



COWAL KIRK NEWS

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

ISSUE No. 42

JUNE 2025

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

~ Moving Forward in God's Love ~

Dear Friends,

I hope this letter finds you well. I wanted to take a moment to share with you my reflections on the recent General Assembly, where our church gathered to address the challenges we face in decline and finances.

It was not an easy meeting, and the decisions made were not taken lightly. However, I am convinced that these steps are necessary for us to move forward and fulfil our mission.

In the midst of uncertainty and change, it's easy to lose sight of what truly matters. As Christians, we are called to be guided by God's love, and it is this love that will carry us through these challenging times. As the Apostle Paul writes in Ephesians 3:18, "And to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God."

As we navigate the road ahead, I encourage you to hold onto this promise. God's love is not limited by our circumstances or our shortcomings. It is a boundless, overflowing love that can guide us, sustain us, and empower us to be the church we are called to be.

The decisions made at the General Assembly are not just about numbers or finances, they are about being faithful to our calling as followers of Jesus Christ; they are about being a community that reflects God's love to a world in need. As we implement these changes, I ask that you join me in prayer and support, that we may be guided by God's wisdom and empowered by God's Spirit.

Let us move forward with hope and confidence, knowing that God's love is the foundation on which we stand. May we be filled with the fullness of God, and may our lives be a reflection of His love to the world around us.

If you have any questions or concerns, please do not hesitate to reach out to me or other church leaders. Together, let us seek to be the church that God has called us to be.

With love and blessings,

Everisto

THE WEE SHOP

I'm finding this month's report really quite difficult, because it's no longer "an appeal" for help, but rather a statement of fact that the only way we can keep going is to close for another half day! Both Anne and I are finding it very demanding as, whilst we're happy to each do our three half days, that never seems to be enough, and my garage now has no room for the car. I take home any excess stock and then price and box it ready to return to the shop - whenever space allows; whilst Anne takes all the linen items, launders them and then prices and packs ... so her spare room has become a stock room!

This, of course, in no way reflects on our volunteers, who are all wonderful, as they will step up when needed. Unfortunately, everyone needs time off, so that when holidays happen, keeping the rota going is a real headache. The result is that in June, July and August we will definitely close for 1½ or even 2 days. Volunteers do not need previous experience; an extra hand will give Anne or myself time to restock, price and display. And nor does it need to be a permanent position; even just once a fortnight would be a huge help during the holiday period.

On a brighter note, we do receive a continuous number of lovely donations, meaning our wee shop is constantly filled with useful, colourful, interesting items; and customers are always making favourable comments about how well stocked we are. And this gives us the opportunity to continue being a Christian presence in the middle of the town, and to spread the word about our wonderful Cowal Kirk, encouraging folk to come and see everything else that we do.

