messages to the delegates. Karen Gillon, assistant general secretary, was so natural and was able to diffuse difficult situations with well-timed humour.

Margaret writes:

A joyful, challenging and uplifting day spent with hundreds of guildswomen and a few men – a few young, some middle aged and many ever-young (even 103 years young) brothers and sisters in Christ. For me Dr Pam Cairns' talk was the most moving and soul searching part of the day. Trying to improve the lives of street children and victims of modern slavery is surely "going out in love". Dr Pam is a founding trustee of the charity "The Free to Live Trust" which is currently building a home for abandoned children of trafficked sex workers in Pune, India. Our praise following the address was most appropriate: "I the Lord of sea and sky".

Janet writes:

It was wonderful, immediately on entering the packed hall, to feel ourselves part of such an immense and powerful movement. Although the technology did not always co-operate, live exchanges with some of those participating by video link in many different parts of the country enhanced this feeling. That the two venues chosen were Kirk Yetholm, a village I often visited with my family when growing up in Borders, and Moray, where I lived as a teenager and later joined the Guild, made it very personal – that and the fact that I was sitting, singing and on occasion dancing alongside my school friend, now a Guild member in Aberdeenshire.

Irene sums the day up:

To brainstorm all the images that flash before my mind thinking of the Guild National Meeting in Dundee:

Amazing praise; **Beautiful** hall, **Buses**, **Busyness**; **Chatter**; **Discussions**; **Education**; **Fellowship**
Great singing; **Heartfelt** praise; **Inspirational**; **Jokes**; **Kindness**; **Laughter**; **Making New** friends
Organ sensational, **Old** friendships renewed; **Prayer**; **Sunshine** in the square; **Time** to eat
Unforgettable swing band; **Welcoming**, **Worshipful**; **Xtra** special; (No time for **ZZZZZZZZZZ!**)

All in all, a wonderful experience.

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With this being the guild's theme for 2017/18, and after an excellent evening with Rev R Smith speaking on this topic, I've thought a lot about our friendships. We love our families at home and away, we love our long term friends and we love our new friends.

Looking round at any church service or function, I can see friends who I have known since many years, the year of the flood even.

No, not Noah's one...the Conon Bridge one of 1966!

I am grateful to have the friendship now of new 'girls' in the church and Guild, and even a 'boy' or two

The following words say it all, they are not mine, but the thoughts they evoke will resonate in all our hearts.

There's a miracle called friendship that dwells within the heart
And you don't know how it happens or where it gets its start
But the happiness it brings you always gives a special lift
And you realise that friendship is God's most precious gift.

Pat Gillanders

Earlier this year our Church Organist, Mrs. Doreen Suckling, unfortunately suffered a period of ill health that resulted in her being unable to play for us at our Morning Service on a number of occasions. Since then she has gradually recovered but not back to her previous level of health. Consequently during the early part of this summer she let it be known that she was stepping down from her role as organist.

Clearly the Session was saddened to lose Doreen's talents but fully understood her decision, particularly as playing on a Sunday involved a fair amount of travelling with her husband Doug acting as chauffeur.

Therefore, the Session Clerk wrote to Doreen and Doug, thanking them for their support over a good few years and wished them well in her retirement. As a token of our church's appreciation, Mrs. Janet Murray (as her elder) and Mr. Martin McLauchlan (as Session Clerk), both of who are also in the choir, visited Doreen and Doug and presented them with a rose and glazed pot.

Now that we are without an organist, we will try and organise "relief" organists through a rota but if that proves difficult, we shall continue to utilise our Digital Hymnal (Digibox).

We thank the small team of Digibox operators who step in and provide the music on a Sunday morning as necessary. We are also most grateful to those organists who have offered their services to us on a Sunday morning in addition to their existing commitment at their own churches, and we hope it can continue over the coming months.

If anyone knows of an organist or pianist who would be willing to play for us regularly on a Sunday morning, please let the Session Clerk have their details. Alternatively, if anyone would like to become a Digibox operator and thus be able to help out on a Sunday morning as and when they are available, please also make contact with the Session Clerk.

Martin McLauchlan




Scottish Northern Convention

We would like to invite you and your Church to participate in this year's Convention which runs from Sunday 24th to Thursday 28th of September in Castle Street Church of Scotland in Dingwall.


