



COWAL KIRK NEWS

**CHURCH OF SCOTLAND
SCOTTISH CHARITY No. SC001976**

ISSUE No. 34

SEPTEMBER 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



FROM THE MANSE

~ Munhu munhu navanhu ~

Growing up in Zimbabwe, I often heard the phrase “Munhu, munhu navanhu” meaning “I am because we are.”

In other parts of Africa that’s the same concept of “Ubuntu”. This life principle instilled in me the importance of working together with others. It is a principle that we do find in our Christian faith. Throughout the Bible we encounter people working together. In Acts 2:42-47, we hear of disciples sharing, caring, supporting and working together. This interconnectedness underscores the value of community, compassion, and mutual support.

Today within Cowal Kirk, amidst change, we desire to embrace the principle of working together. This commitment involves being united in Christ, caring for each other, sharing resources, and supporting those in need both within and beyond our Church family.

In the Church, Ubuntu means we live our Christian lives for both ourselves and others, understanding that our actions affect everyone. The success of the group is above that of the individual. Practicing Ubuntu motivates us to engage one another, to invite others into our homes and our worshipping space and helping the needy.

As a community of believers, it is our primary responsibility to build strong relationships with each other and our community. As we seek to practice Ubuntu, invite someone to come along to Church.

With Every Blessing,
Everisto

STARTER PACKS PLUS

I'm sure we are all now familiar with the mission effort that Starter Packs provides within our community. These packs are available by referral to anybody experiencing poverty, often having become homeless, fleeing domestic situations, or moving on from the armed forces, prison or care. And they do help to ease the financial burden and pressure when moving into a new home, which can often be the first safe place they've ever known.

The combined churches in our area have been tasked with donating items or contributing to the funds in order to enable us to meet demand, and to illustrate the frequency of that, so far this year we have fulfilled 27 referrals!

We have been aided in this by a considerable donation from the National Lottery Community Fund, but with each pack being valued at over £150, our resources will always need boosting.



To that end, we are currently very much in need of the following:
Large dinner plates, Cereal bowls, Small milk pans, Mop & Bucket,



Double duvet covers and Fitted sheets. Toiletries, ie: toothpaste/brushes, shampoo, soap, flannels, etc.

If you can help with any of the above (or wish to make a donation) please let me know and I can arrange to collect.

Ruth

MID - WEEK WORSHIP

These short services are held in the High Kirk Hall every Wednesday, at 11am, as listed below ~ **All are welcome.**

September 4th - Geoffrey Roberts

September 18th - Rev. Everisto

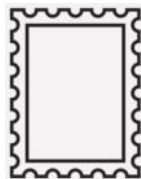
IN CELEBRATION OF:



Mrs Nessie Smart, a lovely lady with a delightful personality, who has reached the remarkable age of ONE HUNDRED AND TWO!

Church of Scotland Stamp Appeal

The CoS Stamp Appeal is supporting an initiative called **Firmly Planted** who make a sustainable impact across Malawi, Zambia and Zimbabwe by establishing tree nurseries, thus addressing food insecurity, deforestation, climate change and youth unemployment.



Boxes are now available in each church, so please bring along all your used postage stamps and place them in the boxes. They will then be sent on to help the Appeal.

IF THERE ARE ANY OTHER CELEBRATIONS - PLEASE TELL US

PREACHING ROTA

Sundays:	1st September	Toward & Innellan	
	8th September	Kirn & Sandbank*	(with Communion)
	15th September	St. John's	(followed by BBQ)
	22nd September	Toward & Innellan	
	29th September	Kirn & Sandbank	(Family Service)
	6th October	St. John's	

*** Please note: The Sacrament of Holy Communion will be held in Cowal Kirk: Kirn & Sandbank Church on Sunday, 8th September.**

COWAL KIRK GUILD

In July the Office Bearers met and, after some discussion, decided to poll the membership regarding plans for the 2024/25 session.

Deep and sincere thanks are due to Helen Cooper, Church Administrator, for sending out the questionnaires, and to all the members who responded.

From those responses, the committee met and decided on the following plans :-

The Cowal Kirk Guild will re-commence in Cowal Kirk St John's Hall on Thursday, 3rd October at 2pm.

The Guild will meet weekly, and endeavor to alternate speakers as far as possible with less formal occasions, such as quizzes and sing-alongs. Friends are asked to bring their own mug.

Everyone will be welcome to join us whenever they can, and we promise there will be company and fellowship, which were among the main attributes requested.

Fund Raising News

The fund raising team met on 19th August to discuss and plan our future events. All these events (unless otherwise highlighted) will be held in the HIGH KIRK HALL, Hanover Street.