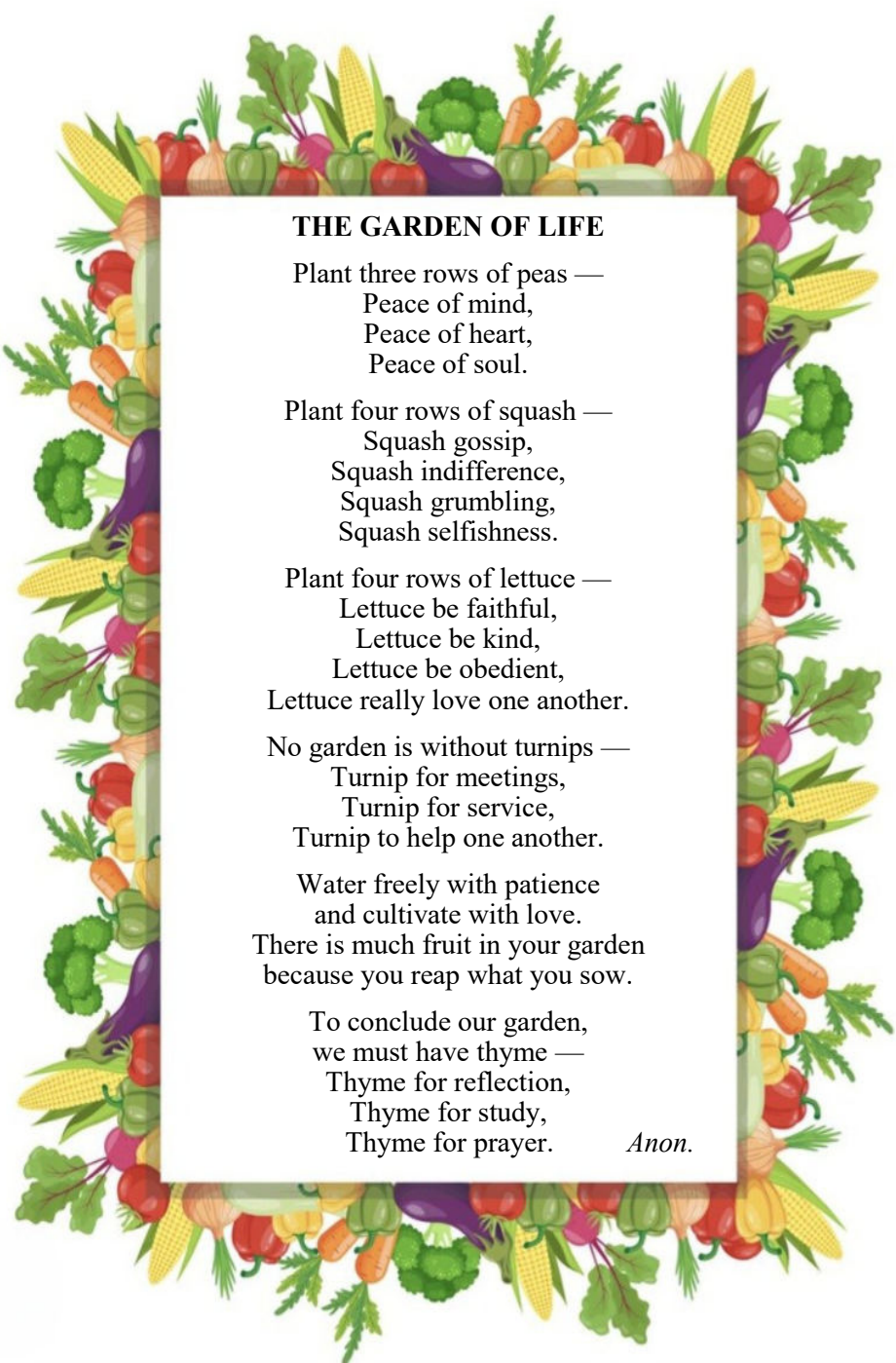
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MID - WEEK WORSHIP

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

Wednesday, June 4th—Paul and Isobel Copp

Wednesday, June 18th - Donald Manson



THE GARDEN OF LIFE

Plant three rows of peas —
Peace of mind,
Peace of heart,
Peace of soul.

Plant four rows of squash —
Squash gossip,
Squash indifference,
Squash grumbling,
Squash selfishness.

Plant four rows of lettuce —
Lettuce be faithful,
Lettuce be kind,
Lettuce be obedient,
Lettuce really love one another.

No garden is without turnips —
Turnip for meetings,
Turnip for service,
Turnip to help one another.

Water freely with patience
and cultivate with love.
There is much fruit in your garden
because you reap what you sow.

To conclude our garden,
we must have thyme —
Thyme for reflection,
Thyme for study,
Thyme for prayer.

Anon.

LIVE STREAMING

The live streaming equipment has now been installed. It was used successfully at the church service in Kirn & Sandbank on Sunday, 18th May and at the service in St. John's on Sunday, 25th May.

This means that those unable to attend church no longer need to miss out as they can catch up with the services either through live streaming on a Sunday morning at 10:30 (when the service is at St. John's or Kirn & Sandbank) or on catchup via the Cowal Kirk YouTube channel (at all services).

To access our live-streaming service, please go to:

<https://www.youtube.com/@CowalKirk222/streams>

or Search for **Cowal Kirk Livestream in your browser.**

If you click subscribe, you will be sent a notification when the service starts.

