

Cowal Kirk News



CHURCH OF SCOTLAND
SCOTTISH CHARITY No. SC001976
ISSUE No. 45 ~ OCTOBER, 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

AUTUMN

The poet John Keats describes Autumn as:
“season of mists and mellow fruitfulness”

In Deuteronomy (11:14) we are told:

“Then I will send rain on your land in its season, both autumn
and spring rains, so that you may gather in your grain.”

But Jeremiah (5:24) says:

“Let us fear the Lord our God, who gives autumn and spring
rains in season, who assures us of the regular weeks of
harvest.”

Then in Ecclesiastes (3:1) we read:

“There is a time for everything, and a season for every activity
under heaven.

And James (5:7) adds:

“Be patient, then, brothers, until the Lord’s coming. See how the
farmer waits for the land to yield its valuable crop and how
patient he is for the autumn and spring rains.”



FROM THE MANSE

Patience and Perseverance in Daily Life

Dear Friends,

As we navigate life's challenges, we often find ourselves at a crossroads. Will we choose patience and perseverance or frustration and despair? In a world that values instant gratification and quick fixes, cultivating patience and perseverance can be countercultural. However, these virtues are essential for building strong relationships, achieving our goals, and deepening our faith.

Patience and perseverance are not passive traits; they are active choices that require effort and determination. When we choose to be patient, we choose to trust in God's sovereignty and timing. We recognize that He is working everything out for our good, even when we can't see the bigger picture.

In our daily interactions with others, patience and perseverance can make all the difference. When we respond with kindness and understanding, rather than reacting impulsively, we build bridges and foster meaningful connections. We create space for others to grow and learn, just as God creates space for us to grow and learn.

So, how can we cultivate patience and perseverance in our daily lives? Here are a few practical suggestions to consider:

- *Practice mindfulness: Take a moment to breathe, reflect, and respond thoughtfully.
- *Set realistic expectations: Recognize that things won't always go as planned, and that's okay.
- *Focus on the journey: Celebrate small victories and learn from setbacks.
- *Seek God's guidance: Pray for wisdom and patience in challenging situations.

As we strive to live with patience and perseverance, we will encounter obstacles and setbacks. But we can take heart in knowing that God is

with us, guiding and strengthening us every step of the way. May we choose to walk in patience and perseverance, trusting in God's goodness and sovereignty.

***Reflection Questions:**

- How can you practice patience and perseverance in your daily life?
- What are some areas where you need to trust God's sovereignty and timing?
- How can you respond with kindness and understanding in challenging interactions with others?

May God bless you as you journey in patience and perseverance.

Everisto

COWAL KIRK GUILD

The Guild will resume on Thursday, 2nd October, at 2pm in the St. John's Hall. All are welcome, and folks are invited to bring their own mug.



The theme this year is "Let us build a house|"

LIVING STONES, and meeting topics are as follows:

- 2nd October — Welcome back and Trivia Quiz
- 9th October — Cowal Speakers' Club
- 16th October — Flexercise
- 23rd October — Alastair Stevenson : Fire Brigade museum
- 30th October — Zoom with Wi'am, Bethlehem

As last year, everyone is once again invited to the little BIG SING at Cairndow Village Hall, on Saturday, 4th October, from 2pm to 4pm, hosted by Strachur and Strathlachlan Guild, with Afternoon Tea.

For transport: contact Jen Zielinski 706136 or 07808 277119

FUND RAISING ACTIVITIES

September proved another hectic month for The Wee Shop; not only did we receive new stock practically every day; we also had the sale of the tickets for The Phoenix Choir to add to our work load.

We closed at lunchtime on Saturday to enable us to attend the concert ourselves. Then Morian, Tina, Linda and myself organised the catering for the group, which was much appreciated. (There may be a report of the concert elsewhere in the newsletter regarding the wonderful afternoon which we thoroughly enjoyed).

Our next window display will be themed for Hallowe'en, and this will be followed by our annual fundraising event for Children in Need.

The Fundraising Committee will soon be busy organising a Harvest Lunch. This will take the form of a Soup & Sandwich lunch after the Harvest Thanksgiving service in St. John's on Sunday, 19th October. You will all be invited to join us in the High Kirk Hall, Hanover Street and, as on previous occasions admission will be by FREE ticket (this is purely to enable us to estimate numbers). Keep your eyes open for further details.

Lawther@foxbank.co.uk



Christmas is coming ...

