

# Ferintosh

## Parish Church



# Ferintosh Focus

Church Newsletter

**March 2017**

Serving the communities of Conon 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)

*"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*

*Philippians 2: 3-4*



# Contents

From its very beginnings, the Church has stood out from others as an organisation which cares deeply. It's so evident in this edition of the Focus that, both as individuals and a body, the Ferintosh congregation is caring for those near and far. Care and love is extended to those who are vulnerable in so many ways; under financial pressure, living with disability or disease, removed from homes or lonely.

In Paul's letter to the Philippians he pleads with them to look to Christ's Humility as the cornerstone of their lives:

*In your relationships with one another, have the same mindset as Christ Jesus:*

*Who, being in very nature God,  
did not consider equality with God something to be used to his own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.  
And being found in appearance as a man,  
he humbled himself  
by becoming obedient to death –  
even death on a cross!  
Philippians 2:5-8*

What a privilege to be invited to be more like Jesus, the very Son of God, in these often simple acts – serving tea, chatting to others and giving what little we have.

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*"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*

*Philippians 2: 3-4*



**The following story was printed in the Sunday post some thirty plus years ago:**

A little girl came home from Sunday school one day.  
Mum and dad asked how it had been.  
She thought for a moment then said she had had a great time.  
What did you learn they asked?  
Trying to tease out a bit more information from her  
Again she thought for a moment then said,  
I have learned that God is on his phone.  
Mum and dad thinking that they had miss heard her asked again  
what she had learned.  
In exasperation she shouted I have already told you, God is on his  
phone.  
The next day they met the little girls Sunday school teacher and  
asked her what she was teaching the children, as their daughter  
had said God was on his phone.  
The teacher laughed and then explained that what she was  
actually teaching the children was  
God is on his Throne.

As we once again approach Easter then there is more than one truth in this little story.

The truth of Easter is that God is indeed on his throne.

But the little girl's story reminds us that whilst God may not actually be on his phone the concept of communication is very true.

The communication between Heaven and Earth has been opened up to each and every one of us through the death and resurrection of Jesus Christ. That is the message of the Easter story, Christ took upon himself our sins thus giving us a way back to the Father, a way of reconciliation with the father.

If only we would listen.

Now when the phone rings it is natural to pick it up and listen.

So it is when God speaks to each one of us through his word, but how often do we read the bible, attend a church service or pray regularly, he is there waiting for us his line is always open, he never replaces the receiver.

God sent his son to earth to live our life, to die our death, and to raise him up so that the channels of communication could be opened up fully to us.

**It is now up to us, to you, to me to respond.**

**If you have not been in church for a while, then what better day to return to church than on Easter Sunday when you will be made very welcome. If you go every week then look forward to the joys of the Easter services Christ is waiting arms outstretched waiting to welcome every single person who enters his doors.**

**A Celtic Easter blessing:**

The lord of the empty tomb  
The conquer of gloom  
Come to you

The lord in the garden walking  
The lord to Mary talking  
Come to you

The lord in the upper room  
Dispelling fear and gloom  
Come to you.

The lord on the road to Emmaus  
The lord giving hope to Thomas  
Come to you

The lord appearing on the shore  
Giving us life for ever more  
Come to you.

*Easter blessings to you all from  
Russel your locum minister*

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”*

*Philippians 2: 3-4*





# Guild Updates



The Dingwall Free Church Hall was the scene of a very entertaining and most enjoyable Christmas Party with members of Prospects. We enjoyed the worship, the food and the fun especially the puppet show. Thanks to the group for their kind invitation.

Our discussion topic was “Let’s talk about working towards fulfilment.” And a lively afternoon was had on this wide ranging subject. Elizabeth Blackburn took us to Greenland in picture, talk and music and as always rounded off with photos of our local area. As ever, a great highlight. Rev Rattenburg gave a talk on the History of Churches on the Black Isle—very interesting indeed despite a low attendance.