And don't worry if you cannot watch at 10:30 am, as all services, past and present, are available to view from the Cowal Kirk YouTube page:

<https://www.youtube.com/@CowalKirk222/videos>

If you would like further information about live streaming, please contact: admin@cowalkirk.org.uk

PREACHING ROTA

1st June	Toward & Innellan
8th June	Kirn & Sandbank
15th June	St. John's
22nd June	Toward & Innellan .. with Communion
29th June	Kirn & Sandbank
6th July	St. John's

CHRISTIAN AID

The Smartie appeal for Christian Aid has been well received and, to date, we have received £690.00 in donations/filled cartons, with a few more promising to hand in their completed cartons by the end of the month.



The full result, including those from the red envelopes will be announced in due course. Thankyou.

CALL FOR HELP !!

The next Cowal Kirk bible-based **Holiday Club** will be held in the High Kirk Hall on **Monday 4th to Friday 8th August, 2025**, from 10am until 2pm.

This year's theme is "A Tale of Two Kings" and will look at how the Bible tells God's story revealing who he is. It tells key stories from the life of King David, who points us towards King Jesus.

We are looking for Volunteers to help at the club with the children,

but also behind the scenes in the kitchen to help prepare lunches and snacks, and also on the door during registration.

You don't have to commit to the whole week; perhaps you can only manage a day/hour or two, but we would love to have you come and join the fun.

Please let us know as soon as possible if you would like to help.

Contact me (Lorna) for more information:-

familiesworker@cowalkirk.org.uk



Church of Scotland Stamp Appeal

The poster on the right reads: “The Al Ahli Hospital in Northern Gaza is the only Christian hospital in the Gaza Strip and Gaza’s only cancer hospital. It serves in time of calm during the occupation and despite all, and through all the bombing since October 2023, the hospital has continued to serve the population in whatever way they can with the small resources they have and with staff working hours under difficult conditions.”



The hospital normally handles around 300 surgeries and 600 radiological per month, along with up to 3,000 outpatient visits. Even since the beginning of the conflict in Gaza, the hospital has continued to conduct emergency operations 24 hours per day, operating on 30-35 people per day.

As well as serving as a hospital, it has also provided shelter for thousands of residents who have fled their homes in northern Gaza, seeking safety from Israeli strikes. Unfortunately, the hospital was also hit by a fatal air strike killing and wounding several hundred people including children.

The war has also brought considerable psychological trauma, with children losing family members and some becoming orphans. The Ahli field clinic now addresses this with psychological support. But to enable the Ahli to be able to respond to these increasing needs at this time, given that the hospital itself had been significantly damaged, will require substantial funding.

One way we can help with this is via the **2025-26 Stamp Appeal**. Collection points are available in all the church buildings, so please bring along whatever you can and let's help to support the work of this project to raise funds for the Al Ahli Hospital.

We can also pray, along with Archbishop Hosam: “that this wave of violence be stopped, as there are no winners in wars. All are losers.”

CHILDREN & FAMILIES NEWS

I think the last time I wrote we were celebrating Holy Week. It's been a busy and joyful time since, full of good food, friendly faces, and exciting plans.

It could seem on the surface that the time after Easter is a little less celebrated- but it is then that we find our Jesus. It is then that he walks alongside us (often unrecognised as on the road to Emmaus) in the midst of our ordinary daily lives.

The newsletter is always an opportunity for me to pause and reflect and thank God for my Emmaus road moments, those times when I didn't acknowledge or even recognise Jesus in my life. But he most certainly was there and IS here, every single day.

So now, in the weeks after Easter, we are giving thanks to God for all he has done in our beautiful Cowal community.

PIZZA CHURCH

At Pizza Church, we moved directly from the week after Easter, to look at how Easter isn't the end of story - but actually the very beginning of a new one; a story we can all become part of.

Our own story, where Jesus comes and meets us in our daily lives and meals (even our pizza ones!) because he cares for us and loves us.