The speakers this year will be the Rev. David Johnston, minister of Hamilton Road Presbyterian Church, Bangor, Northern Ireland, who will be leading us in our morning Bible Readings, and the Rev. Ian Hamilton, formerly minister of Cambridge Presbyterian Church and now 'retired' in Inverness, who will be peaching at our Evening Celebrations.

What is the Scottish Northern Convention?

The Scottish Northern Convention began in 1931 and apart from a short break during the years of the second World War has been held continuously ever since. This year therefore sees the 87th year of Convention Ministry in the Highlands. The Convention is modelled along the lines of its bigger sister convention in Keswick. The aim of the Convention remains that of deepening spiritual life.




ALL ONE IN CHRIST JESUS
The Scottish Northern Convention

In association with

Keswick Ministries
HEARING · BECOMING · SERVING


Sun 24th - Thur 28th Sep 2017

VENUE: Castle Street Church, Castle Street, Dingwall

Convention Speakers:



Rev. Ian Hamilton
Ian is the Associate Minister in Smithton Free Church. He was the minister of Cambridge Presbyterian Church and is a trustee of the Banner of Truth Trust. Ian also teaches Scottish Church History to students at ETS Edinburgh. Ian is married to Joan, and they have four of a family, and four grandchildren.



Rev. David Johnston
David was born and brought up in Coleraine, N. Ireland. In 1994 he became Minister of Hamilton Road, Bangor. David is married to Olive. They have four married children and two grandchildren.

PROGRAMME	Sunday 24 th	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th
		10am: Prayer Meeting	10am: Prayer Meeting	10am: Prayer Meeting	10am: Prayer Meeting
		11am: Bible Readings with Rev. David Johnston	11am: Bible Readings with Rev. David Johnston	11am: Bible Readings with Rev. David Johnston	11am: Bible Readings with Rev. David Johnston
OPENING MEETING					
8pm with Rev. David Johnston		7:30pm: Evening Meeting with Rev. Ian Hamilton	7:30pm: Evening Meeting with Rev. Ian Hamilton	7:30pm: Evening Meeting with Rev. Ian Hamilton with Communion	7:30pm: Evening Meeting with Rev. Ian Hamilton
				12:30pm: Church Leaders Meeting	12:30pm: Mission Lunch

FOR MORE INFORMATION : E: secretary@northernconvention.co.uk W: www.northernconvention.co.uk SC No: SC032289

Our Event

Organized by a committee composed of people drawn from across the reformed denominations within the Highlands, 'Scottish Northern Convention' lasts for five days during the month of September. It takes place in Castle Street Church in Dingwall.

The programme consists of morning Bible Readings, Evening Celebrations, a missionary lunch, and a church leaders' meeting. There will also be opportunities to fellowship over a cuppa, to engage with a number of missionary organisations at their stalls, and to browse through the bookstall provided by CLC Inverness. We also provide signing for the deaf on the Monday and Thursday evening services.

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Viyele Elderly Feeding Programme: Harvest Appeal 2017

Letter from Bob & Jan Baxter

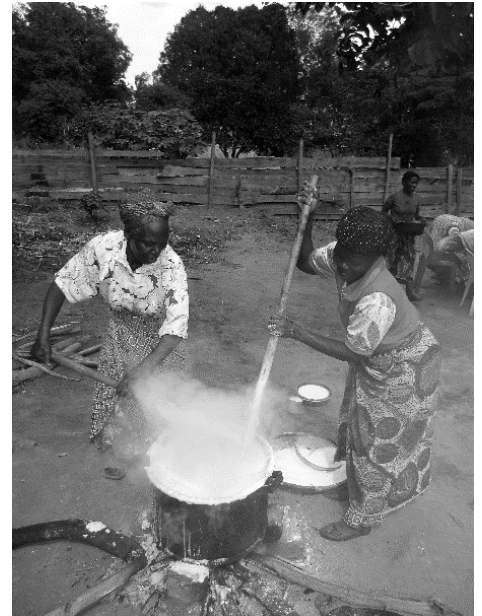
On our recent visit to Malawi in June, we had the opportunity to join in with the lunch at Viyele and share some hymn singing followed by prayer. As usual the members participated heartily and enjoyed their time of fellowship. After lunch we presented a cheque to the new chairperson, Rose, who was one of the founder-organisers of the project.

The presentation was enthusiastically(!) received and was followed by a very warm vote of thanks, accompanied by some lively African dance celebrations. We missed Margaret Cathcart's company for this, as when she'd attended with Bob the previous year she had joined in the dancing whole-heartedly to the wild delight of the gathering.

