

Ferintosh

Parish Church



Ferintosh Focus

Church Newsletter

June 2018

Serving the communities of Canon Bridge & Maryburgh

www.ferintoshparishchurch.org.uk

Find us on Facebook – Ferintosh Parish Church



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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

"Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35



Contents

Twelve local, national and international charities, the people of our own community and our congregation to reach out to - this edition of the Focus is a celebration of the power of a small congregation to take the Gospel to the world through our actions, words and prayer.

There are stories of successful fundraising, lives being changed through Ministry and our Church community uniting around a new breakfast club. In this, we sometimes want to forget the reality of the challenges that exist in each one. Jesus warns us that “I am sending you out like sheep among wolves” (Matthew 10:16). He himself experienced widespread **hostility** to his message. We should expect, therefore, that as we demonstrate God’s unfathomable love through service to these causes and the Gospel it’s sometimes met with hostility. In some places this hostility is more than evident – those who boldly work for Christian Aid in areas where Christianity is illegal face it on a daily basis. But it can also be quiet hostility – a closed mind, scathing comment and turned back to the Good News. In 1 Peter, Peter speaks of us being ready and willing to talk about our Gospel hope when people are hostile because of our faith.

But where there is hostility there’s also a desperate **hunger**. There’s a hunger for belonging, for peace and for a deep rooted joy in the knowledge that God is pursuing us, caring for us and willing to sacrifice His Own Son for us. It’s this hunger that brought each of us Christians to realise our need for forgiveness. And when we recognise this hunger in other people and can share the Good News of Jesus Christ with them He provides all that is needed so that they never go hungry again.

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We have a new Church Facebook Page – which will bring you updates from life in our congregation.

Find us by searching for Ferintosh Parish Church.



Minister's Message

Dear friends,

Thank you for your warm welcome and support to me and my family as we settle into church and the community! We love being here and feel really blessed to be serving in one of the best Parishes and churches in the Highlands!

This however is not my first time in Conon Bridge and Maryburgh. As a youngster I played football for Balintore u14s and u16s and we often played against 'Maycon' (I'm not sure if that's how they spelt the football team name?) That was probably from about 1985-1990 and we would play the games on the pitch right behind the church where I am now the minister.

To be honest, if someone told me back then that I was going to be a minister (or that I would be the minister of the church beside the pitch) I would never have believed them, and yet here I am all these years later (and a bit too old to be playing the beautiful game) residing and ministering in this stunning part of the Highlands.

So how does a boy from 'Balty' with Isle of Lewis connections who went to Tain Academy, served his time as a joiner...end up as a minister in the Church of Scotland?! Well...

I was no saint, too many people can remind me of that! I have a past and a story to tell (far too long a story to go into here!) but I can say that although I was brought up to go to church I really had no plans to remain in the church and so decided to stop going at the age of 16. For me, it was all about football, having a laugh, living for the weekends which often consisted of trying to out-do the previous weekend!

But I suppose there comes a point when the 'weekend' scene begins to get a bit monotonous and a bit repetitive and you begin to wonder if this is all we have to live for – working hard all week or if you like just living for the weekends. At the age of 21 my life was changed forever, and it changed in the most incredible way and the most unexpected way! I suppose I had been running away from church, I had been trying to block out any thought of God and I was trying to build a life and a future without God. I suppose my plan was going well and things were working out the way I was hoping, that is until my girlfriend (Tracey, now my wife for 20 years) came home one evening to tell me that she had become a Christian! WHAT!?! This was the worst news EVER!!! Or so I thought!

It wasn't a preacher or a university lecturer that convinced me of God, it was seeing Tracey's life transformed by a peace I knew I never had; by a joy that I was trying to find every weekend (and never finding, even although we had some amazing weekends!) and by seeing the amazing life changing experience she had encountered by faith in Christ.

For the first time in my life I was seriously asking questions about life, God, faith, was it real, was it true? When I left home my mother must have put a bible in my bags and I'm glad she did! I was on my own one day, found that old bible, and began to read it for the first time in a long time (not even sure what part to read from) when the words gripped my life and I knew that God was speaking to me. I had been running from Him, I had no time for God, and yet I came to know that He had time for me! Although I gave up on God He never gave up on me. That day I simply asked the Lord

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to come into my life and right there and then the AMAZING GRACE of Christ flooded my life and soul with peace and joy!