Our final meeting of this session will see us enjoy the DVD of the National Meeting in Dundee last September with the speaker being Sally Magnusson talking about Playlist for Life. If you’d like to learn more about this, do come along on 3<sup>rd</sup> April at 2pm to the Church Hall.

Despite our apparent prosperity in this country, sadly there are still some folk who need the help of foodbanks. It could be you! Just a loss of job, home or ill health and money stops coming in. Where do you turn?



We are fortunate that each week people in the congregation donate but more is always needed. Donations of non-perishable foods, toiletries, baby items, sanitary items and household cleaning items are welcome.

Could you donate this season of Lent?

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”*

*Philippians 2: 3-4*



## Christian Aid Week 14 - 20 May 2017

This will be the sixtieth year for Christian Aid Week, so let's make it a Diamond Anniversary.

Has anyone in the congregation any imaginative ideas for raising £2,000 or so for this annual fund raiser? In recent years Conon Bridge and Maryburgh have succeeded in raising this substantial sum annually thanks to a soup lunch, congregational donations, a quiz, and door to door collections. If we are to continue with this method of fund raising support is needed from volunteers. Would you be prepared to give a small portion of your time to assisting the work of Christian Aid? Currently 65 million people across the globe have fled their homes due to disasters and conflicts.

Please consider helping in this year's fund raising week. Be assured whatever help you can offer will bring relief in some way to these unfortunate people.

Hoping to being overwhelmed by your offers of help!

### Contact details:

Joan MacKenzie - [jmackenzie10@btinternet.com](mailto:jmackenzie10@btinternet.com)  
01997 433291/07733196633



Nejebar fled Afghanistan with her family after the Taliban threatened to kill her husband, Noor, who was a teacher. It wasn't an idle threat - the Taliban first blinded, then murdered, another member of their family.

'The last days and weeks in Afghanistan were the hardest,' says Noor. 'When I went to work, my heart was beating harder. I didn't know if my family were going to be alive when I got back.'

**Nejebar's family are stuck in Greece.** When the family arrived at the refugee camp in Greece, they thought they would only stay for 10 days. But they've been there six months now and there's no end in sight.

The only protection they have against the wind and rain is their tent. There's no school for their children. Five-year-old Sudai, their youngest, is ill, but Nejebar and Noor don't know what's wrong with him because they can't communicate with the camp's doctor, who is Greek.

**Nejebar's hope for the future.** Nejebar is the rock at the centre of her family, holding them together throughout all this uncertainty. She has even welcomed Faraidoon and Farzad into the family, two brothers who don't know where their parents are, or if they're even alive.

'We still have some hope for our children's future,' says Nejebar. 'We only want a peaceful life. We want our children to go to school. The most important thing is our children.'

*"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*

*Philippians 2: 3-4*



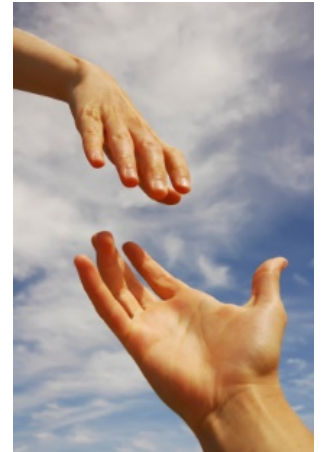
# Church Groups

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.

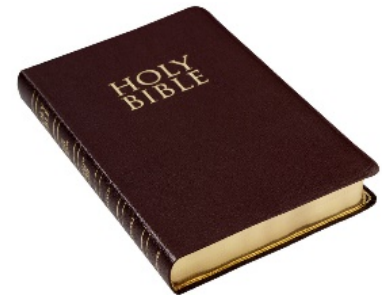
Thanks go to those who have said they can help occasionally. If you'd like to volunteer, please contact the coordinator.

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.



The **Ladies Bible Study Group** meets each Wednesday at 1.30pm in the Church Hall for approximately an hour.

We have had a very informative and worthwhile time studying the book of Hebrews which has helped us to link the Old Testament and the New Testament more meaningfully together.



In the next coming weeks, during Lent, we are using the Cover to Cover Material entitled "At the Cross" written by Abby Guinness. The death of Jesus is seen through the eyes of the people who witnessed it.

