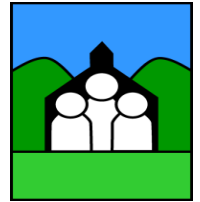


BALLANTRAE PARISH CHURCH
linked with
ST COLMON (Arnsheen Barrhill & Colmonell)
PARISH CHURCH



July 2020



Isaiah 43: 18 – 19

¹⁸ “Forget the former things; do not dwell on the past.

*¹⁹ See, I am doing a new thing! Now it springs up; do you not perceive it?
I am making a way in the wilderness and streams in the wasteland.*

Minister: Rev Theo Corney

Email: tcorney@churchofscotland.org.uk

Telephone: 01465 831252

Ballantrae Church

Session Clerk: Mrs Claire Strain

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Facebook as Ballantrae Church

Scottish Charity No. SC008536

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Facebook as St Colmon Church

Scottish Charity No. SC014381

From the Minister

Greetings everybody,

I hope that this newsletter finds you well and in good spirits. Over the last few weeks we have begun to see some lowering of the restrictions which were in place to stop the spreading of Covid 19. This has been welcomed by many people who are now able to live more freely and finally catch up in person with family and friends. As a church there are still limits in place in terms of meeting together for worship, but we are working toward re-opening our building towards the end of July. This will need to incorporate social distancing measures which will restrict how many people will be able to attend worship. Please pray for the church leaders as they work towards implementing this.

Thankfully during the last months we have been blessed with good weather which has allowed many of us to enjoy our beautiful surroundings. I have enjoyed regular short walks which have enabled me to speak at a distance with people, and amid the many phone calls I have been studying and praying for the churches.

As a family we have really been enjoying spending time together in the garden. Our first attempt at a vegetable patch has gone well and we are looking forward to harvesting some of our home grown produce in the near future. Reuben has been learning to ride his balance bike and now prefers to zoom everywhere on two wheels. He has particularly enjoyed the paddling pool and has become excellent at splashing everyone with water, usually when you least expect it! Simeon is proudly showing off his first two teeth and is now enjoying a variety of solid foods. He loves playing on his baby swing and gets very excited kicking his legs. Eryn received some exciting news when she was offered a place to study French horn at the Royal Conservatoire of Scotland. She is really looking forward to joining the Pre Junior programme starting in August. Like many others we are hopeful that it won't be long until we can see our wider family. Our niece Serayah was born on the 4th of May and we are very much looking forward to meeting her.

It is good that during these changing times we remember that God is with us and seeks to bless us. The book of Ecclesiastes reminds us that there is a time for everything. God knows the difficulties we face and he can see the future. So may we trust him for the days and weeks that lie ahead.

We are considering holding a Zoom coffee morning to enable us to catch up with one another in person. If this is something you would like to take part in please let me know and I will do my best to organise it.

Every blessing

Rev'd Theo Corney



FOR CHILDREN

Please find attached separately a Sunday School newsletter, story and activity pages which Rachel has kindly supplied

A Prayer

Father God, we bring our prayers before you
We are living in uncertain times
In your great mercy hear our prayers
Give each of us a heart of compassion
and let us feel the need of those we pray for
We lift them to you Lord
We pray for all Governments, that they will bring wisdom and integrity
to bear on all decisions made
Give each of us patience and understanding during these difficult days
Loving God we bring our small mustard seed of faith
help us to grow in you
We give our thanks for all the small things that matter
that we take so much for granted
Hard though it is Lord, this time of isolation has given us TIME
A time to reflect on what was, what is now and what is to come
We give thanks Lord for your care, love, and blessings
In the precious name of Jesus and Through the Holy Spirit. Amen
from Patricia Thackray

Watch and Listen

St Colmon Church & Ballantrae Church face book – Sunday reflections by Rev Theo Corney
<https://www.churchofscotland.org.uk/worship/services-online> - Find Church services online
You Tube – Hamilton Old Parish Church, Rev Ross Blackman leads a daily Bible study
Sunday BBC1 - Songs of Praise.
Spearhead Worship (Alan, Barbara & Gina) on You Tube

Message from Moderator of the General Assembly, The Right Reverend Doctor Martin Fair:

The Moderator has ended his Sunday morning online worship because he says;
“The worship of the Church belongs to the local congregations to arrange in whatever way they can and have found and the vast majority have found a way in one form or another to continue their worship. I want to encourage each and every one of you to be supportive of your local congregation or of others nearby if that’s appropriate.
The series, “It’s a Fair Question”, continues (*on You Tube*) and I encourage all of you to make sure you’re part of your local congregation for weekly worship.”