As a minister today, I have the great privilege of sharing the Good News of the Gospel. It's a Gospel that tells us that the Lord Jesus never gives up on us and He promises never to leave us, He died on the cross for our sins and rose again on the third day, He conquered death and the grave and He invites us to know and experience His amazing love, kindness, compassion, forgiveness & joy!

And that same joy is found in our church (the one right beside the football pitch) each Sunday! It would be great to see you there as it has been great for me to meet so many people already. There's Breakfast Club in the hall (in the grounds if it's dry for games, rounders, relay races, chocolate toast etc) for the boys and girls before the service; creche, Sunday Club & FYF for children and teenagers during the service and there's always tea & coffee after the service as well.

I hope to see you very soon,

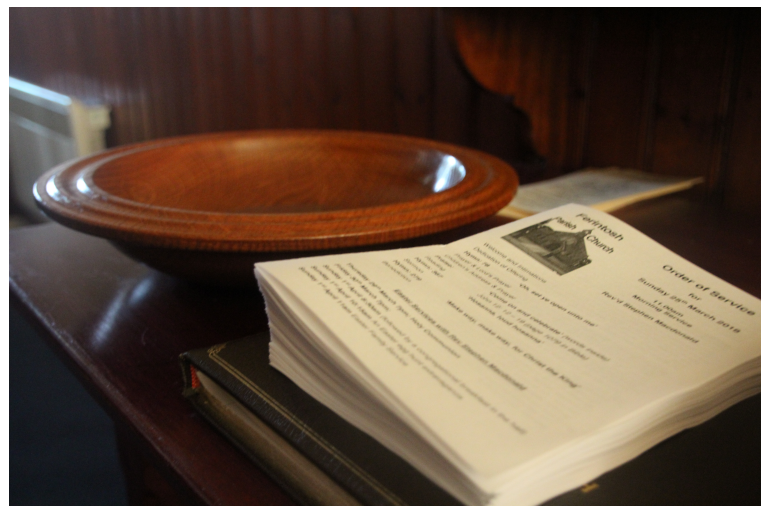
Your Minister and friend,
Stephen

Make it easy on yourself

A growing number of the Congregation is making their offering to the Church by way of a monthly Banker's Standing Order.

This method of giving is safe, trouble free and totally confidential. The method is:

- **safe** – in that no coins, notes or cheques are involved. The Order is simply an instruction to the donor's bank to transfer a fixed monthly sum (determined by the giver) from his or her Bank Account to the Church's.
- **trouble free** – particularly for those who give by way of freewill offering envelopes, it saves looking out the relevant weekly envelope, finding the correct change or notes to put into it and remembering to put it in the plate! It also helps those who open the envelopes and record the weekly collections, and the method is
- **confidential** – in that the giver's name appears in the Church's monthly Bank Statement and is seen only by the Treasurer.



If you would like to make your Church offering by means of a Standing Order (and it is hoped that many more will want to) please get in touch with the Church Treasurer (Jim Bremner) at 01349 861412. He will provide you with the necessary form and details.

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Guild Updates

The Guild at Ferintosh Parish Church rounded off the series of meetings with a trip to Forres on Monday 11th June.

We are now looking forward to getting ready for the next session and the theme for the next three years which is “One Journey, Many Roads”. In connection with this we have a complete new set of Projects to support: Malawi Fruits, Boys Brigade Scotland, CrossReach, Church of Scotland World Mission Council, Sailors Society and Free to Live Trust. Over the coming months you will hear and read more about these worthwhile causes.

Pictured is Irene Munro who has made a cushion cover for the new theme “One Journey, Many Roads.”



At the end of the last three years the following amounts were raised:

Ascension trust	£130,099.04
Care for the Family	£111,592.76
Christian Aid	£111,038.47
Feed the Minds	£145,142.16
Mission International	£120,252.56
Prospects	£115,315.32
Total	£733,440.31



I'm sure you will agree this is an amazingly large amount of money raised in three years for such diverse causes. As Margaret Mead says "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

The Guild resumes on the first Monday in September. Hope to see you then, young or old, male or female!

At the Guild's recent outing to Forres, Janet Winchester presented Anne Smith with a long service certificate for 36 years of membership

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Church Community

The **Pastoral Care Team** offers support and help to people in our community. The numbers in the Team are small but each one serves with dedication to provide a service in the Lord's name to those who need a little bit extra help.

The main focus of our tasks is taking people to appointments both locally in Dingwall or to Raigmore Hospital and also visiting people who are less able in getting out and about. Team members also visit those who are in local care homes.

We are always looking for volunteers. Not everyone can be a member of the Team but we'd ask each to remember the work we do in their prayers.