The group have again grown a field of maize (about an acre) to help with the programme; the work is done largely by volunteers – hoeing, planting, & harvesting. This is followed by stripping of the corn grains from the cobs, often a communal exercise with people sitting round a very large reed mat, accompanied by singing. This all involves many hours of labour. Some vegetables and potatoes are also grown in local gardens, and these activities help to defray the costs and make donations of money go further. It is good to be able to report good yields of maize this year, after the disastrous harvest in 2016. Prudent monitoring of prices enabled them to counter this to some extent by buying maize before the price sky-rocketed.

This year the numbers participating in the twice-weekly gathering have increased to about 28, including a very pleasant lady with mobility problems; she arrived in style, riding piggy-back on a cycle taxi! She had extremely good English and gave an impromptu second vote of thanks, which led to yet more singing.

On a rotation basis, each district of the parish is delegated with providing personnel for food preparation and cooking, which takes about one-and-a-half hours. Health continues to be regularly monitored, and specialist help is arranged for those who give cause for concern. A 'doggy-bag' of food is provided for the 'go-gos' to help to feed their dependant grandchildren. Others, too frail to attend the lunch meeting, are visited akin to 'meals-on-wheels'.



Of course, it has been a privilege for us to see this programme first-hand, and we would like to share the

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appreciation, delight & thanks of the beneficiaries; the programme has undoubtedly enhanced the health and lifespan of many people since support for the project began in 2005.

May we add our thanks for all the donations of money and blankets etc, and your prayerful support for this very important programme over the past year. They are a very real illustration of God's Love in Action.

Bob & Jan Baxter

We are very grateful, on behalf of our friends at Viyele, that Ferintosh Congregation has decided once again to support the project. Your generosity will be very much appreciated, and will directly make a huge difference to the lives of very needy and vulnerable people, who are trying so hard but still need our support.

THE HIGHLANDS SUPPORTS REFUGEES

On Saturday 12th August 'The Highlands Support Refugees' commandeered the Ferintosh Hall for an event with one aim in mind, creating friendships. As well as distributing aid to refugees throughout Europe and the Middle East, *The Highlands Support Refugees* provides practical support to refugee families resettled in the Highlands & Islands of Scotland.

Over the last 18 months Syrian families have been resettled in Alness, Kinlochleven, Forres, Orkney and the Western Isles. *The Highlands Support Refugees* planned this event to bring the families from all these areas together. The families arrived at Ferintosh hall at lunch time on the Saturday to tables laden with Syrian food and Syrian music playing. A whole host of volunteers (including some Ferintosh parishioners) brought and prepared food, kept the children entertained with outdoor games and art & craft activities and generally kept the day running. There was even a funny photo booth with fancy dress items for some silly photos! Luckily the rain held off just enough that the sports field next door could be used for football too.

Following on from the day time event at Ferintosh Hall, everyone moved on to a dinner at the Jami Mosque in Inverness. The families from the outer lying areas stayed with host families for the night, in and around Inverness. The next day was filled with a combination of bowling, soft play and shopping, before the families headed off home.

There must have been about 120 people altogether and the atmosphere was fantastic. The families were so pleased to meet other Syrian families and we have been informed that many are in regular contact with each other and some have met up again already! This was exactly the hope of the organisers from *The Highlands Support Refugees* when we thought up the event and we couldn't have done it without use of the hall. *The Highlands Support Refugees* collect donations of clothes, shoes & blankets from all over the Highlands & Islands, where volunteers sort and pack them at their depot in Sellar Place, Conon Bridge. We have sent aid to Calais, Dunkerque, Chios, Lebanon and Syria and as long as donations keep coming, we will keep sending it to those in need. For more info go to **thehighlandssupportrefugees.com** or join our Facebook page by searching 'The Highlands Support Refugees'

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Working together to care for others

CrossReach

This is the Social Work arm of the Church of Scotland and is highly regarded by all involved in this work throughout Scotland. As it says, care is given from the cradle to the grave. For now, CrossReach asks you to collect the old one pound coins and take them to the bank and send the proceeds to them. £40 pays for one hour of counselling for children whose parent(s) suffer from addictions.