Whilst there is a dedicated group who attend each week, it would be really good to have more join us to study the word of God as it pertains to us today. Please think about coming along, even if you can't manage every week. The ladies are very welcoming and non-threatening!



Anyone collecting for the **Fellowship of the Least Coin** - a charity which aims to give small loans to women world-wide to help them become independent financially and thereby able to support their families and educate their children - should note that monies will be sent off at the end of the month. If you'd like to give, please contact Janette Steele.

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*Philippians 2: 3-4*



# CROSSREACH

providing a caring future

The mission statement of this Social Care arm of the Church is *“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.”*

CrossReach tries to do this in our name by reaching out to young and old and those in between.

The services are for those families going through post-natal depression, for children whose parents are addicts of any sort, for those who are requiring help to overcome addictions, for prisoners’ families, for those who have learning disabilities and for those who can no longer care for themselves at home. The services can be delivered in many different ways including residential services either long or short term.

Have you heard of Twiddlemuffs? The Friendship Circle at Cardonald Parish Church in Glasgow set out to make 90 for the Erskine Care Home in Bishopton and ended up making 330. Twiddlemuffs are designed to provide a stimulation activity for restless hands - in particular, those who have dementia. Using oddments of wool, yarn, buttons, beads, ribbons and sewing trimmings the muffs have these items attached inside and out. 80 more are being made for Adams House in Elderslie and Williamwood House in Netherlee. The Friendship Group would encourage others to make for their local area since *“They are great fun to make and seem to be really useful.”*

## CROSSREACH

providing a caring future



### Twiddlemuffs!

*“A great initiative to support people who have dementia.”*

Janette Rankin  
The Friendship Circle  
Cardonald Parish church



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Philippians 2: 3-4





## Sunday Club & FYF

**Sunday Club** are using the Deep Blue Bibles and learning how to find the bible passages.

In January we looked at the importance of talking to God in prayer: to say thank you, to be honest, to say sorry and to ask for help.

In February and March we are looking in Genesis at Abram and Isaac and how God kept his promises.

The children are enjoying the musical bells as we learn to play music together and hope to share this with the congregation later on.



Since last autumn there have been about five services held at Seaforth house, Maryburgh. Ferintosh Church share this every second month with Maryburgh Free Church at 3pm and the service is held on the first Sunday of every month.

We are well received and there are about eight residents who have taken part in the worship. We have made it interactive and visual for the residents. So far we have all dressed up for the nativity in December and we have acted out the parable of the lost coin in February.

We do need people to worship with the residents. First of all it encourages them as we get along side and that means more people can chat to them as well as helping them to find the hymns on the sheets if need be.

You don't need to be an elder or on the worship team to take part so if any of the congregation would like to come and help us any time then just let one of the worship team know. You will find it a great blessing.

Irene

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”*

*Philippians 2: 3-4*



# Social Team Update

## Scottish Evening

Despite the wet weather outside, a most enjoyable evening was spent in the company of the Inver Ross Accordion and Fiddle Group, along with local singer Victor Palmer and our own Ellen Cruikshank, who danced for us and was accompanied by her Dad Ian on the "small bagpipes". There was a great buzz in the hall afterwards where a delicious spread was enjoyed by all. Thanks to all who supported this event, in any way, and the sum of £212.20 was raised for church funds.



## Beetle Drive

The Church Hall was once again the venue for our recent Beetle Drive, where 13 adults and 7 children battled against each other in a bit to design the "perfect beetle". Shouts of "I need a wing" or "I just need a 4" rang out as some strange insects began to take shape. Some were even recognisable as "beetles" where others needed a wee bit more imagination to determine the "species"!

A light supper was enjoyed half way through the event and prizes duly awarded at the end of the evening. Lorna Cruickshank was the overall winner with Janette Steele needing a bit more practice at the other end of the scale! Anna Cruickshank had the highest score in the children's category with Darcy Smith looking forward to more practice!