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The **Ladies Bible Study group** has come to an end of the meetings until the autumn. We have completed the Lent Studies entitled "Invitations from the Cross" and again had a different format in our last series of studies. We have been looking at the books written by the apostle Luke - the Gospel and Acts – as being a two-volume book as one takes up the story where the other left off. This involved reading related passages from the Bible and listening to a DVD which pointed in the directions for study.



We are taking a break over the summer months but we give thanks for those who have come along weekly to examine God's Word more closely. It would be great to have more ladies come along and perhaps over these summer months you could give prayerful thought to maybe joining us in the autumn.

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Flower Team - The flowers in the church are included as a regular part of our Sunday worship and remind us to give thanks to God for The Creation, where there is beauty in even a single flower. The Flower team are grateful for all those who provide flowers for our regular worship and help with the Easter daffodils, the Harvest thanksgiving arrangements and the decorating of the windows at Christmas time. At the moment there are three Sundays where the flower calendar is blank. Can you help? Flowers do not have to be arranged so please do not let that put you off and it isn't too late to join in. The flowers are yours afterwards to distribute as you wish. Do you have any small flower baskets you no longer need? We are always grateful for these for the Harvest Thanksgiving. There is a flower fund should you wish to become involved in that way. Donations can be placed in an envelope and placed in the collection plate and marked Flower Fund.



Contact Jeannette Cameron 01463 870416 for further information.

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Community Outreach

As you can read or hear about in the media, foodbanks are more important than ever as a lifeline to those who experience great hardship. People who are referred to the **Highland Foodbank** are given enough food and other items to tide them over for three days. Generally speaking they are awaiting their benefits to kick in having come upon hard times either having lost a job or for health reasons.



As you have in the past, please continue to donate by placing items in the basket in the annex of the Church. These should be non-perishable items such as long-life milk and juice, tins of meat such as mince or ham, tins of fruit and vegetables. Toiletries are also very well received – toothpaste, toilet roll, baby wipes. With the coming school holidays, maybe some treats such as biscuits and crisps would be a good idea.



Thank you for all you have given and keep up your amazing generosity!

The former Moderator of the General Assembly of the Church of Scotland, Right Rev Dr Derek Browning visited Blythswood in Evanton to visit staff and volunteers and learn about their work in Scotland, Eastern Europe, Africa and India. He is pictured with donations to the Highland Foodbank. In response, he stated: "It is wonderful how well food banks are supported by communities, including faith communities across our country, but the scandal is that they are there at all."

Seaforth House

Easter Sunday saw the Ferintosh Church Team celebrate Easter with the residents of Seaforth House.

This involved watching a video of the resurrection and then each resident making their own small Easter garden with additions of a cross, stones bulbs and then a nibble of small chocolate eggs each. As usual there was lots of hearty praise with percussion and choruses.

We also had the young folk from Ferintosh join us to enhance the June service with their handbells.

Irene

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National Outreach

CrossReach have designed an interactive toy, CALAMARI SHANARRI (Cal for short) which can be used with children to talk about the eight feelings that make up the Getting It Right For Every Child (GIRFEC) approach to child wellbeing.

“Using Cal will help us all understand what children need, how we can contribute to that and will offer a fun interactive way to explore these areas with all groups in our churches.”

Can you put your knitting skills to use? We'd love to use a Cal for our own work in Ferintosh. They can also be sent to CrossReach for use in their work with children and young people:

CrossReach Children & Family Services Development Team, Charis House, 47 Milton Road East, Edinburgh, EH15 2SR

Here's how to make CALAMARI:

You will need:

- 5 or 5 ½ mm needles
- 9 different colours of wool, medium thickness
- Stuffing
- 2 x large buttons for the eyes
- 8 x small buttons to attach the legs
- Tapestry needle

How to make the main body:

- Cast on 40 stitches
- Row 1 (Right Side): Knit across row
- Row 2 (Wrong Side): Purl across row
- Row 3 to 50: Repeat Row 1 and Row 2
- Cast Off: To finish cut yarn leaving a tail

How to make the Legs x 8:

- Cast on 10 stitches
- Row 1 (Right Side): Knit across Row
- Row 2 (Wrong Side): Purl across row
- Row 3 to 40: Repeat Row 1 and Row 2
- Cast Off: To finish cut yarn leaving a tail

How to create the main body with the eyes and mouth:

- Sew on the large buttons for the eyes on to the main body
- Stitch the mouth using colourful wool
- Stitch on the 8 small buttons underneath the mouth
- Turn inside out and sew the sides together
- Leave a small space to insert the stuffing
- Turn it back to show the buttons on the outside
- Fill with appropriate amount of stuffing
- Sew up the remaining side

Stitching the SHANARRI words on to the legs:

- Choose bold colours for the letters
- Using backstitch, embroider the words using capitals
- Create a small button hole at the top of each leg



What are CALAMARI SHANARRI's Wellbeing Wishes?