CrossReach Week takes place this year from Sunday 24th – Friday 29th September and Rt Rev Dr Derek Browning, Moderator of the General Assembly wants to make mental health the main theme of his time with CrossReach and will visit services which offer perinatal mental health support, plus places which offer touching points with people such as drop-in centres. He helped launch the Grey Cake Bake at the General Assembly. Grey Cakes are grey on the outside but colourful on the inside, symbolising the ability and potential of everyone, even when covered by the grey fog of anxiety or depression.

The Crossreach Wall Calendar can be seen after the service on Sunday. This calendar has stunning views from around Scotland and is at a very reasonable price of £5. Great for sending off to friends and relations abroad (an Appointments Calendar with the same views is in the catalogue priced £4.50). A sheet for ordering is available. There is a Christmas Card and Calendar Collection brochure also available in the hall after Church service.

In July, the Guild visited the CrossReach Care Home, Cameron House, in Inverness, an amazing facility for those living with dementia. They receive such great care, helping them to lead lives to their potential.

Pastoral Care Team

The Team is there to help people most especially to attend appointments. However, we try to maintain contact with people in Care Homes and visits are made to various homes in the area.

The Team very much appreciates the prayers of all who keep this work on their heart.

Ladies Bible Study

The meeting takes place weekly on a Wednesday in the small Church hall at 1.30pm for approximately one hour. We use various Bible Study notes to help us and this session we will begin by looking at the book of Daniel, one which was often quoted by Jesus himself. Cover to Cover study notes will be used, entitled "Daniel - Living Boldly for God". Subject areas covered are - Flourishing in a Hostile Culture; Risking all; First Pride, Then Crash; Extreme Courage in a Crisis; Cosmic Battle; God Goes to war for His People; When?

The ladies are friendly and welcoming. We read and study together and at home in preparation and then discussion takes place. However, you need not say anything if you'd rather just listen and absorb. We'd love to have you with us. First meeting on Wednesday 13th September. Do try to come along.

Congregational Contribution

I recently bought a plaque which I thought was very appropriate for all our "eating" activities: It says:

CALORIES: Tiny creatures that live in your wardrobe and sew your clothes a little bit tighter every night.



Learning together

Sunday Club have started looking at I Chronicles and how God wants us to be, to follow His direction, be loyal, pray for wisdom, do our best and praise God with singing and music. We requested funding for a full set of hand bells from the Ferintosh Parish Church Elders and at their Kirk Session Meeting this was unanimously granted. Now we will be able to learn to play more music in the future.



Over the Summer Fraser, who used to be in FYF, recorded the signs to a few choruses that we can learn over the weeks. He is now studying Sign Language at Heriot Watt.

We are encouraging the children to donate food to the Highland FoodBank once a month. Thank you to Tom for giving the children plants to grow on over the summer. At the end of last term we had a little party for Tommy to say thank you for helping the young people of the church for so many years.



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Kilmuir & Logie Easter Church of Scotland

A Registered Scottish Charity, No. SC013375

Will be hosting Roger Jones and his players

(supported by the Kroakers)

in a performance of

BARNABAS

The story of Saul and Barnabas in Cyprus (Acts 13)

at

LOGIE EASTER CHURCH

on

Monday 18th September 2017

at 7:30pm

Refreshments available in the hall afterwards.

MAINTAINING THE MANSE GARDEN

On Saturday 9th September fourteen of the congregation gathered together for some serious gardening in the grounds of the manse. Bushes were cut-back, small trees felled, areas weeded, large hedges trimmed back and trailers filled to capacity. It is important during our period of vacancy that we continue to properly maintain the grounds of the manse and this combined effort made a huge difference. Work will continue over the autumn to tidy-up and prepare the garden for the winter. Any time that people can offer to do any work around the manse will be gratefully received. Thanks to Frank Nicol for the use of a sit-on lawnmower to deal with the worst of the long grass.



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A call together

RIVER CAFE: This is held in the Church hall on the 2nd Wednesday of the month from 2-3.30pm and gives the opportunity to enjoy some tea/coffee, home baking and the all important chat. A warm welcome awaits you. Dates of the next cafes are: Wednesday 11th October, 8th November, 13th December 2017. If you are able/willing to provide some home baking on an occasional basis, please add your name to the list in church, or contact Janet Murray as your help and support would be most welcome.