**He came to give
us LIFE that we
might LIVE it to
the FULL.**

We sang, we danced, led by eXp with some old "assembly bangers"

We had
lots of
new faces

in this month with lots of new children and babies too. It was our pleasure to be joined also by Sarah Johnson, Mission Support Officer for the Church of Scotland. All the way from Edinburgh to Bonnie Dunoon!

We continue to thank God for these wonderful nights and the opportunities to share the Good News of this full life with Jesus throughout our community.



Sunshine, Chickpeas and GOOD FOOD!

We ran our second Good Food Market Stall in Kirn Primary this month. It was a day of beautiful sunshine, so we were blessed to be able to setup in the playground and have so many great conversations.



It was wonderful to see so many smiling and eager faces as we handed out a whopping 100 bags of GOOD FOOD, all with the aim of helping families get into the kitchen together and learn to make a delicious meal - this time a tasty chickpea

curry. What a brilliant way to share good food and even better cheer with our neighbours!

KIRK CAFÉ: A Mid-Week HUG!

Our beloved Kirk Café continues to be the highlight of Wednesday mornings. We've been absolutely delighted to see so many of our wonderful regulars popping in for some fun, chats, cuppas and home-baked goodness (thanks to Morian & Maureen).

Even better, we're also seeing new faces each week, which is just fantastic. It warms our hearts to know our café is a place where friendships blossom and community thrives.



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And speaking of warmth, the past few weeks have given us such lovely weather that we've been able to truly enjoy the beautiful Kirn and Sandbank church gardens. We've had so much fun with the children and adults alike, playing games, telling stories and singing our songs under the sun.

Get Ready for "A TALE OF TWO KINGS"

Our Summer Club is currently deep in the planning stages, and this year's theme "A Tale of Two Kings" will explore the life of King David and King Jesus from 4 - 8th August.

We can't give away all the royal secrets just yet but, rest assured, it's shaping up to be an adventure you won't want to miss!

Keep your eyes peeled for more details as registrations are about to open this week. We are thrilled to have a team of all ages from across the churches in Cowal, but are always delighted to have more volunteers.

And even if you're not confident with children, there are always roles behind the scenes or helping out in the kitchen. SO please don't hesitate to reach out if you can! It's a real privilege and honour to have this role, and to be part

of such a vibrant and caring church family. I'll sign off with this verse, which always makes me a little emotional as I think of all Jesus has done, and all He is still doing every single day.

Lorna McGinnigal familiesworker@cowalkirk.org.uk

"Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written." (John 21:25)



Care Home Worship

Services at the following Care Homes will be held as listed below.

Assistance at these is much appreciated.

Ashgrove — June 10th at 11am

Ardenlee — June 17th at 2.30pm

It was recently brought to my attention that this year's Dementia Awareness Week (DAW) - an annual campaign that aims to raise awareness

and help improve the lives of people living with dementia, as well as their families and carers - will be taking place between **2nd and 8th June**.

The theme for 2025 is '**Every step**' and focuses on the important role that friendship plays in the lives of people with dementia and their carers, from diagnosis through to the more advanced stages.

Plans are well underway for this campaign, but there is also an annual Conference in Edinburgh on 22nd September with tickets already available by emailing: conference@alzscot.org

In addition, this month the charity are also launching three exciting fundraising campaigns: 1) their annual **Tea & Blether event**, this runs concurrently with 2) their **Morrisons campaign**. We will no doubt be aware if this if/when we do any shopping there, but they are also calling for volunteers to assist. If you are available, please (email: morrisons@alzscot.org or phone 0131 514 0016). And 3) their annual **Memory Walk** with four events scheduled during the year.

They are extremely grateful for anyone willing to get involved in any of these events, from hosting a Tea & Blether, to volunteering at the bucket collections, or walking in memory of a loved one. Thank you.

Joan Ellis.



**Alzheimer
Scotland**
Action on Dementia

Adventure Starts Here — With Your Help —

As we step into our summer term, life at 1st Cowal is as vibrant as ever!



We're excited to announce the launch of our Adventure Fund — a dedicated campaign to help our young people step boldly into new experiences. This fund ensures no one is left behind because of cost, and it helps us keep activities affordable for families while at the same time opening doors to adventure, friendship, and faith-filled growth.