SAFE

*Risk Assessment is a measure
Health & Safety is a must
For a child's protection
We need reliability & trust*

HEALTHY

*We all want to feel healthy
So planning meals is key
Healthy eating & exercise
Is what revitalises me*

ACHIEVING

*Be a successful learner
Develop skills & self-care
Work towards your goals
Be active, positive & fair*

NURTURED

*Feel loved & trusted
Receive guidance & care
We can all protect each other
And be willing to help & share*

ACTIVE

*Playing & running around
Jumping high & low
Always challenge yourself
Wherever you may go*

INCLUDED

*A strong loving attachment
A satisfaction of life
That's what we can achieve
And remove any strife*

RESPONSIBLE

*We can all follow simple rules
And show willingness to care
Receive guidance & advice
And cooperate & share*

RESPECTED

*Stand up for yourself
Be confident & strong
Feel listened to & safe
Understand right & wrong*

(c2018) CALAMARI SHANARRI, the CrossReach Wellbeing Octopus
Designed and created by Tanya Anderson, CrossReach GIRFEC Development Advisor

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International Outreach

This International Women's Day, **Christian Aid** are celebrating women involved in Christian Aid programmes who are bucking stereotypes, breaking the barriers and standing up to be heard. From the survivor to the leader, the rebel to the entrepreneur, these are women who are making a difference in their communities and inspiring people around the world. We will feature a number of these women in the next issues of the Ferintosh Focus.

The Change-Maker

Mary - lead member of the 'Shininess' mother-to-mother group, Kenya

Mary works tirelessly to support other women in her community to fight against Female Genital Mutilation (FGM). She is a lead member of the 'Shininess' mother-to-mother group, trained by Christian Aid partner Community Health Partners (CHP).

Mary meets regularly with her group to talk about the health challenges for women in their area. They work with local mothers to encourage them to give birth in healthcare facilities and they share information about family planning and exclusive breast feeding.



Christian Aid week 13 - 19 May 2018

This year Christian Aid fundraising week focused on the plight of Marcelin & his family in Haiti, struggling along with survivors in his country to overcome the effects of relentless natural disasters, mainly hurricanes.

To quote Sally Forster-Fulton, Head of Christian Aid Scotland, "Together we are more than a charity. We are a movement for justice joining with communities in 36 countries around the world who invest themselves in a future free from poverty". It is important to remember the partners in these countries who support Christian Aid whose help is invaluable. Janet Winchester & I travelled to Aberdeen and Edinburgh respectively earlier this year to meet with Regional Organisers from Scotland where we were able to learn of the work being done in Bolivia via a video link with a Christian Aid representative, and the difficulties encountered by her in the course of her work.

Last year Christian Aid fundraising in the UK benefited refugee camps in Greece providing kitchen facilities & food assistance to more than 62,700 people along with support for refugees throughout the world.

Learning of one major fund raising event in Edinburgh through the Methodist Church – a book sale which amounted to over £2,000 - made me proud to be associated with the small communities of Canon Bridge & Maryburgh who generously contributed to our total of £2,022.70 during Christian Aid Week.

Fundraising continues throughout the year and in order to learn more of Christian Aid events please visit their web site christianaid.org.uk or caid.org.uk/scotland. Christian Aid magazines are also available on the table in church.

Thank YOU again to everyone who contributed in any way to this year's C.A. week.

Joan MacKenzie & Janet Winchester

christian
aid

"Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35



This year the **World Mission Stamp Appeal** is raising money for The Hungarian Reformed Church in Transcarpathia (TRC), Ukraine, which gives valuable support to children and young people with learning difficulties and learning disabilities. They help to run a number of day care centres which provide educational, emotional, and physical support for children and young people with disabilities, allowing them to live life in all its fullness, and to enjoy participating in society and family life.

Up until 2013 there were no day care centres for children and teenagers with disabilities in this region. If the children were not living in residential care, they stayed at home all day, many of them doing very little except watching TV. As a consequence, many were left feeling very isolated from others of their own ages, and did not have any opportunities to learn and develop their potential. Since then, the TRC has developed three day care rehabilitation centres, allowing dozens of children and teenagers to flourish.