The dates for your diary are:

Monday 2nd September: Meet & Greet - BINGO

Sunday 15th September: Barbecue* (after church service)

~ in support of Macmillan Cancer Support ~

**See back of magazine for details*

Monday 7th October: Meet & Greet - BEETLE

Saturday 28th October: Christmas Fayre

Monday 4th November: Meet & Greet - BINGO

Monday 2nd December: Meet & Greet - SANTA BEETLE

Thursday 5th December: Christmas Tree Festival

~ in Kirn & Sandbank Church ~



What's a mathematician's favourite book in the Bible? Numbers

The Lord's Prayer

This was handed to me recently by Tom Irvine. It has provided him with a lot of comfort since first coming to his attention and he thought others might like to read it.

It's a translation of the Japanese version of the Lord's Prayer, which was broadcast by the Rev. Eric Frost on 4th May, 1965; composed by a Japanese woman, Toki Miyashina.

The Lord is my pace-setter, I shall not rush; He makes me stop and rest for quiet intervals. He provides me with images of stillness, which restores my serenity; He leads me in ways of efficiency through calmness of mind, and his guidance is peace.

Even though I have a great many things to accomplish each day, I will not fret, for His presence is there.

His timelessness, His all importance, will keep me in balance.

He prepares refreshment and renewal in the midst of my activity by anointing my mind with His oils of tranquility.

My cup of joyous energy overflows.

Surely harmony and effectiveness shall be the fruits of my hours, for I shall walk in the peace of my Lord, and dwell in His house for ever.

Flower Rota for August

	Kirn & Sandbank	St. John's
1st	Mrs K. McArthur	Mrs Anne Fletcher
8th	Mr & Mrs Gordon Robinson	Mrs Mary Forbes
15th	Mrs Lydia Hook	Mrs Margaret McVicar
22nd	Mr & Mrs Dick Walsh	Mr Barry White
29th	Vacant	Vacant
Contact:	Mrs M. Robinson 702903	Mrs Linda Murry 830022/

07779131257



Holiday Club Report



As we come to the end of the summer, we can reflect on the 'Deep Sea Divers Holiday Club' and truly give thanks for what was a wonderful week for all involved.

It was a true community effort, and we were blessed to work alongside Dunoon Baptist Church, eXp, New Life Fellowship Church AND Morrisons Supermarket. We worked together to rally a huge team of volunteers of all ages to organise a week of activities for 40 plus children each day; to come together, to have fun, and to dive into the bible and learn about Jesus.

The children had so much fun, and so did everyone else involved - it was such a happy week. It felt as if anything could have been happening outside the walls of the High Kirk Hall, but inside, in our Deep Sea world - all that existed was joy and excitement. Songs and dancing filled the hall, while games and crafts captured the children's imagination. But, most importantly, a safe space was created for them to 'Dive In' and hear stories about who Jesus is and the things he did when he was here on this earth.

We learned memory verses together, we won prizes, we soaked the Leaders! and we enjoyed lunch together each day, thanks to Morrisons' Community Champion - giving us a wonderful time to chat and really get to know the children.





On our last day, we invited parents and carers in for our last hour to give them a wee taste of what their children had been doing. From that we received wonderful feedback; in fact one parent said it had been the best week of the summer holidays for her children. We thank God for every single child who walked through the doors, for every person who brought them each day, for every leader and volunteer who gave their time and for every prayer or word of support and encouragement that helped to make this week all it was. We literally could not have done it without you!

And as one chapter closes, another begins.....

This week we start back afresh with our Kirk Cafe in Kirn & Sandbank Church. And it would be wonderful to see as many members of the church as can come along with a friendly face and lots of chat. Please pray for all who may come along this year, that they all feel truly welcomed and find a safe, warm place to share a cuppa and enjoy quality time together.



We also plan to have the first of our 'Family Friendly' services in the High Kirk Hall, Hanover Street, at the end of the month.

We have - enticingly? - been calling this idea our "Pizza Church" and have now decided, since it is so catchy, to just run with this name.

It literally will be what it says on the tin!

We want this to be a fun, family style occasion, where we share food round the tables and share some of our Christian faith too.

Our first "Pizza Church" will be on Friday 27th September, 4.30 to 6.30pm.

ALL ARE WELCOME

If you are able to join us, or perhaps even help out and serve on the night, please drop me an email at: familiesworker@cowalkirk.org.uk

My email is always open and I will always be delighted to hear from you!

*Lorna McGinnigal,
Cowal Kirk Families Worker.*

AN ALARMING STORY?