Can you remember your own adventures growing up?

The thrill of climbing a Munro...

The warmth of a campfire shared with friends...

The confidence built paddling across a loch...

Those weren't just fun moments — they were formative ones. They taught us resilience, leadership, teamwork, and trust. Now, it's our turn to pass that gift on.

Your support can help equip the next generation — with kayaks, tents, safety gear, and the kind of experiences that shape lives and strengthen character. Every donation, no matter the size, helps spark new stories and lasting memories.

➡ Donate today and be part of something bigger. Be part of our legacy.

<https://www.justgiving.com/campaign/1cowalbbadventurefund>

What's Happening at 1st Cowal?



Ardentinny Adventure Incoming!

We're getting ready to take 30 young people on a day of outdoor adventure—from gorge walking to kayaking (and hopefully some raft building, if we can track down enough barrels - see facebook page!). It's one of the highlights of our year, and the kind of experience your support helps make possible.

.../... *Cont'd over*

Awards Night – A Night to Celebrate!



Join us at St John's Church on Wednesday, 25th June, at 6pm SHARP for our annual Awards Night, where we'll be presenting over 200 awards, including — for the first time ever — TWO President's Badges, one step below our prestigious King's Badge. We'll also be awarding the High Kirk Trophy to a young person who has consistently demonstrated outstanding commitment, personal growth and a positive attitude, impressing Leaders with their dedication to learning, service and leadership.

Come celebrate with us as we honour the hard work, growth, and achievements of every young person in our care.

Thank you for believing in our young people.

Thank you for helping them grow in courage,
character, and Christ.

With gratitude,
Jamie and the 1st Cowal Team

Flower Rota for June

Kirn & Sandbank

1st Mrs M. Downes

8th Mr & Mrs D. Devine

15th -

22nd Hay Family (M. Jackson)

29th Mrs Katie Stewart

St. John's

-

Mrs Grace Black

Miss Margaret McVicar

Mrs Betty Jukes

Mr William Ponton

Contacts

Mrs Maureen Robinson **702903**

Mobile: **07570 973011**

Mrs Linda Murry **830022**

Mobile: **07779131257**



VOLUNTEERS NEEDED

We are looking for any volunteers who can help us with our next **Pizza Church** on **Friday 30th May** from **4-6:30 pm**.

If you are able (and willing!) to help in any way, we will be over the moon to have you join us.

These are nights for everyone.

To share pizza, and our lives with each other.

See you there :D

Pizza Church with Cowal Kirk

We would love you to join us!

DINE IN DATES

FRIDAY APRIL 25TH
FRIDAY MAY 30TH
FRIDAY JUNE 20TH

HIGH KIRK HALL, Hanover Street
4.30 - 6.30pm

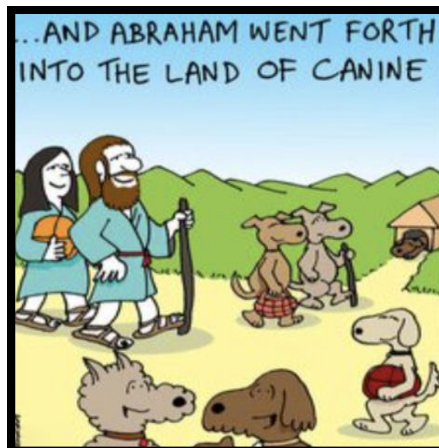
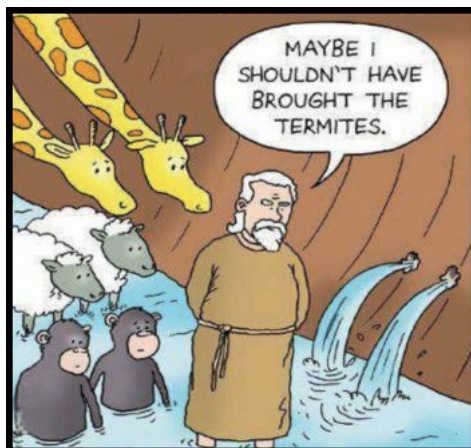
Dine In Only!