Following on from the Fundraising report in last month's newsletter, we are now in organising mode for the Christmas Fayre which will take place on **Saturday, 25th October** from **11 to 3**. We are therefore calling on volunteers to step forward and help on any of the stalls, or to serve in the kitchen. We will also be asking you to look out anything you may wish to donate, be it a cake or craft item or something for the Tombola.

Plans are well underway to provide an excellent Soup and Sandwich lunch, but to facilitate this, it has been decided to have two types of ticket. The standard Entry ticket for the usual £3 includes a cup of tea or coffee and mince pie or shortbread. The other ticket will be an all inclusive Entry and Lunch for just £8; but this also includes your tea/coffee etc.

Should you happen to decide, after arriving, that you'd like to partake of the Lunch, and providing there's enough to go round, the cost for that will be £6.

We look forward to seeing you all there.



AN AFTERNOON TREAT

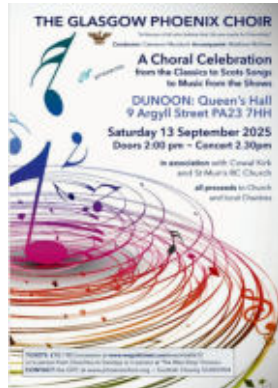
On Saturday, 13th September, those who went to the Queen's Hall to hear the Glasgow Phoenix Choir were in for a real treat — a lovely afternoon of choral music with some little gems included in the mix. There were Scots songs and gospel, hymns and songs from musicals. The five soloists were exceptional, with the last being a gentleman who had been a member of the choir for 68 years — now that's true commitment!



Their conductor and musical director: Cameron Murdoch, expertly introduced each item and the singers were superbly supported by accompanist Stephen Adam.

St. John's Renfield Church, Kelvinside, Glasgow, is where the choir is based, and we're told it has amazing acoustics, which must be a real bonus for their rehearsal nights. The singers travel from far and near to be part of the Phoenix Choir and, apart from the joy of singing, they also put on these concerts to raise funds for many well-deserved organisations.

Sorry to say, but if you weren't there—you really missed a treat!



PREACHING ROTA

5th October —	Toward & Innellan
12th October —	Kirn & Sandbank (with Holy Communion)
19th October —	St.. John's (Harvest Thanksgiving)
26th October —	Toward & Innellan
2nd November —	Kirn & Sandbank

Children & Families News

What a fantastic month we've had!

As the Cowal Games brought their usual vibrant energy to our community, we were thrilled to host some very special visitors ourselves. The eXtreme Tour joined us, from the US and beyond, bringing their infectious enthusiasm to both our Friday Pizza Church and our Sunday service in Kirn. It was very special to be able to share meals, listen to their incredible stories of faith, and let their music fill our hearts.



Their prayer: *"From the mountains to the sea and everyone's hearts in between,"* perfectly captured the spirit of our beautiful Cowal peninsula, and all we try to encapsulate here at Cowal Kirk.

Kirk Cafe: A Hub of Warmth and Wonder

Our Wednesday mornings at the Kirk Cafe have been nothing short of delightful. It's a safe, warm, and welcoming space where every child and adult feels loved and seen.

We're incredibly grateful to our wonderful team who serve each

week giving of their time and selves.

We had quite a number of new faces coming through our doors this month, and Morian and Maureen greeted each one of them with a smile, as well as with some their delicious home baking!



This month at our circle time, as we gather together, we've been exploring the creation story, singing songs from our own childhoods, and marveling at how much God loves our world. The kids, in particular, have loved singing about all the animals he made - and the new favourite is: "If I were a butterfly:"



We always welcome new faces - so please pop in and join us



-we'd be so happy to see you, and so would the other children!

Good Food Market Stall

We're incredibly excited about the brand-new project we've launched in our local primary schools: the Good Food Market Stall. Our mission — to provide fresh, healthy and, whenever possible, local food directly to the families in our community.

Each "Good Food" bag comes with the ingredients, and a simple recipe card to encourage families to cook together at home.



The response has been

overwhelming, and we are so thankful for the incredible support from parents, carers, and Kirn Primary School.

This month was extra special, as all the fruit in our bags was locally grown and generously donated by church members and others within our community.

So a huge thank you to everyone for your kindness and generosity; your support truly means the world to us. That's not to mention the 'fun' we had in trying to source the other ingredients — custard and crumble mix — from the local supermarkets, and those further afield.