Meet the Moderator

Rev Dr Martin Fair said he was left “devastated” after the singer of one of his favourite bands, Frightened Rabbit, took his own life and decided he could no longer stand idly by and do nothing.

The 55-year-old, minister of St Andrews Parish Church in Arbroath, Angus, oversaw the rollout of three services delivered by the congregation's social action project, Havilah, earlier this year.

Dr Fair said faith groups and other bodies have an "obligation" to fill gaps in public provision because the level of statutory support for drug addiction and mental health in Scotland is "desperately short" of what is needed.

Dr Fair, who was ordained and inducted into St Andrew's Parish Church in 1992, said he hoped to highlight addiction and mental health issues during his year in office.

Dr Fair and his congregation set up Havilah in 2006 and paid staff and volunteers have helped around 1,000 people to date. Open five days a week, it used to predominately help addicts but services have been broadened with the introduction of a community choir, a therapeutic garden, and a drop-in service.

Dr Fair said: "Suicide is a horrendous endemic problem and we decided, as a church, that we had to do something. I have buried too many people who have taken their own lives over the years because they felt alone and helpless in the darkness which many think is their only friend."

Earlier this month, The Royal College of Psychiatrists warned that a UK-wide shortage of psychiatrists is forcing troubled youngsters to wait longer for NHS care.

There is a wonderful opportunity for the Church right now to rediscover its meaning and purpose for the people of Scotland and beyond in the here and now. I am totally fired up as a minister, and as Moderator, I want to communicate that excitement and positivity.

Dr Fair, who grew up in Thornliebank on the southside of Glasgow, said: "The statutory provision to support people with drug additions and mental health is desperately short in terms of what is needed to address the epidemic. There must be much more investment in mental health services to address gaps in provision which includes a shortage of practitioners. I am not knocking the providers of mental health services - they are doing their best to support people, but they are so stretched."

"Churches and the wider voluntary sector have an obligation to step in and fill the gaps until they are able to access the appropriate services."

Dr Fair said faith groups can provide therapeutic, welcoming communities that are full of people who care and are prepared to listen to people without judgement.

"Havilah, which is referenced in the Bible as an area of the Garden of Eden where treasure of great worth is found, is a light in the darkness," he added.

Dr Fair was brought up in Spiersbridge Church, now called Thornliebank Parish Church, and his wife Elaine, a primary school teacher by profession, was his childhood sweetheart. The couple, who grew up on the same street and attended the same school, have three sons, Callum, 23, Andrew, 20 and Fraser, 18.

"My faith has always motivated me and in respect of Havilah, I absolutely fundamentally believe that what we have to offer drug addicts is more than a methadone programme, it is actually Christ. The biggest success stories we have had in getting people clean is folk who have understood that their freedom is in Christ and for me, that is the Kingdom of God."

"Yes, we campaign for social justice, we work against exclusion and we work for fairness but we are motivated by our belief that is what the Kingdom of God demands for us."

"My favourite Frightened Rabbit song is 'Living in Colour' which is a brilliant anthem and a metaphor for what is possible in life. For me, that is what Jesus meant when he said 'you can have life in all its fullness' – it is living in colour as opposed to monochrome and that is what my ministry has been all about."

Dr Fair said, "I am really excited about the future of the Church and quite frankly, if I solely focused on statistics that suggested terminal decline, I would have quit the ministry years ago." He added "It is at a key crossroads and we are letting go of some of what has been and embracing what is to come.

“There is a wonderful opportunity for the Church right now to rediscover its meaning and purpose for the people of Scotland and beyond in the here and now. I am totally fired up as a minister and as Moderator, I want to communicate that excitement and positivity.”

Dr Fair said claims that the Kirk is in its “death throes are well wide of the mark. As I travel round the country even now, I see green shoots of growth and live in hope for what is going to come.” He added, “What we will see emerge will be fresh and new and to quote a phrase, God is not finished with Scotland or His Church.”

