



COWAL KIRK NEWSLETTER

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

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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

MINISTER'S DESK

Dear Cowal Kirk,

I greet you all in the name of our Lord and Saviour Jesus Christ. As we journey in prayer and reflection, I am reminded of the profound importance of seeking solace and strength through our faith.

Prayer is the cornerstone of our connection with God. It is through prayer that we open our hearts and minds to His guidance and grace. In times of joy, prayer allows us to express our gratitude and share our blessings. In times of hardship, prayer offers us comfort and the assurance that we are never alone.

I encourage every one of you to cultivate a deep and consistent prayer life. Set aside time each day to commune with God, to present your joys and concerns before Him, and to listen for His voice in the stillness. Remember, prayer is not just about asking for things; it is also about listening, seeking wisdom, and finding peace in His presence.

Furthermore, let us not underestimate the power of encouragement. As brothers and sisters in Christ, we are called to lift each other up, to offer words of kindness and support, and to share in each other's joys and sorrows. Let us be beacons of light and hope to those around us, spreading God's love through our actions and our words.

In closing, I leave you with the words of Philippians 4:6-7: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

May we always find strength in prayer, and may we be a source of encouragement to one another in all that we do.

With love and blessings, *Everisto*

MID WEEK WORSHIP

Services will be held in Hanover Street Hall on Wednesdays at 11.00 am as listed below. All are welcome:

Wednesday 5th June
Wednesday 19th June

Jennefer Zielinski
Donald Manson

PREACHING ROTA

Sunday 2nd June
9th June
16th June
23rd June
30th June
7th July

St John's
Toward & Innellan Communion
Kirn & Sandbank
St John's
Toward & Innellan
Kirn & Sandbank

Introducing Lorna McGinnigal: the new Families Worker for Cowal Kirk

Wife to Jack (who some of you may be familiar with from eXp) & Mum to 4 gorgeous kids, Judah 11, Zeke 8, Suri Joy 5, and Samara Grace, 9 months.

We moved to Kirn in the Summer of 2020, having only ever visited Dunoon once before! It was never the plan to move here, or at least "our plan" but what an adventure it has been so far. We love it here. Our kids love it here. We honestly, just feel so, so blessed to be here in the wonderful Cowal.

Before moving "across the water" (one of my favourite local sayings) Jack and I ran a graphic design & stationery studio in Glasgow, so it is exciting for us now, in my new post as Families Worker to have the opportunity to work together again.

This time with a whole new focus - the youth and young families of Dunoon!

We are excited for all that is to come. For all God has in store for us all here in Cowal. We know His plans are good. We are testament to following Him leads to a life of adventure and we are excited for the journey ahead - for everyone in the Cowal Kirk and for those who are yet to come.

If we can ask anything from you as I take on this new role here it would be this. A prayer that has stuck with me since my younger days when I was just a new Christian.

Pray for Open Doors

“Pray diligently. Stay alert, with your eyes wide open in gratitude. Don’t forget to pray for us, that God will open doors for telling the mystery of Christ, even while I’m locked up in this jail. Pray that every time I open my mouth I’ll be able to make Christ plain as day to them.”

Colossians 4.2-4 msg

I look forward to getting to know you all more and for the adventures ahead!

Lorna McGinnigal 07867191238
[*familiesworker@cowalkirk.org.uk*](mailto:familiesworker@cowalkirk.org.uk)

FROM THE SESSION CLERK

There are a number of High Kirk purple choir robes available if anyone would like one as a memento.

Please contact our administrator if you would like one.

FOR THE ‘SHUT-INS’

from

REV SANDY

Dear Friends,

Not so long back I heard someone make what I initially took to be a tongue-in-cheek statement: “God created the first ever cordless telephone.”

However, they then went on to say this: “It’s called ‘prayer’. It never needs re-charging, and the line is never busy.”

A light—hearted comment to begin with, yes, but a very meaningful explanation.

Nowadays many of us spend hours and hours on our mobile ‘phones, and we have to re-charge them regularly. They are used so frequently and by so many people, we often find we cannot get through to the person we are trying to call.

Prayer, on the other hand, is altogether different. It is our line to our Heavenly Father, it is not something which we have to take time to re-charge, and whenever we want to talk to him we know we can get through there and then. His ‘line’ is never, ever engaged.

Mobile 'phones are particularly useful as a means of keeping in touch with family or friends, especially if we are unable to meet in person, and if we encounter urgent or difficult situations.

So it is with prayer. It is our means of asking God's blessing on every aspect of our lives, and of knowing that we can chat to him at any time, sharing with him all the good times we enjoy, and seeking his love, care and support which we know he readily and unfailingly gives us if, from time to time, we hit a rough patch or simply feel 'down.'

Every blessing, Sandy.