SOUP LUNCHESES: These are held in the Church hall on the first Friday of the month throughout the Autumn/Winter starting at 12noon. Why not join us for some delicious home-made soup, tea and biscuits while having a chance to meet for a chat? We sometimes have a speaker to enhance our time together. The dates of the lunches are: Friday 6th October, 3rd November, 13th December, 2nd February 2018 and 2nd March. The December soup lunch will be organised by the Guild in aid of this year's Project.

SUNDAY TEAS: It is encouraging to have so many people come together for tea/coffee following Morning Worship. Thanks go to everyone who kindly provides the tea, biscuits etc. If you would be willing to participate in this, please add your name to the list, as your help would be greatly appreciated.

COFFEE MORNING/CHRISTMAS BAZAAR: It is planned to hold a Coffee Morning with Christmas Stalls in the Church hall on Saturday 2nd 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.

Many thanks go to everyone who contributes in any way to the social activities of the church as without your help and support they would not take place. If you feel you would like to become more involved with these activities, please contact Janet Murray.

*Janet Murray
On behalf of the Social Group*

SEAFORTH HOUSE

In August three of us led worship with a very good turnout of residents. This time the theme was 'the Wedding Banquet' which was well dramatised by Ferintosh using minimal but effective costume while a member of staff helped us by being one of the guests in the story, the residents being the other guests. Each resident was given a 'certificate' with their name on inviting them to God's Kingdom, emphasising that we can call on God at any time as he is always inviting us to know him and speak with him. We used our globe to choose countries of the world to pray for.

The choruses were enhanced with enthusiastic percussion from the residents, one of whom had a great aptitude for drumming with precise rhythm.

Do join us anytime and be blessed as we are in our worship at Seaforth.

"From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." Ephesians 4:16

***Book Review - Everybody's Normal till You get to Know Them- John Ortberg***

It seems ridiculous to take eight months to finish a book which is so uplifting, informative and encouraging. (I began it with relief after compulsory reading at college and only took it up again this summer before Scottish Church History would occupy me until Christmas.) But you know also when you find a treasure of a book you somehow don't want to get to the end because you know it will be hard to find one as good. This book has searching questions at the end of each chapter which could be good for a study group or for personal challenge.

Ortberg states 'God's ultimate desire for the world is 'shalom' the webbing together of God, humans and all creation in justice, fulfilment and delight'. He quotes 'the natural condition of life for human beings is reciprocal rootedness' reminding us that we were not put on this earth to please or amuse ourselves.

Continuing this theme he stresses the need for us as Christians to reflect the close community of the Trinity, which he says is so important because God has been experiencing this community throughout eternity and this closeness should be the pattern for our lives - selflessly giving to the other.

So he claims this book is how imperfect people like you and me can pursue community with other imperfect people. This, he says is not a book for normal people to learn how to handle difficult people. It is not for normal people as there have not been any since the Fall.

His originality of thought shines through with his take on the woman who washed Jesus' feet with tears, contrasting with the loveless 'normal' Simon.

His chapter on heaven brilliantly concludes that 'I need to be changed so that I can rejoice in what heaven offers'. The sense of oneness that characterises the Trinity will finally be ours as well. Heaven is where he declares 'we will all be normal at last!'

John Ortberg is also the author of 'If you want to walk on water, you've got to get out of the boat'. If anyone has a copy I would like to read it... but don't expect it back until the New Year!

Irene Munro



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)

I – 22 in June 2017 edition of Ferintosh Focus

23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words, "In five years, will this matter?"
27. Always choose life.
28. Forgive.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children only get one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have, not what you need.
42. The best is yet to come....
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it is still a gift.



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

October **Organiser – Mrs J Cameron**

1st Mrs A Mackay
8th Sadie Mackenzie
15th Anne McInnes
22nd Gael McCallum
29th Mrs J MacKenzie

November **Organiser – Mrs E Glashan**

5th Mrs E Glashan
12th
19th Miss M MacKenzie
26th Mrs I MacDonald

December **Organiser – Mrs J Cameron**

3rd Mrs P Gillanders

Church

Welcome



September Mhairi MacKenzie
Roderick Urquhart

Count
Mhairi MacKenzie
Roderick Urquhart
Connie Parry

October Jim Bremner
Joan MacKenzie

Jim Bremner
John Smith

November Hugh Fraser
Elizabeth Blackburn

Hugh Fraser
Elizabeth Blackburn
Isabel MacKenzie

Church Register

Funerals

July 2017 Margaret Mathieson

August 2017 Georgie Jack
Isobel Macdonald

"From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." Ephesians 4:16