When he is not engaged in ministry in all its permutations, Dr Fair enjoys exploring the great outdoors and is a keen hill walker, mountaineer, camper and football fan. Golf continues to be a passion but a “life changing” accident in August 2017 now means Dr Fair’s handicap of eight has slipped. He tripped and fell in the street in Arbroath and broke his left arm which has never properly healed despite three operations. His left hand does not function properly, and he is unable to tie his own shoelaces and necktie and relies on a specially adapted car to get around under his own steam.

Dr Fair said: “It has been a huge learning curve and for the first time in my life I have had to ask for help. While I wish this had not happened to me, good things have come from it because when you are dependent on people for help you take on a different view of life.

The support I got from my family and the Christian community was phenomenal and I think I am a more rounded person because of that experience. My attitude is ‘ok, let’s get on with life’ and I am not going to let it stop me or define me.”

“I am now learning how to play golf one-handed.”

Written for Crossreach:

‘Sermons We See’

I’d rather see a sermon than hear one any day;
I’d rather one should walk with me than merely tell the way.
The eye’s a better pupil and more willing than the ear,
Fine counsel is confusing, but example’s always clear;
And the best of all preachers are the men who live their creeds,
For to see good put in action is what everybody needs.
I soon can learn to do it if you’ll let me see it done;
I can watch your hands in action, but your tongue too fast may run.
And the lecture you deliver may be very wise and true,
But I’d rather get my lessons by observing what you do;
For I might misunderstand you and the high advice you give,
But there’s no misunderstanding how you act and how you live.

by Edgar Guest

Put the actions to the words:

St David said, “*Be joyful (fist to chest),
keep the faith (point up),
do the little things (pinch fingers).*”

BALLANTRAE CHURCH NEWS

Coffee Morning

Do you want something to look forward to once Covid restrictions ease?
We all need something new and exciting to give us hope for when lockdown allows.
Theo and Rachel would like to start a regular coffee morning in Ballantrae.
How regular depends upon you – please get in touch with ideas or venues and chat over the garden wall with your neighbours about what you would like to happen.

Coronavirus COVID 19

As a Christian I believe God made this wonderful, beautiful world for humankind to enjoy and appreciate.
Then he made us.
What have we done to his creation?
Abused it!
This pandemic has proved that we have overstepped the mark and it is saying – enough is enough!
Will we accept this?
I fervently hope so.
There are seeds of hope.
I think most people will agree that the birdsong has been music to our ears, ears which can hear, as mankind's noise is hushed.
Ears which are hearing much much more of others pain and endeavouring to ease it.
We have been amazed at how kind and loving neighbour to neighbour has become.
These are signs of hope.
May they grow and grow until this is a better world for everyone!

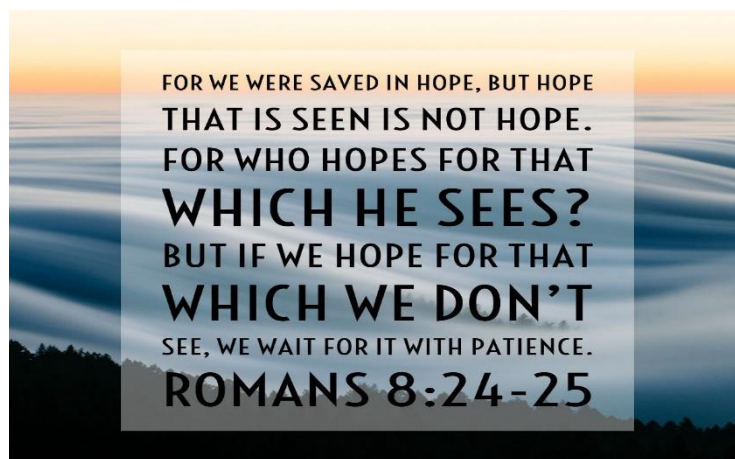
From Margaret Maule

Ballantrae Church Reopening

Having obtained the necessary approval, and with the appropriate distancing and hygiene measures in place, Ballantrae Church will reopen for Sunday services on
Sunday 19th July

Ballantrae Church Facebook page has a link to the Church of Scotland donate site, where you can choose which church you want to give to.