Therapists who work at the centres offer either individual or group therapies, which include educational activities (writing and reading), massages, music, craft work, and walks. The families of the young people are also given support, and an opportunity to meet other parents who are caring for a child or young person with a disability. A special programme for teenagers is held once a week, providing opportunities to socialise and enjoy a range of activities.

Sadly, there is little support for people living with disabilities in the Ukraine. This means that many children and young people with disabilities do not have the facilities they need to reach their full potential. The Ukrainian Reformed Church is convinced that each of these children can participate fully in society, if they are given the care and education they need.

We are pleased to be able to support their important work with money raised from this year's stamp appeal.

From the World Mission Council newsletter June/July 2018

To support this project, please place your used stamps, with a half inch margin if possible, in the red box in the annexe at Church, or give to any Church member. It is helpful if UK and foreign stamps are kept separate.



 The Church of Scotland

WORLD MISSION STAMP 2018 APPEAL

The Reformed Church in Transcarpathia (Ukraine) helps to run a number of day care centres which provide educational, emotional, and physical support for children and young people with disabilities. The World Mission Council's Stamp Appeal will support the young people to live life in all its fullness, and to enjoy opportunities to participate in society and family life.

HOW TO CONTRIBUTE:
Post your stamps to World Mission Stamp Project, PO Box 9191, Wishaw, Lanarkshire, ML2 0YB.
For other options and more information visit: www.churchofscotland.org.uk/stamp
Or call Keith Scott on 01698 351 323

Scottish Charity Number: SC041353

www.churchofscotland.org.uk

 www.facebook.com/churchofscotland
 [@churchscotland](https://twitter.com/churchscotland)

"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'" John 6:35



On 2nd June I took part in the Annual Celebration of **The Leprosy Mission (Scotland)** in the North Church in Stirling. Representatives from all over Scotland came together in this beautiful, light, modern building to hear from members of TLM's Scottish and international staff, those who had served overseas - and each other. The day was framed by gentle, reflective worship. There was also plenty of opportunity for fellowship and exchange of ideas during lunch and coffee breaks.

Leprosy is now mainly confined to certain countries in Africa and Asia, but the numbers are still significant, and new cases are still being identified - often, alarmingly, in children. It is thought that a weakened immune system due to environmental and social conditions in these countries is responsible for the difficulty in eradicating this distressing disease, which if not treated promptly can result in disability and social exclusion. The current aim of TLM is, by 2035:

0 transmission

0 disability

0 discrimination

A young recently qualified doctor spoke of her elective placement in a leprosy hospital in Nepal. The hospital, like much of the country, is still in the process of rebuilding after the devastating earthquake of 2015, but continues to provide in-patient, out-patient and clinic services. Much work is also undertaken to provide those affected with leprosy with training and small loans, enabling them to become self-sufficient and able to support their families, thus reducing the stigma often associated with leprosy.

Delegates also discussed and exchanged ideas for awareness and fundraising.

The celebration ended with the commissioning of another young medical student, who hopes to undertake a placement in the same hospital in the course of the next year.

It is often thought leprosy is a disease of the past. Other causes have caught the imagination of people in this and other western countries. For those living in the areas where leprosy is still endemic, however, it is a very real concern, and they still need the support provided by TLM and similar organisations.

If you would like to stand in the GAP and support the work of the TLM through Giving, Action and Prayer, please speak to me. I can provide information, an annual prayer diary, regular newsletters and mini collection tubs for individual giving. Over the past year individuals in our congregation, and the Ladies' Bible Study group, were able to donate a total of £125. Catalogues from The Leprosy Mission trading company, offering a great variety of cards for all occasions, Christian and general books, and a wide range of gifts (many produced by people affected by leprosy) will be made available at appropriate times throughout the year.

Janet Winchester, Congregational Representative

"Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35



Gospel Outreach - Journey of an OLM (Part One)

During our evening services Stephen has led us by studying the life of Joseph (of Technicolor Dreamcoat fame) to ponder in that man's life the providences of our Father God.

As I look back at my time growing up through Sunday School, Bible Class, Girls' Brigade and Church Junior Choir; though not yet accepting a need of Christ as Saviour or Lord, but feeling part of a special church family and absorbing the teaching of the Bible in the climate of grace; I can see the providences of God.