**Verdict: A good time was had by all and thanks go to everyone who participated.**



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*Philippians 2: 3-4*





**RIVER CAFE:** This is held in the Church Hall on the 2<sup>nd</sup> Wednesday of the month from 2-3.30pm and gives the opportunity to enjoy some tea/coffee and home baking and the all important chat. A warm welcome awaits so why not drop in, even for a few minutes? Would you be willing to help out on the day or provide baking on an occasion basis? If so, this would be greatly appreciated. Please contact Janet Murray.

**FORTHCOMING DATES:** Wednesday 12<sup>th</sup> April, 10<sup>th</sup> May and 14<sup>th</sup> June 2017

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**SOUP LUNCHESES:** These have now finished until the Autumn. Most of the lunches were fairly well supported with a variety of speakers attending. Your comments would be appreciated re future soup lunches. Do you like the current format? Would you support future lunches and do you think we need a speaker at every lunch? Would you be willing to help at the lunches? Your comments would be greatly appreciated. Many thanks.

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**SUNDAY TEAS:** It is great to see so many people come for tea following Morning Worship and good to hear all the chatter. Thanks to all who kindly provide the tea etc and if you haven't already added your name to the list, would you consider taking a turn as your help and support would be greatly appreciated?

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**TEN PIN BOWLING:** Following the success of the last one, another evening is planned for Wednesday 3rd May, meeting in the car park beside the church at 6.30pm. A list for names etc will appear nearer the time. Why not come along to what is sure to be a fun evening

.....

**THANKS:** Since our last Stated Meeting in 2016, the great sum of £1407.45 has been raised from the various social events. I'm sure you will agree that this highlights the important part the social activities play in the life of our church, as well as raising much needed income. Thanks go to everyone who supports these events, in any way, as without your support, they would not take place.



*Janet Murray  
On behalf of the Social Group*

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*Philippians 2: 3-4*

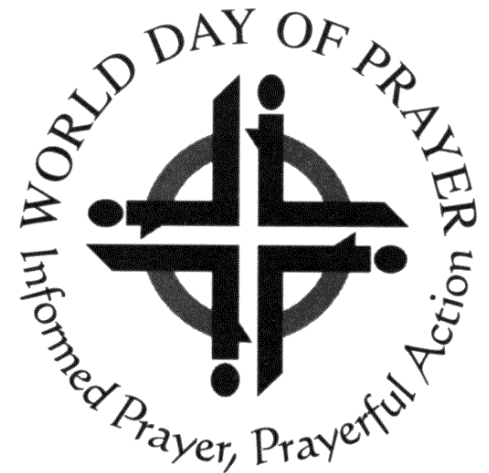




Friday 3<sup>rd</sup> March was the 2017 **World Day of Prayer**, when Christians all around the world join in an ecumenical chain of prayer using an order of service prepared by one of the participating countries.

This year the order of service was prepared by Christian women of the Philippines, an island nation in south-east Asia. Around 25 people from churches in and around Dingwall met in Ferintosh Parish Church, and in spite of the cold evening enjoyed the service and the fellowship which followed.

The theme chosen by the ladies of the Philippines was “Am I being fair to you?”, based on the parable of the vineyard owner recorded in Matthew 20:1-16. After introducing in word and by visual display some of the situations they find unfair in their own country, the writers challenged all of us present to consider what the parable might mean for us, personally and as members of our society. Platters of fruit reminded us of the importance of sharing what we have with those around us who are in need.



*Rowena “Apol” Laxamana-Sta.Rosa is 32 years old, a full time mother and housewife, and a freelance illustrator. The title of her art piece is 'A Glimpse of the Philippine Situation'. God gave the Philippines abundant resources, both human and material. God is the great provider and provision is for all of creation. This is God’s display of economic justice in contrast to the economy where the strong and powerful take God’s resources for themselves and their families. The kingdom of God provides for all, even for those who do not acknowledge it. The church continues to remind people that all are welcome in the kingdom, as the open long table with food symbolises access to God’s provisions. Jesus said ‘I have come that they might have life and have it more abundantly.’ (John 10:10)*

**This thought was echoed in a hymn by Shirley Irena Murray (CH4:685)**

For everyone born, a place at the table,  
For everyone born, clean water and bread,  
a shelter, a space, a safe place for growing,  
for everyone born, a star overhead.