<https://cos.churchofscotland.org.uk/donate/>

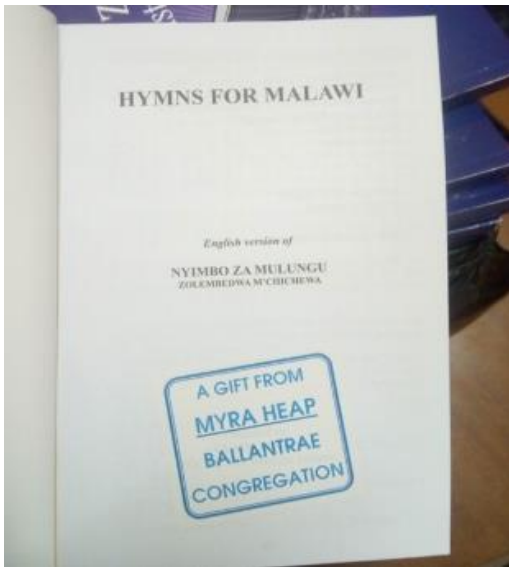


Hymn Books for Malawi

Thanks to a gift from Myra Heap, Ballantrae Church purchased 50 hymn books – 36 in Tonga, 12 in Tumbuka, and 2 in English.

From Malawi Blessings sent a message to say,

“Good news. God is good all the time. We are happy after receiving books for Hymns books”



Let It Go

Let it Go ---- War for Peace
Let it Go ---- Hate for Love
Let it Go ---- Sadness for Joy
Let it Go ---- Death for Life
Let it Go ---- Loneliness for Friendship
Let it Go ---- Cruelty for Kindness
Let it Go ---- Darkness for Light
Let it Go ---- Evil for Goodness
Let it Go ---- Lies for Truth
Let it Go ---- Suspicion for Trust
Let it Go ---- The Devils Work
Let it Go ---- And Grasp The Truth

Exchange It All For Our Saviours Love.

From Patricia Thackray

HOLY HOTLINES

| | | |
|--------------------|-------|-----------------------|
| WORRY HOTLINE | | 1 PETER 5 : 7 |
| FEAR HOTLINE | | ISAIAH 41 : 10 |
| TEMPTATION HOTLINE | | 1 CORINTHIANS 10 : 13 |
| DOUBT HOTLINE | | ROMANS 10 : 17 |
| SICKNESS HOTLINE | | ISAIAH 53 : 5 |
| DEPRESSION HOTLINE | | PSALM 34 : 18 |
| LONELINESS HOTLINE | | DEUTERONOMY 31 : 8 |

LINES ARE OPEN 24/7

ST COLMON'S CHURCH NEWS

Thank You

As treasurer I recently sent a letter outlining our finances to all St Colmon's members and friends and I would like to thank everyone who has responded to support the work of our Church. I will keep you informed but as you can see, we are entering difficult times which will be shared by our brothers and sisters throughout the wider Church of Scotland family.

The letter outlined different ways you might donate and if you would like any further information please contact me.

Claire Pirrie

We send grateful thanks to Heather Shuckburgh who has kept our church building fresh and gleaming over the last six years and has now retired from that role. Heather always went above and beyond the job description in her care and her support for the Church in so many ways.

St Colmon's Church Face Book

Folks at St Colmon's would like to thank Heather Shuckburgh for her years looking after our face book and Andree Cook who has helped in the past months by posting beautiful images, photos and Scripture.

Please note that in future any posts should be sent to Lynne and Brian McIlwraith at bandlmcilwraith@btinternet.com

Podiatry Clinic at St Colmon Kirk Hall.

Several people have asked when this service might resume. Deborah and Roz have been in touch asking about the possibility and we are discussing what it might involve and what precautions must be in place to ensure everyone's safety. I will be in touch with all our regular clients as soon as we have the necessary permission and arrangements in place.

St Colmon's Church reopening:

Having obtained the necessary approval with risk assessments and action plans St Colmon's Church opened on 28th June for individual prayer. Now we have permission to hold Sunday services from July 19th.



At this stage in the journey out of lock down we are unable to restart Sunday Club but as soon as it is possible to do so safely our Sunday Club Coordinator, Maggie McNeill, will be in touch. We look forward to welcoming back regular attenders and inviting others to join in.

When you come to church you will find;

Stewards available to assist if you have any questions.

- Please bring your own Bibles as there will be no books
- One-way system to enter and exit, maintaining 2 metre distancing
- Face coverings must be worn
- Hand sanitiser available as you enter and leave
- Pews and floor marked for 2 metre distancing
- Donations bags on vestibule table at the entrance. (no offering during the service)
- Organ music but no singing
- Doors will remain open to aid air flow
- Please self-isolate and book a test immediately if you have a high temperature / fever, cough or loss of smell.

