



## **COWAL KIRK NEWSLETTER**

**CHURCH OF SCOTLAND  
SCOTTISH CHARITY NO: SC001976**

**ISSUE NO: 28**

**MARCH 2024**

### **MISSION STATEMENT**

As a church family, we seek to grow closer through fellowship, more compassionate through outreach, and stronger through worship. We aspire to be a caring, inclusive community within a spirit of Christian love. Our focus will be to:

- † Connect with the youth in society
- † Support the elderly and vulnerable
- † Put our church at the heart of the community

## Message from the Manse

Dear Friends,

It is Ash Wednesday as I sit to write this letter. I have no doubt some of us will easily relate to the tradition of Lent. The season of Lent traces its roots back to the 4th century, when the Council of Nicea referred to Lent in its fifth canon. Well, Lent is the forty-day period of fasting and prayer leading up to Easter. This season of fasting echoes Jesus' forty-day fast in the wilderness.

Since the beginning of the year, it has been encouraging to think about ways to reach out to others. Perhaps one of the tough realities of Lent is our critical understanding of how much we need our Saviour as a church (individually and as a group). In the season of Lent, we turn towards Christ as we consider ways of repentance and turning from sin and seek to grow in love with the resurrected Messiah. In the past, ashes and dust were considered the appropriate symbols of repentance.

Dust represented human mortality and our need for eternal life (*Genesis 3:19, 18:27*); ashes were a biblical symbol for grief and mourning (*Esther 4:1*). In some Bible passages, ashes are a biblical symbol for grief and mourning over sin (*Job 42:6, Daniel 9:3, Jonah 3:5–6*).

For some, putting ash or dust on their forehead with the cross meant something and helped them. How will you reflect on your own life during this season of Lent? Do you still take time to reflect on your own sin, and repent?

You probably have read the passage in *Romans 3:23* before: *'For all have sinned and fall short of the glory of God.'* So, it's clear we all need to take time to reflect on ourselves. However, the verse *Romans 3:24* is not often read as well as verse 23: *'They are justified freely by his grace through the redemption that is in Christ Jesus.'* In other words, Christians are made right with God (the biblical word is *justified*) because Jesus took the punishment for us by dying on a cross. The word *'grace'* in verse 24 is critical as we think of mission and reaching out to others. Grace means we have received unmerited favour; it means we have received what we do not deserve; it means God loves us so much that he gave us his son to die for us.

A few thoughts for this season of Lent: as church members we are not perfect. We have our challenges; however, we have received grace, and as recipients of

grace we want to share this grace. In other words, since God has given us unconditional grace, we will seek to relate to others in the very same way God relates to us – with love. We therefore stand with others, and as a family at Cowal Kirk we seek to experience Christ together.

Blessings

*Everisto*

**PREACHING ROTA**

4 <sup>th</sup> February	Toward & Innellan	
11 <sup>th</sup> February	Kirn & Sandbank	
18 <sup>th</sup> February	St. John's	
25 <sup>th</sup> February	Toward & Innellan	
3 <sup>rd</sup> March	Kirn & Sandbank	Scouts' Founders Day
10 <sup>th</sup> March	St. John's	Communion
17 <sup>th</sup> March	Toward & Innellan	
24 <sup>th</sup> March	Kirn & Sandbank	Palm Sunday
31 <sup>st</sup> March	St. John's	Easter
7 <sup>th</sup> April	Toward & Innellan	

**HOLY WEEK SERVICES 25 – 29 MARCH**

Services each morning in Holy Week 11.00 am – 12 noon in Cowal Kirk, St John's Hall.

Please see the attached Holy Week and Easter Services list for full details.

**MID WEEK SERVICES**

Services are held at 11.00 in Hanover Street Hall on the dates below:

Wednesday, March 6th - Jeneffer Zielinski

Wednesday, March 20th - Donald Manson

**FOR THE 'SHUT-INS'**  
**from REV SANDY**

*Dear Friends,*

We are now well into Lent, the period of forty days leading up to Easter, and when we commemorate the forty days which Jesus spent in the wilderness, undergoing temptations by Satan.

The word 'Lent' derives from the Middle English word 'lente', which means 'springtime.'

It has been described as a period of grief ending with the great celebration of Easter. A pretty fair description, but at a more prosaic level it is a time for preparation - preparation for Holy Week and Easter - a time for prayer, for repentance of sins, for simple living, for giving to the poor, for self-denial.

Some Christians commit to fasting during Lent, while others give up one or two of what we might term 'life's little luxuries' as a reflection of Christ's sacrifice as he suffered loneliness in the desert.

There is, however, another root of the word Lent. It's of German derivation and it, too, means 'springtime'.

We do well to remember Jesus' time in the wilderness and his consistent refusal to succumb to the wily ways of the devil, but I want to suggest that Lent can also mean a time for a kind of spiritual 'spring-clean': an opportunity to take stock, for self-evaluation of our relationship with our Lord, and for ditching all that gets in the way of our discipleship.