As I look back on my journey from a being non-believer in the Lord Jesus Christ; to being befriended by Christian nurses who helped birth me into becoming a believer and disciple of Him; I can see the providences of God.

As I ponder my ecumenical spiritual heritage; from being infant baptised into the Christian covenant in an Anglican church to being nurtured in the Church of Scotland, to coming to faith through the preaching of a Baptist minister, being introduced to the gifts of the Holy Spirit through Charismatic and Pentecostal Christians, to being part of Healing Rooms; I see the providences of God.

As I look back on my journey as a believer and disciple; in opening up the way to me becoming a Reader, with every encouragement from my husband, and then God's calling to me to apply for training for the Ordained Local Ministry; I can see the providences of God.

As I look back to when I had no confidence to speak before an audience, God nudged me into leading teenage Bible class, Scripture Union Holiday groups, Guild meetings, Woman's Bible Study Groups, children's addresses on Christian Aid Sunday, delivering Tearfund presentations of Honduras; presenting Christian book reviews on Nevis Radio and addressing congregations for World Day of Prayer. Little by little the call from God to learn how to share the Good News and administer Sacraments developed. The call is not mine; it is God's call.

In the next edition of Focus, I hope to relay a bit more about His providence continuing in training me here among you all for my Probation year at Ferintosh Church (the best church in the Highlands!), to be fit for the role of Ordained Local Ministry, a part-time, and voluntary minister of Word and Sacrament.

Irene Munro

"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'" John 6:35



The Heroism of the Ordinary

We are asked to 'sing the praises of famous men, the heroes of our nation's history through whom the Lord established his renown and revealed his majesty in each succeeding age.' We do well so to do - in Israel's chequered history the names of Abraham, Isaac and Jacob, of Joseph and Moses, David and Solomon shine luminously in the pages of the Bible - in our own land we have our Wellington, our Nelson, our Montgomery and Churchill. We have our Florence Nightingale, David Livingstone, John Knox, Chalmers etc. We do well to remember them. But - what about the unsung heroes of our nation's and church's story – the ordinary ministers who labour long and faithfully in quiet places up and down our land – the countless numbers of elders, of lay readers and missionaries who in sparsely populated places have witnessed to the crucified risen and exalted Lord.

We remember all who keep at it day by day doing little jobs in the church for the church – little bits of service in the community. We remember the great host of good neighbours who help in times of illness and bereavement. The friends who visit the sick in hospitals.

It needs staying power to sit up about every night with a sick relative, it needs patience of an extraordinary kind to cope with a mentally handicapped child. We could go singing the praises of our unsung heroes and heroines of the ordinary - the people Paul calls helps and Christ calls the salt of the earth. Their service is often taken for granted by the state, by the community and very often by their relatives and the very people over whom they spend so much time.

It is the grace of going on that makes them heroes.

***All these rely on their hands,
and each is skilful at his own craft
without them a city would have no inhabitants;
no settlers or travellers would come to it.***

***Yet they are not in demand in public discussions
or prominent in the assembly -
But they maintain in the fabric of this world
and their prayers are about their daily work.***

Ecclesiasticus 38: 31-34

Congregational Contribution by Rev. Roddie MacKinnon

"Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35



Sunday Club & Ferintosh Youth Fellowship

In **Sunday Club** we have enjoyed having more children along to play the games and learn about our faith. The themes have been Jesus shows God's love, the Power of the Spirit and now we are looking at Joshua. On 3rd June we were invited with FYF to Seaforth House service by Irene and the children played a couple of songs on the bells and joined in with the activities. Last week the children joined with FYF for games and to get to know each other more. Some of our older ones will be moving up to FYF after the summer break and will be popping into FYF next week as a transition. On Saturday 23rd June we are having our trip to Abriachan Woods with all the young people with a theme of Zulu Warriors. There will be games, crafts, treasure hunt and BBQ weather permitting!

FYF meets during the second half of the Sunday morning service. We usually start by exchanging news about the past week, whether personal, local, national or international. This reminds us of topics on which we might like to base prayers to attach to the prayer tree. Those attending the prayer meeting on Wednesday mornings include these topics in their prayers.

One of the young people writes:

"I have enjoyed the fact that in FYF we write down a prayer every week and put it on the prayer tree, and the things we learn about and make."

Next we look at a particular Bible passage or topic, aiming to understand what it means and apply it to our lives. Other FYF members write:

"Since Easter FYF have studied [what happened] after Jesus' death [and] studied Jesus' rising."
and:

"We have discussed the themes of the Year of Young People. There is a different theme for each month. We have thought about our community, how our Church fits into it, and the community surrounding the Church when it was created. We have also thought about participation and influence, and how we as young people do this within the Church."