Washable face coverings can be obtained if you speak to Claire as kind volunteers are making some for the cost of a donation for elastic and thread, as the material has been donated.

Church cleaning and stewarding:

Many thanks to Harriet, Andree, Susan & David and George who helped to set the church up for reopening and continue to clean, sanitise and steward our open times.

If you can help with the cleaning and stewarding or would like to know more about what it involves please contact Claire, Susan or Andree.

GETTING To KNOW PEOPLE

It is over a year since Dave and I came to Barrhill. We had been eighteen years living and working in Sweden, and the most important thing for us, was to find somewhere that we would be able to call 'home', and feel part of a community.

Although Dave has not yet reached retirement, I wanted to find our 'somewhere' in preparation for this next stage in our lives.

After our youngest child had left home, I knew it was important for me to be back in the UK. Perhaps not quite so for Dave, as he is still working and spends a great deal of time travelling the world with his job.

For me however, feeling redundant for the first time in almost forty years, I longed for Christian fellowship with a language which had no barriers for me, Swedish not being one of the languages many of us would have learned at school!! I would also add, language skills are not something I am blessed with.

From my very first visit to St Colmon church, I was warmly welcomed by all. I was invited to join the Whist group in Barrhill. I soon got to know the names of many of the folk, even with similar sounding names and the unfamiliar but wonderful Scottish lilt, each week I was matching names to faces.

Over the last fourteen months, I have found myself involved with many activities around the church fellowship: coffee after church, children's church, the Kirk Fayre, Pot Luck Suppers and the midweek coffee morning. Sometimes after coffee a few of us head off for lunch somewhere.

I have also been to Morag's house group in Glentroot.

We have a great Barrhooligans WhatsApp group in Barrhill made up mainly of women living in Barrhill who attend St Colmon church, we share resources and meet for a soup and bread lunch once a month.

Dave and I enjoyed hosting our first Christmas Party at Guinea Well (our home), which saw over forty of us get together in friendship, sharing food, drinks and meeting people who were even newer to the area than us. This was the home and community we had hoped for.

So, many thanks to the congregation of St Colmon church, to the people of Barrhill, Colmonell and beyond, for the way you have shared with me, included me in so many ways, and for the kindness you have shown.

Finally, I would like to add that moving to a new place to live, to work, or even to retire, can be the most wonderful experience, if you are also prepared although possibly hard, to make that effort to join in, to give of yourself and to take the time to get to know the people in the community you have chosen, and want to be a part of.

God Bless
Susan (Irving)

Make Time for Peace

Nobody expected it would be like this. If someone just a few months ago told me that staying home and not going outside would help prevent the spread of disease, I would have signed up on the dot. But these feelings of worry and the overwhelming news is taking its toll.

It's time to not just find peace, but actively make room for it.
Here are some tips for setting aside time to rest and reflection:

Turn your phone or tablet off, or put it in another room

This is a big one. Phones are fine-tuned distraction machines.

Phones are vital right now, but it's just as important to have time away from them.

Communicate your needs with those close to you.

Many of us are living in closer quarters than we are used to. Shoulders bumping throughout the day and small interruptions punctuating your times of work or rest. In making time for peace, communicate that need in a clear and thoughtful way. Explain why it is so important, but also explain that you aren't trying to push anyone away. You just need to step back for a moment.

Pick a verse or reading to think about.

Thoughts are very good at running away with themselves. Without something to focus on, you will soon return to the thoughts that may have made you anxious in the first place.

Pick a Bible verse. Doesn't have to be a long one. Just something that you can focus on without straining to remember it.

Alternately, try reading a passage from a devotional book and reflecting on its message. Explore in your mind what it means. Pray that God reveals more of Himself to you through the reading. If you need something visual to focus on, a tealight or candle works best. Just be safe.

Get comfy.

Simple enough, If you start to feel sore, you'll probably lose focus. Get somewhere comfy and restful.

Clear the decks.

If there is a pile of dishes in the sink, clothes that need hanging out and a message you need to reply to, do those first. You need to clear the decks of any jobs or tasks that will nag your thoughts during times of rest and peace.

If you really need to stop immediately, make an agreement with yourself. Set times for when you will do the work and stick to them. That way you are freed to simply stop for a moment and not worry whether something will or won't get done.