A really good spiritual 'spring-clean' - what better way to prepare for our celebrating again the sheer joy of Jesus' triumph over death.

Perhaps we might reflect on this simple prayer by the Dutch theologian Henri Nouwen: 'O Lord, make this Lenten season different from the other ones. Let me find you again.'

Every blessing,

*Sandy*

## MUSIC WITH MEMORIES – UPDATE

Our group has got off to a very good start! We have had 2 meetings and some lovely friends have met up again; all with a definite wish to explore musical memories and discover new ones.

A few pieces prompted ideas and suggestions for me- very gratefully received! Many are very willing to sing or take part in simple quizzes and we are having fun- more to come, I hope!

At present, most of our group come from the Befrienders organisation and, as many pre-booked events have fallen on Wednesdays, we are looking at Tuesday meetings as an alternative.

This means that, all being well, our next Music with Memories get-together will be on **Tuesday, 19<sup>th</sup> March at 2pm in St. John's Hall.**

*Lynda Norris*

### COWAL KIRK GUILD

This will be the last month of meetings before we break for the Summer,

Meetings are held on Thursday afternoons at 2pm in Hanover Street Hall. Everyone is welcome. Please bring your own mug. Speakers are listed below.

March 1st - World Day of Prayer @ St. Mun's, Dunoon at 2.30pm

March 7th - Line dancing with Carol Weir

March 14th - World Church - Carol Finlay, Faith Action World Rep

March 21st - Closing Social

### SCRIPTURE UNION BIBLE READING NOTES

If you would like to receive the notes for April – June 2024 at a cost of £5.75 please contact Lydia Hook on 700935 as soon as possible – thank you

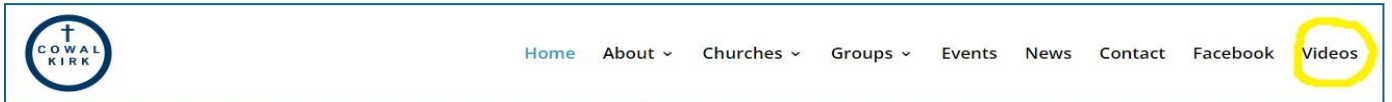
## Cowal Kirk Services to View Online

Did you know that you can view current and previous Cowal Kirk services online? They are all available on the Cowal Kirk website under the **Videos** tab. To access...

Type into Google... **Cowal Kirk Dunoon**

Our website will appear in the list of matches.

Click on the website and when the page opens, click on the **Videos** tab as shown below, or click [here](#) to access.



### **EASY FUNDRAISING** **To all members who Buy Online**

Cowal Kirk has been registered for **Easyfundraising**. This means that if you buy online, the retailer donates a percentage of your sale to a charity, in our case Cowal Kirk. We have recently received a cheque for £22.18 as a result. For this work you must:-

Enter on your search engine e.g. **Google**

Complete Sign Me Up and remember your Password. Enter that you are supporting Cowal Kirk.

Before you make a purchase you must go through **Easyfundraising** first

Find Cowal Kirk

Find your Retailer

Place your order as usual

Cowal Kirk will benefit from the donation that the Retailer gives. We have recently received £22.18. If you have any problems contact:

*Jeanette Ferguson*

[jbellecoltd@yahoo.co.uk](mailto:jbellecoltd@yahoo.co.uk)

## CARE HOME WORSHIP

Cowal Kirk will be leading worship in Ardenlee and Ashgrove on the dates below. Any support at these services is much appreciated.

Tuesday, 12th March, - Ardenlee - 2.30pm

Tuesday, 19th March - Ashgrove - 2pm

*Jen Zielinski*

### NEW HOME

Andrew and Margaret Cook have now moved to a two bedroom first floor flat in Alloway, Ayrshire and have sent the following message:

Please pass on our sincere thanks to all our friends in the Cowal Kirk for our 'farewell party' and for the lovely gift which is a reminder of our time in Dunoon, a place which will always be our hearts.

Best wishes

*Andrew and Margaret Cook*

### THE WEE SHOP AND FUNDRAISING

Not a lot to report this month, the weather and the closing of both the Bank of Scotland and Boots the Chemists has had a noticeable down turn on footfall. We still continue to receive donations and thank everyone who has handed in goods.

We have been able to donate a quantity of baby clothes to a truck going out to Ukraine. There will also be one going to Malawi in March.