EASYFUNDRAISING

We have 23 supporters for Easyfundraising.

Can I encourage some new supporters? Thank you.

Jeanette Ferguson

HEARTSTART TRAINING

The local Heartstart training group arranged a training session in KSB on Wednesday 8th May. This was well attended.

It involved light hearted non threatening training techniques. The topics covered were all to do with simple life saving skills.

You may be interested to know that these skills are also taught in schools right down to primary schools.

Some time ago, (just before Covid) we obtained an automatic defibrillator. You will know that it is always ready for action. It is located in its own snug cabinet fixed to the front wall of KSB. Anyone can access it for use.

We were awarded a grant from the British Heart Foundation towards the cost of the defibrillator and cabinet.

Everyone should have heartstart training. Cowal Heartstart training team are keen to offer this wherever and whenever it is needed.

The training can be arranged daytime or evening. It can be arranged in KSB hall, St John's Hall or in Toward church. Trainees don't need to be church members. Anyone can be included.

A reply from the Cowal Heartstart training team tells me that they offer regular

open training sessions at the Fire Station every month, First Tuesday of the month from 7 - 9 and Second Saturday in the month in the morning from 11-1pm.

Please contact me at drj.pearce@btinternet.com or contact the Cowal Heartstart Team at heartstartcowal@gmail.com

John M Pearce

If you would like to receive the Scripture Union Bible notes for July – September 2024 at a cost of £5.75 please contact Lydia Hook on 700958 as soon as possible – thank you

‘FUN-d RAISING’ The WEE SHOP and Fundraising

This month we have had great fun helping Shona with fundraising for the Beatson Cancer Charity. Shona took part in the KILT WALK.

Anne dressed the shop window with the theme “Teddy bear’s Picnic” with ARGYLL, Shona’s companion on the walk, in centre stage. The table was set with a beautifully embroidered table cover donated by Christina Matear, and was our first prize won by Jayne Doyle, second prize by Hilary



Mitchell, third by Marion Fyfe and the fourth by Fiona Anderson. The monies raised was £309.00 and from the shop plus £240.00 from Shona’s fundraising totalling £549.00

A BIG thank you to everyone who donated.

The fundraising group were asked to help the Guild with their spring Tea, and enjoyed the morning helping to raise £600.00

Remember if you need help with an eventthat’s why we are here.

The group had a quick discussion regarding future events and agreed we should try for a monthly event SO the plan is for the **first Monday of every month** we have a ‘Fun’ afternoon tea event. As we go to print the number of **FREE** entry tickets has reached over 40.

We also have to fit into this busy schedule a MacMillan Fund Raising afternoon, and a Christian Aid day alsoWatch this space !!

Lawther Murchison

NEW KITCHEN AT THE MANSE



COWAL KIRK FLOWERS

It has been decided that flowers can be delivered to anyone in the Parish who has been unwell, suffered a bereavement, or who is going through tough times whether they are a church member or not.

Please contact Mrs Maureen Robinson on 702903 or Mrs Linda Murry on 830022 to give them the name of anyone who you are aware of and would appreciate flowers at their difficult times.

Cowal Kirk has received a grateful thank you for flowers from Mrs Sandra Barlow who recently received a visit from the Kirk with flowers, they were deeply appreciated following a bereavement.

FRANKLIN GRAHAM MISSION

‘GOD LOVES YOU’ EVENT

To attend the Franklin Graham ‘God Loves You’ event at the OVO Hydro Arena Glasgow, all the churches in Cowal have been offered **FREE** transport to and from the event on Saturday 22nd June at 6.00 pm.

As 47 people from Cowal churches have already booked a place, a second bus has now been arranged. To book a place on the **FREE** bus please contact Helen our administrator – thank you.

CARE HOME WORSHIP

Ardenlee Care Home

Tuesday 18th June at 2.30 pm

Because Vivien, the activities co-ordinator, will be away in Kenya, there will be no formal service at Ashgrove in June, but all friends are invited to make drop-in visits to residents.

CHANGE IN THE EDITOR'S CHAIR

Just to let all readers know, I have decided that now is the time to vacate the role of editor of the Cowal Kirk Newsletter and hand on my trusty red 'editor's' pencil to someone else.

I have edited the newsletter for some years and before that I edited the Kirn & Sandbank Church 'Frontier' newsletter for even more years.

But fear not! The newsletter will continue under the editorship of Rev Ruth Griffiths to whom all articles should be sent from now. Ruth's contacts are as follows: ruthgriffiths@gmail.com or 07875466412. The deadline for any items for the July/August newsletter is **Monday 24th June**.

It has been a real pleasure to receive your articles over the years and I thank you all for your support and comments. I am sure that under Ruth's editorship the newsletter will continue to flourish and maintain an important contact within the parish, especially with those who are housebound.

Marion Fyfe

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