We try to make time to include a game or craft, before ending with a prayer about what we have been discussing.

Where possible we join in activities of the congregation:

"FYF have served at the Christian Aid soup lunch."

We have also taken part in a puppet play at the Easter family service and a service at Seaforth Centre. Several FYF members regularly help at the Breakfast Club for younger children.

Sometimes we enjoy activities of our own:

"In the next few weeks (24th June) we are going with the Sunday Club for a day out to Abriachan woods."

We hope this gives you some idea of what FYF is about. It runs every Sunday in term time and is open to any young person in P7 or S1-6.

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Chocolate Toast, fun, games, fruit, pop-tarts, more games, & high energy are just some of the things associated with our Breakfast Club on Sunday mornings before the church service. Breakfast Club starts at 10:20am (although we have been known to get started long before that) and for the first 20 minutes we are all outside (in the Costa Del Conon Sunshine) playing rounders, time-bomb, relay races, football, swim-fishy-swim, and even duck – duck -goose! The next ten minutes is for breakfast (Breakfast Club Style!) and the last ten minutes is back to the high energy games and fun to end the morning.

We have had as many as 22 children come along and it has been great to welcome them all. There is loads of room for more children to come along and **REMEMBER** if you come along to Breakfast Club it doesn't mean you have to go to church. Come to breakfast club, have an amazing time, eat loads and head home!

We have a wonderful team of helpers every Sunday. We have a brilliant group of teenagers who basically run Breakfast Club, organise the games, and bring the high energy and creativity every Sunday Morning.

We would love to see even more children coming along to Breakfast Club, it really is **FANTASTIC!**



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Social Calendar

RIVER CAFE: We are having a well earned break during July and August and will resume again in September. This event is held in the Church Hall on the second Wednesday of the month, during school term time, from 2pm-3.30pm. Why not drop in for some tea/coffee and home baking, while enjoying the all important chat? If you feel you could help at this, either by providing home baking, serving tea, washing dishes etc, your help would be most appreciated.

FORTHCOMING DATES: Wednesdays 12th September, 10th October, 13th November, 12th December.
We look forward to welcoming you there.

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EASTER BREAKFAST: This was held on Sunday 1st April. It was good to hear the chatter as 28 people enjoyed sharing food and fellowship at this event.



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Dates for your diary:

SOUP LUNCHEs: It is planned to resume these on the 1st Friday of the month during the Autumn/Winter months starting at 12 midday. *Dates are: Friday October 5th: November 2nd: December 7th.*

COFFEE MORNING WITH CHRISTMAS STALLS: Following the success of last year's event, it has been decided to hold this on Saturday 1st December in the Church Hall. Details will be available in the next Newsletter.

Many thanks go to everyone who supports the social events in any way as without your help and support, they could not take place. If you feel you would like to become more involved with these activities, please get in touch.

Janet Murray

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SUNDAY TEAS: It is good to hear the chatter as people stay for tea/coffee following both Morning Worship and Evening Services. With increasing numbers, additional help would be most welcome. Would you consider taking a turn, on an occasional basis, so that it is not always the same people providing the tea and biscuits? Your help would be greatly appreciated. Please add your name to the list in the hall, if you feel you could participate. Many thanks.



Dingwall Scottish Country Dance Club meets in Ferintosh Church hall on Tuesday evenings from 7.30pm until 9.30pm from September through to June with fortnightly classes in the summer months. We have a varied programme of dances taught by our experienced teacher Fiona Newton. We hold rallies in Findon Hall, Culbokie in June and October dancing to live bands, a Burns night party in Ferintosh village hall in January when we invite other groups to join us and a class Christmas party at the beginning of December. We also hold occasional tea dances on Sunday afternoons in Findon hall to encourage beginners and less experienced dancers. This year for the first time we have sponsored a young musician, an accordionist from Fortrose Academy, to attend the summer school in St Andrews in July to learn how to play Scottish Country Dance music and we hope that we may have the funds to sponsor another young musician in the future.

We are a friendly group and welcome newcomers to our Tuesday classes, whether beginners or experienced dancers.

For more information see our website www.dingwallcountrydancing.btck.co.uk

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Book Review

Being Christian by Rowan Williams

This short book is designed to help you think about four of the most obvious things, simple recognisable things, that make you and others realise you are part of a Christian community.