Make it regular.

If at first you don't succeed, make it a regular thing. Peacefulness is a practice. It doesn't come through ad hoc pauses in your day or collapsing on the sofa after a busy period. You need to be intentional and purposeful about pursuing peace.

Plan in a regular slot for when you will stop. It can be in small, 15-minute increments every day, or a larger block once a week. Either way, keep the appointment.

Make peace a regular practice.

Scottish Government Route Map Out of Lockdown

We can all help by following advice, handwashing, cough and sneeze hygiene, social distancing and face covering when appropriate.

NB Washing your hands while saying The Lord's Prayer takes as long as singing Happy Birthday twice.

The following information is taken from the Scottish Government's website.

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/>

Scottish Government with effect from Friday 10 July

- Mandatory face coverings in shops and other retail
- **Outdoors** – a household can meet up to 4 other households at a time – up to 15 people in total
- **Indoors** – a household can meet up to 2 other households at a time – up to 8 people in total. This includes overnight stays
- A household can meet up to 4 other households per day in total (this is in total – meetings indoors and/or outdoors)
- The limit on the number of other households you can meet per day (indoors or outdoors) doesn't apply to young people who are younger than 18.
- Children aged 11 or under no longer need to physically distance indoors. Young people aged 12-17 must continue to physically distance
- Extended Households: Non cohabiting partners (and any children under 18 in their households) can form an extended household without physical distancing

With effect from Monday 13 July

- Organised outdoor contact sports, play and physical activity, can resume for children and young people under 18 (subject to guidance)
- All dental practices begin to see registered patients for non-aerosol routine care. Work will begin to return aerosol generating procedures to practice safely
- Non-essential shops inside shopping centres can re-open (following guidance and with physical distancing)
- Face-to-face youth work can resume outdoors (following relevant guidance)

With effect from Wednesday 15 July

- Places of worship can re-open for congregational services, communal prayer and contemplation with physical distancing and limited numbers
- All holiday accommodation permitted (following relevant guidance)
- Indoor hospitality (subject to physical distancing rules and public health advice).
- Hairdressers and barbers – with enhanced hygiene measures
- Museums, galleries, monuments, libraries, various other visitor attractions, cinemas (including drive-ins and venues screening films) – with physical distancing and other measures (e.g. ticketing in advance)

- All childcare providers can open subject to individual provider arrangements
- Easing of restrictions on attendance at funerals, marriage ceremonies and civil partnerships registrations, with physical distancing (limited numbers). Associated receptions are subject to restrictions on hospitality and household meetings

With effect from Wednesday 22 July

- Other personal retail services such as beauticians and tailors can re-open– with enhanced hygiene measures

Not before 31 July

- Non-essential offices and call centres can re-open following implementation of relevant guidance (including on physical distancing). Working from home and working flexibly remain the default
- Live events (outdoors) with physical distancing and restricted numbers. Note: this broad category is under review to determine which types of events are safe to resume slightly earlier
- Live events (indoors) – with physical distancing and restricted numbers
- Bingo halls (with physical distancing)
- Other indoor live-entertainment venues (e.g. theatres, music venues)
- Indoor gyms (with physical distancing and enhanced hygiene measures)
- Outdoor contact sports (organised for adults and informal for all ages)
- Driving lessons can resume

Scaling up of public services

During Phase 3, a range of public services will continue to safely re-open and expand. These include the resumption of face-to-face youth work from 13 July with physical distancing and following relevant guidance).

Public transport continues to scale up to full services, as it moves to a 1 metre physical distancing model once appropriate mitigations are in place, during this phase but will have reduced capacity.

From 11 August: Children to be able to return to school full time (conditional upon ongoing scientific and health advice).

Scaling-up health and social care across Phase 3

Care homes that have been COVID-free can move to stage 3. This allows multiple outdoor visitors, one designated indoor visitor and limited communal living experience to be restarted from 24 July.

All dental practices may begin to see registered patients for non-aerosol routine care. Urgent care centres will continue to provide aerosol generating procedures.

Increasing capacity within community optometry practices for emergency and essential eye care.

From 13 July patients will be able to choose an accompanying person to attend appointments with them.

Physiotherapy and Podiatry services non-urgent care may now also be provided following public health guidance and with additional protective measures in place.