*Lawther Murchison*

#### CONTACTS:

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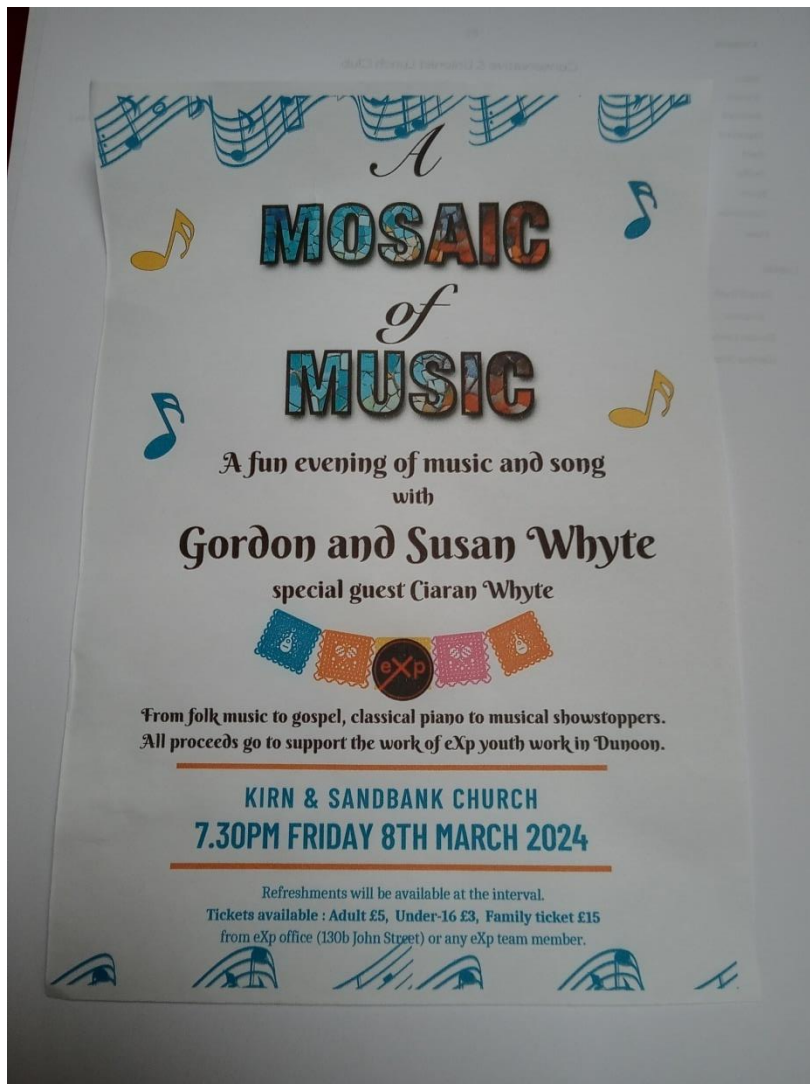
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## COWAL KIRK FLOWERS FOR MARCH

### ST JOHN'S

3<sup>rd</sup> March Mrs Margaret Turnbull  
10<sup>th</sup> Mr Lindsay Hunter  
17<sup>th</sup> Mrs Betty Jukes  
24<sup>th</sup> Mrs Linda Murry  
31<sup>st</sup> (Easter) Mr Ronnie Oliphant

Contact: Mrs Linda Murry  
01369-830022  
07779131257

### KIRN & SANDBANK

Mr & Mrs A Croucher  
Mrs L Douglas  
Tait Family  
Mrs J Haddon

Contact: Mrs M Robinson  
01369-702903

Please note: Deadline date for the April newsletter is **Friday 22<sup>nd</sup> March**  
Please email your contributions to: [marionfyfe8@gmail.com](mailto:marionfyfe8@gmail.com) - thank you





## **HOLY WEEK AND EASTER SERVICES IN DUNOON : 2024**

**IN ADDITION TO EACH CHURCH'S EASTER SUNDAY SERVICES, THE  
UNDERNOTED HOLY WEEK SERVICES WILL TAKE PLACE**

<b>Monday 25<sup>th</sup> March</b>	<b>7.00 pm</b>	<b>Dunoon Baptist Church</b>
<b>Tuesday 26<sup>th</sup> March</b>	<b>7.00 pm</b>	<b>Holy Trinity Church</b>
<b>Wednesday 27<sup>th</sup> March</b>	<b>7.00 pm</b>	<b>St Mun's Church: Stations of the Cross</b>
<b>Thursday 28<sup>th</sup> March</b>	<b>7.00 pm</b>	<b>Cowal Kirk, Kirn &amp; Sandbank Church: Maundy Thursday Communion Service</b>
<b>Friday 29<sup>th</sup> March</b>	<b>7.00 pm</b>	<b>Cowal Kirk, Toward &amp; Innellan Church: Good Friday</b>
<b>Saturday 30<sup>th</sup> March</b>	<b>@ 2 for 2:30 pm start</b>	<b>Dunoon Walk of Witness</b>
<b>Sunday 31<sup>st</sup> March</b>	<b>6:00 am</b>	<b>Dawn Service at Castle Hill</b>



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<b>Sunday 31<sup>st</sup> March</b>	<b>7.00 pm</b>	<b>Cowal Kirk, St. John's Church: 'Songs of Praise'</b>

**Tea, coffee, and biscuits will be served at all of the above  
daytime services.**