I had cause, recently, to replace the battery in my smoke alarm, and it reminded me of an occasion when, in the very early hours of the morning, my smoke alarm went off. By ‘went off’ I mean it would probably have woken the whole neighbourhood if I’d lived in a built up area. That might have been a good thing, because at least someone else would have been roused from their sleep, and they might have had the required replacement battery — which was the reason why the contraption had gone into alert mode. As it was, my collection of spare batteries encompassed almost every type imaginable, except the one needed.

Unsettling (literally) as the experience was, it got me thinking about alarms and their various forms, whether audible warning devices or actual distress signals. The word comes from the Italian ‘all-arme’ meaning ‘to arms’, which fits in with the notion of a disturbance to which one must respond in a state of readiness. I guess that’s what the present day alarm clock does; creates a disturbance which summons us to respond — although I’m not sure if my response could be described as one of readiness! The history of alarm clocks goes back as far as the 4th century BC, when Plato is said to have possessed one. Later on, similar devices were used in monastic life for the ‘soldiers of Christ’ - holding on to the notion of some kind of weapon. Over time, however, the word ‘alarm’ developed an additional meaning - describing the fear which results from a warning of danger.

We may well joke about it, describing an inanimate object as being ‘alarmed’, meaning it is fitted with a warning device, but then envisaging it with a startled expression! But the fact of the matter remains; we try to avoid alarming situations simply because we prefer not to have to deal with any kind of trouble. At such times we may be inclined to turn to God for help or protection.

That thought reminds me of the hymn: Make me a captive, Lord, which goes on: “I sink in life’s alarms when by myself I stand, imprison me within thine arms, and strong shall be my hand.

Now that *is* something worth remembering whenever you’re roused from sleep.

Ruth



What size was the wood that was used to build the ark? 2 x 2

Care Home Worship

Due to programme constraints, worship at Ashgrove has moved to Tuesday mornings.

Any help given would be really appreciated at these services.

Tuesday, September 3rd - Ashgrove at 11.00am.

Tuesday, September 17th - Ardenlee at 2.30pm.



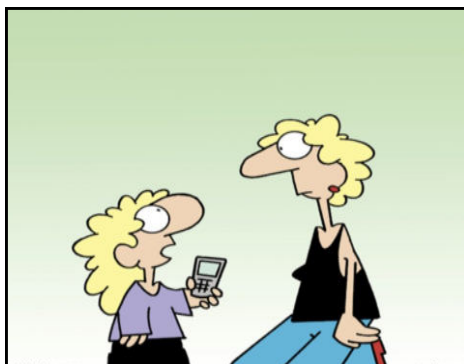
BLYTHSWOOD CARE SHOEBOX APPEAL

Since the first Shoe Box Appeal in 1993 more than 2.6 million boxes have been sent – each one different, each one personal, each one an expression of your care and kindness towards a stranger in need.

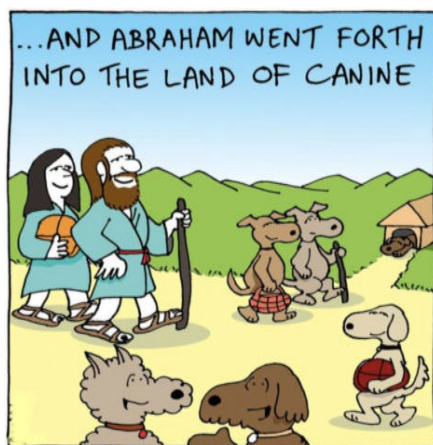
If you are preparing a box please note the closing date is Sunday 27th October. Boxes should be covered with Christmas paper and brought to church by the closing date. Arrangements will be made to uplift from each building.

If you prefer to make a cash donation please place it in an envelope marked 'Shoebox Appeal' and hand it to one of the undernoted contacts as soon as possible, as this will enable the team to purchase goods for the boxes and have them made up in time. Guild members may, of course, prefer to bring boxes and donations to the meetings during October.

Contacts are: Kirn & Sandbank - *Joan Ellis*, St. John's - *Pat Paterson*, High Kirk - *Leonora Towart*, Toward & Innellan - *Richard Seaton*.



"If I send my prayer as a text message, will I get a faster reply?"



1ST COWAL Exciting Times Ahead!

As the summer draws to a close, we are thrilled to announce the restart of the 1st Cowal Boys Brigade & Girls Association!



Our doors will officially open again on Wednesday, 4th September, at

Hanover Street Hall. Behind the scenes, our dedicated Leaders have been hard at work, preparing to welcome 54 eager young people back into our fold.