The Church of Scotland
PIONEER MISSION FUND
COWAL KIRK

RSVP to: familiesworker@cowalkirk.org.uk

The Sunday School teacher asked, "Now, Johnny, tell me honestly, do you say a prayer before eating your meal?"

"No Miss," he replied, "I don't have to – my Mum is a good cook!"



Just a thought ...

It was when contemplating a wee drive out to Inverchaolain some time back that I remembered seeing the marker indicating that it was 14 miles from Dunoon, and this got me thinking about the significance of this word ‘milestone’. Because we do use it in all sorts of contexts, not all directly connected with distance.

In my family there are three boys and two girls, with about 10 years between the eldest and youngest, and with me being somewhere in the middle. Throughout my life, however, this has meant that whenever the eldest has celebrated a ‘milestone’ birthday, there will follow a succession of ‘milestone’ birthdays - approximately every two years until we reach the youngest - when it all starts again.

But why do we make such a thing about reaching another decade, enough to call it a ‘milestone’? After all, a milestone is defined as a notable event that causes some change to occur, or a significant or important event in history, whereas one’s birthday is just the anniversary of the day you were born.

Is it really because we still think of our years as being limited to the old “three score and ten”? because it’s clear that such past predictions now need to be revised; and statisticians say there is no longer any obvious sign of an “upper limit” to ageing being reached, as we have noted even amongst members of our congregation!

Milestones in our lives, however, take other forms – sometimes good events, sometimes not; and we mark them in our memories perhaps by the year in which they occurred, or more noticeably by whatever happened as a result.

Churches, too, also mark the number of years of service of individuals; June 14th marks 2 years since we welcomed our own Rev. Everisto; we even mark the anniversary of the buildings themselves. And as Christians, our worship is marked by the milestone events recorded in the bible; many of which we celebrate annually, or with some, more often. Indeed, we have not long observed the most significant mile-stone event of another Easter; followed at the end of last month by the Ascension. That, in itself, should remind us that whatever events we have to deal with, whether we regard them as stumbling blocks overcome, achievements reached, disasters befallen or celebrations enjoyed, our marker (our milestone?) is the knowledge that our Lord and Saviour walks alongside us every step of the way.

Editor

“Humour is mankind’s greatest blessing”

Mark Twain

The teacher asked her Sunday School class to draw a picture of their favourite bible story. She was puzzled by Kyle’s picture, which showed four people in an aeroplane. So, she asked him which story it was meant to represent. “The flight to Egypt,” said Kyle.

“Oh, I see... so that must be Mary, Joseph, and the Baby Jesus,” she said. “But who’s the fourth person?” Kyle explained, “That’s Pontius the Pilot!”

God asked Adam, “What’s the matter?” Adam said, “I don’t have anyone to talk to.”

So, God said he would make him a companion and that it would be a woman.

God said, “This person will gather food for you, and when you discover clothing she’ll wash it for you. She will always agree with every decision you make. She will bear your children and never ask you to get up in the middle of the night to take care of them. She will never nag you, and she will always be the first to admit she was wrong when you’ve had a disagreement. She will never have a headache and will freely give you love and passion whenever you need it.”

Adam asked, “What will a woman like that cost?”

God replied, “An arm and a leg.”

So Adam asked, “What can I get for a rib?”

And the rest is history.

MINISTER: Rev. Everisto Musedza

(01369) 268482 / 07748347487

EMusedza@churchofscotland.org.uk

SESSION CLERK: Mr Jim Anderson 07725186379

sessionclerk@cowalkirk.org.uk

ADMINISTRATOR: Mrs Helen Cooper

admin@cowalkirk.org.uk

FAMILIES WORKER: Mrs Lorna McGinnigal

familiesworker@cowalkirk.org.uk

SAFEGUARDING: Mrs Jeanette Ferguson

jbellcoltd@yahoo.co.uk

EDITOR: Rev. Ruth Griffiths (01369) 830145 / 07875466412

ruthgriffiths@gmail.com

Please note: **Last day** for contributions to the combined **July/August**
Newsletter will be: **22nd June**

Please email these to EDITOR as above – thank you.