*And God will delight when we are creators of justice and joy,  
Yes, God will delight when we are creators of justice, justice and joy.*

Discussion continued over tea, coffee and biscuits, recipes for which were supplied by the ladies of the Philippines, but probably originated with the Spanish and American colonists who in turn ruled the islands for many centuries.

Next year the World day of Prayer will be on Friday 2<sup>nd</sup> March. The order of service, on the theme: “All God’s creation is very good”, will be prepared by Christian women of Surinam.

*Janet Winchester*

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*Philippians 2: 3-4*



### Presbytery World Mission event

This is to be held on Sat. 1st April. in St. Clement's Church Halls, Dingwall. It will run from 10.30am till 2.30pm. The speakers will be: John Ferguson from the World Mission Council of the Church of Scotland, Mary Mulligan from Christian Aid, Pat Justad from Traidcraft. There will also be a Fairtrade stall. This event is for all who wish to attend. We suggest you bring a packed lunch. Tea and coffee etc. will be available.

Ross Presbytery Charity No: SC005213

WORLD  
CHURCH  
EVENT

ST. CLEMENT'S  
CHURCH HALL  
DINGWALL

Sat. 1st April  
10.30am - 2.30pm.

### ARE YOU AN INCOME TAXPAYER?

If you are, and you give your offering to the Church by Freewill Offering Envelope or by Standing Order, have you completed and signed a Gift Aid Declaration Form?

By signing a declaration form (copies are available from Jim Bremner, our Treasurer) this won't involve you in any additional cost but it will enable our Gift Aid Treasurer (Mrs. Isabel Mackenzie) to claim and recover 25 pence from the Inland Revenue for every £1 you give to the Church!

With annually increasing costs our Church needs to raise its financial income. By simply signing a Gift Aid Declaration Form let's get the taxman to help!

*giftaid it*

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*Philippians 2: 3-4*



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



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

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

## Church Flowers

|                  |                                      |
|------------------|--------------------------------------|
| <b>April</b>     | <b>Organiser – Miss J Winchester</b> |
| 2 <sup>nd</sup>  | Miss J Winchester                    |
| 9 <sup>th</sup>  | Mrs M Wilson                         |
| 16 <sup>th</sup> | Helen MacLennan                      |
| 23 <sup>rd</sup> | Shena Telfer                         |
| 30 <sup>th</sup> | Mrs P Gillanders                     |
| <b>May</b>       | <b>Organiser – Mrs J MacKenzie</b>   |
| 7 <sup>th</sup>  | Mrs J McCulloch                      |
| 14 <sup>th</sup> | Mrs J Steele                         |
| 21 <sup>st</sup> | Mrs J MacKenzie                      |
| 28 <sup>th</sup> | Miss M MacKenzie                     |
| <b>June</b>      | <b>Organiser – Mrs J Murray</b>      |
| 4 <sup>th</sup>  | Shona Menzies                        |
| 11 <sup>th</sup> | Mrs J Murray                         |
| 18 <sup>th</sup> | Doreen Suckling                      |
| 25 <sup>th</sup> | Shena Telfer                         |

## Church Welcome

|              |                                    |   |
|--------------|------------------------------------|---|
|              | <b>Welcome</b>                     | <b>Count</b>  |
| <b>April</b> | Anne MacKay<br>Connie Parry        | Anne MacKay<br>Connie Parry<br>Jim Bremner              |
| <b>May</b>   | Isabel MacDonald<br>Joan MacKenzie | Isabel MacDonald<br>Joan MacKenzie<br>Roderick Urquhart |
| <b>June</b>  | Pat Kilgore<br>John Smith          | Sheena Telfer<br>John Smith<br>Mhairi MacKenzie         |

## Church Register Funerals

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”*

*Philippians 2: 3-4*