This is probably a good time to tell you that we are shortly going to be taking this initiative into the other primary schools too; which means more volunteers are needed to come and lend a hand. Might this be you?



one of the finished dishes

LOOKING AHEAD

We also have an event planned for Toward in November, and then we need to get ready for something really fun being organized over 11th to 13th December !!!

I'll sign off now with my favourite chorus from our Kirk Café songs this month, as it is now stuck in my head, and it's lyrics ring so true:

“For you gave me a heart,
and you gave me a smile,
You gave me Jesus,
and you made me your child.
And I just thank you
Father for making me me.”

*Lorna McGinigal,
Children & Families Worker.*

Do you know what an agnostic dyslexic insomniac does?
He stays up all night wondering if there really is a dog!

The Haven at the Cowal Games

Sincere thanks are due to all the volunteers who kindly gave of their time to help with our mission effort at the Cowal Games; this enabled us to serve tea, coffee and juice, as well as a Christian presence throughout the day.

We were blessed with the company of eXtreme Tour, and their music and fellowship in the afternoon also helped lift the spirits, especially given that the weather decided on an unrelenting downpour > Nevertheless there was a really joyful atmosphere in the Haven tent, and those attending were also grateful for the shelter.



The performance of the World Champions, Inveraray and District also meant lots of visitors to our facility.

£650 was raised for Cowal Hospice, and lots of meaningful conversations were held.

Roll on Cowal Highland Gathering - 2026!

Another word from Starter Packs

Apologies for this further request, but if you happen to have an extra bottle of general cleaning fluid, antiseptic wipes, or kitchen surface cleaner, we would be very grateful, as also for any dinner or side plates, frying pans, medium saucepans or kitchen storage containers. Every contribution is much appreciated.



Care Home Worship

Services in October are as follows:

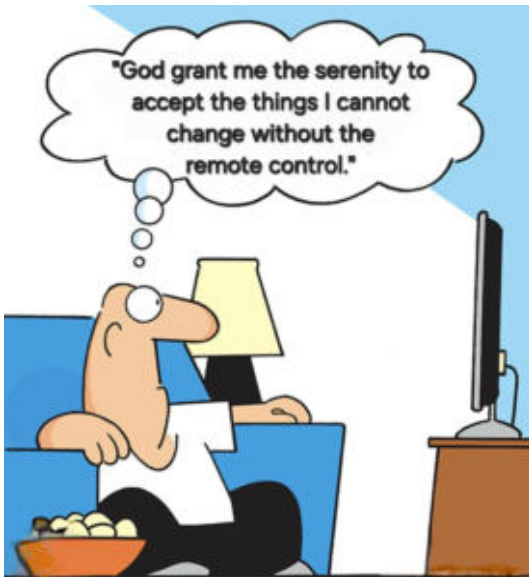
ASHGROVE — Tuesday, October 7th @ 11am.

ARDENLEE — Tuesday, October 14th @ 2.30pm

Any help at these services will be gratefully received.

*"A joyful heart
is good medicine".*

Proverbs 17:22



A minister is walking down the street one day when he notices a small boy trying to use the doorbell on a house across the street. The boy is very small, however, and the doorbell is too high for him to reach. So, after watching the boy's efforts for a while he walks over to the little fellow and rings the doorbell for him. Then, kneeling down next to the child, the minister smiles and asks, "Now what, my little man?" To which the boy replies, "Run!"

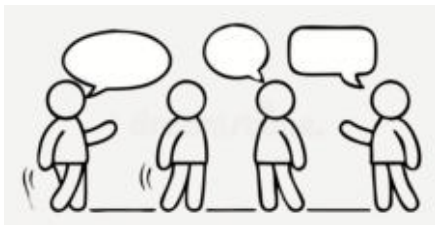
STARTER PACKS THANKYOU

A huge thankyou to all those who responded to the recent shout out for contributions to the Starter Packs. It was quite heartening going into the storage room and finding a number of carrier bags, the contents of which have really helped to fill the gaps in what we can provide when responding to referrals. Thankyou, too, for those who responded with cash donations; these mean we can keep on meeting requests for help.

Reminiscing Circle

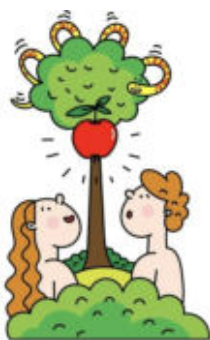
Have you ever found yourself reminiscing about the places, and people, and things that we hold dear; memories that bring joy to our hearts and smiles to our faces?