In light of the unpredictable weather, we've adjusted our planning approach this year, focusing on half-term blocks. Although the upcoming term is just five weeks long, we've packed it with an array of activities designed to educate, inspire, and, of course, entertain.

For our Anchors (ages 5-8), the weeks ahead will be filled with fun and discovery, starting with some much-loved games, then venture into the world of science with light refraction experiments. We'll also celebrate "Talk Like a Pirate Day," dive into the benefits of healthy eating, and cap off the term with a special session on World Space Week, led by our very own Elise Wilson.

Our Juniors (ages 8-11) will embark on a series of exciting adventures. The term will include a Detective Mystery night, a unique twist on Monopoly that involves physical activity, and a collaborative event with Holy Squiggles. We'll round off the half-term by participating in the 1240 Challenge, supporting the 'End Polio' campaign as part of

a national partnership between the Boys Brigade and The Rotary.

The Company & Seniors (ages 11-18) will experience a dynamic and varied programme. The term will kick off with a surprise activity in Week 2, followed by sessions that explore the meaning of "Sure & Steadfast" within both the Boys Brigade and their personal faith journeys. They'll also hone practical skills, such as knot-tying, and delve into navigating today's youth culture.

It promises to be an action-packed five weeks, and we can't wait to see everyone back on the 4th of September!

Be sure to keep an eye on our social media channels and these newsletters for more updates as the term progresses.

FOR THE 'SHUT-INS'

From Rev. Sandy

Dear Friends,

"If you want God to open and close doors, you need to let go of the doorknob" - so wrote American author and mentor Dartannon Wilson, and I think his words are very perceptive.

Often we want to ask God to help us, perhaps when we find ourselves facing difficult problems; yet now and again we may be inclined to try to control the extent to which we allow him to influence what we say and do.

We may be sure that we need God's reassurance and support, yet we may be reluctant to be totally open with him, to lay before him our innermost feelings.

Perhaps we allow him to 'go this far, but no further'. In other words, we prefer him to have access - on our own terms.

In a way, the 4th century Theologian and Philosopher St Augustine reflected this when he wrote: 'If you believe what you like in the Gospel, and neglect what you don't like, it is not the Gospel you believe, but yourself.'

Ours is a God for all times and all seasons. We ought not to put any limitations or qualifications on our openness, on our faith and trust in him.

Let's never forget that his love for us is unconditional and unlimited, so if we take our hands off the doorknob and let him fully into our lives, he will comfort and support us through our anxieties and concerns, and share in the good times we enjoy, enriching them beyond measure.

Every blessing,

Sandy.



How does Moses make his coffee?

Hebrews it

On a recent holiday in Italy, the tour I was on included a visit to Salerno, which I found most interesting. I share some of the information I gleaned on that visit.

Salerno has a long history, from BC times it was a Roman colony named Salernum. The city was occupied in turn by the Goths, Byzantines, Longobards and the Normans and later developed into the Principality of Salerno, governed by the Duke Arechi, under whose rule the city became a centre of studies especially its famous Medical School. By 839 AD Salerno was an independent Lombard Principality,

By 1077 the Normans occupied the city and built the Royal Palace and



the magnificent cathedral, the Duomo di San Matteo and the Medical School. Also at this time a St Matthew's Fair was founded in the city, which became an important market fair in Southern Italy.

The Cathedral, also known as the Duomo,

is the main church in Salerno and a great tourist attraction dedicated to St Matthew, whose relics are in the crypt. Founded from 1076 by the Normans. During WW2 in 1943, the Duomo was damaged in the Allied landings known as Operation Avalanche.

I was particularly interested to visit Salerno, as it was to this town that my father was sent in his wartime service with the RAF. I think it was towards the end of the war that many allied servicemen were sent in an effort to bring the war to a conclusion. No doubt the town had seen many changes since 1943.

Marion Fyfe

If anyone has a story like this to share, please contact the Editor.

Kirk Cafe

AT KIRN & SANDBANK CHURCH

LOTS OF FUN
GREAT CHATS

FREE HOT DRINKS
& HOME BAKING

YOUNG & OLD(ER!)
ALL WELCOME

TOYS & STORIES
FOR WEE ONES



WEDNESDAYS
10-11:30AM

WE WOULD LOVE YOU TO JOIN US!





Come along to a **-SIZZLING-**

FAMILY FUN DAY & Barbecue

IN AID OF **MACMILLAN CANCER SUPPORT**

**Sunday,
15th September,
12 noon,
Hanover St. Hall,
after church
service.**

Family Tickets £10
(children free)
No Entry without Ticket

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Please note: **Last day for October Newsletter contributions : Monday 23rd**

Please email these to EDITOR as above – thank you.