Christians are received into full membership of the Church by having water poured or sprinkled over them (maybe fully immersed); Christians read the Bible; Christians gather to share bread and wine in memory of the death and resurrection of Jesus of Nazareth; Christians pray.

These four activities have remained constant and indispensable for the majority of those who call themselves Christians. The book looks at what those activities tell us about the essence of Christian life and what kind of people we might hope to become in a community where these things are done.

Rowan Williams sees baptism as the recovery and restoration of what it means to be truly human, as God intended us to be. However, baptism does not confer a status that marks us off from everyone. The author sees us as being “implicated” in one another, our lives being interwoven and as baptised people we are to build bridges using the power of God in Jesus Christ and the Holy Spirit.

Reading the Bible is the second sign the author examines. He realises that in many cases, and in a lot of circumstances, Christians have the Bible read to them. He feels that even today the Bible is a book more often heard than read. He says this leads us to leading a listening life. Through this Christians are people who expect to be spoken to by God. The author sees the Bible as a living communication from God and not a mere chronicle of past events. As Christians read the Bible, the story converges on Jesus, Old and New Testaments.

Next Rowan Williams talks about the Eucharist, the Holy Communion. Sharing in this as Christians means to live as people who know they are always guests - that they have been welcomed and are wanted. Jesus tell us that he wants out company. But we are reminded too of the need for honest repentance. Holy Communion is not a reward for good behaviour but it is the food we need to prevent ourselves from starving as a result of our own self-enclosure, self-absorption, our pride and forgetfulness. In everything we say about Holy Communion we are talking about the work of the Holy Spirit. The author feels that when we gather as God's guests at God's table, the Church becomes what it is meant to be - a community of strangers who have become guests together and are listening together to the invitation of God.

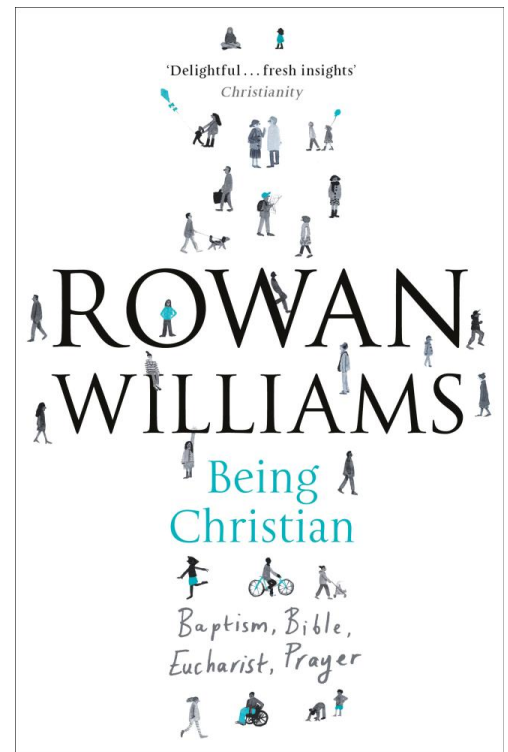
The last of the Christian essentials is prayer. St Paul says prayer is about growing into the full stature of Christ - growing in Christian humanity. We have to stand where Jesus stands. Prayer, more and more, should be not something we do but what we are letting God do in us.

P.D. James writes this: “Being Christian deals in matters that are necessarily complex, but the style is elegant and lucid.”

I would recommend this short volume to you very highly.

Janette Steele

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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. A breakfast club meets at 10.20am. 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



Church Welcome

July	Organiser – Mrs E Blackburn
1 st	Mrs H Drummond
8 th	Mr T Thomas
15 th	Mrs S Weir
22 nd	Mrs E Blackburn
29 th	Mrs C Parry

August	Organiser – Mrs C Parry
5 th	Muriel MacKay
12 th	Mrs J Cameron
18 th	Mrs A McKee
26 th	Miss J Winchester

September	Organiser – Mrs J Cameron
2 nd	Mrs I MacDonald
9 th	Mrs D Fraser
16 th	Mrs J MacKenzie
23 rd	
30 th	Harvest Thanksgiving

	Welcome	Count
July	Roderick Urquhart Elizabeth Blackburn	Roderick Urquhart Elizabeth Blackburn Isabel MacKenzie
August	Janet Murray Connie Parry	Janet Murray Connie Parry Mhairi MacKenzie
September	John Smith Mary Eagleson	John Smith Mary Eagleson Tommy MacGregor

Church Register Funerals

13 June 2018

Mr Leslie Lyall

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