Whether you're often too busy, caught up in the rush of now, or if you've time on your hands but not so many people to share your stories with - then this Reminiscing Circle is the perfect place for you.



Come along on **15th October, at 1.30pm to Kirn & Sandbank church**, to listen and chat, and to join in the conversations about what makes you smile.

Fiona Sutherland, a former life coach and trainer will be there to welcome and facilitate the flow. And please invite anyone else who you think might benefit from just such a gathering. Tea and coffee will be available on arrival but donations are always welcome.



A little girl asked her mother, "Where do people come from?"

Her mother answered, "God made Adam and Eve and they had children and that's how all mankind was made."

A couple of days later she asked her father the same question.

The father answered, "Many years ago there were monkeys,

and the human race evolved from them."

The confused little girl returned to her mother and said, "Mommy, how is it possible that you told me we were created by God, and Daddy said we come from monkeys?"

The mother answered, "Well, dear, it's very simple. I told you about my side of the family and your father told you about his."



Just a thought ...

Have you ever heard someone utter the words: "If it ain't broke, don't fix it!" It's usually said when a new idea is introduced, or a change in routine is suggested. The inference being, of course, that because things have been done in a certain way for as far back as one can remember, it's much better to carry on doing them that way, rather than upset the status quo.

I might initially have been inclined to agree, but then I was made aware of a book entitled: "If it ain't broken, break it!" I'm told that it was written by two businessmen, Louis Patler and Robert J. Kriegel, who were trying to challenge that very attitude, by encouraging those in authority to look beyond the traditional mores and to consider whether in fact some things should actually be broken, or at least that they should not be allowed to remain unchanged.

Of course, we wouldn't like to apply that approach to our motor vehicles, or our buildings, or our electrical goods. In that respect, we very much hope that they will not be broken, because replacement or repair can be an expensive business. Nor would we want to put our physical well-being to that kind of test; that, too, we would prefer to remain in good working order.

But there are certain types of behaviour or habits within our society that could readily do with being broken. Displays of prejudice, narrow-mindedness, materialism or selfishness have almost become no more than we expect. We need to change this and become a people who will reach out to the down trodden, the marginalized, the destitute. We need to break these patterns of hatred and animosity and greed.

But it's not just society that needs to be broken of its inhumanity. There may be places in our own lives or our own hearts that need to be examined and perhaps changed; some thought or attitude that allows you to harbour resentment or anger or envy. That was the challenge that Jesus brought to the people of his own time. And it is still the challenge that he brings to us each and every day.

Editor

MID - WEEK WORSHIP

Services will be held in the High Kirk Hall at 11am on the
Wednesdays listed below:

Wednesday, October 1st - Ms Shirley Robins

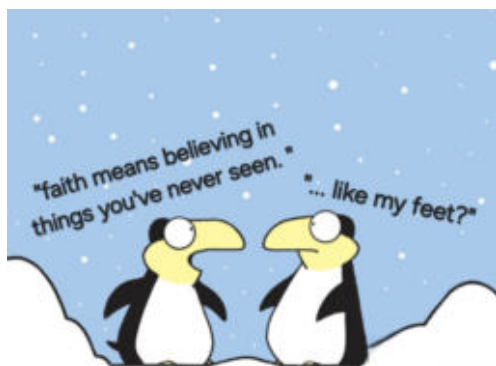
Wednesday, October 15th - Mrs Marion Fyfe

All are welcome to these short acts of worship.

Easyfundraising



The latest news from easyfundraising is that there are now 28 who have signed up to supporting Cowal Kirk through their purchases. And now it isn't only for shopping on-line. The organization has expanded so that those who prefer shopping in person can link their purchases to the easyfundraising app. Stores like Tesco, John Lewis, Hotel Chocolat, and many more now facilitate a small proportion of your spend being directed towards Cowal Kirk.



You simply have to link your bank card to the easyfundraising app andtada! You can even use the app when renewing your house, car or pet insurance.

If you need to know more, speak to Janette Ferguson or myself.

Ruth

Flower Rota for October

Kirn & Sandbank

St. John's

OCTOBER	5th	Mrs Lawther Murchison	Mrs Roberta Brown
	12th	Mrs Marion Fyfe	Mrs Linda Murry
	19th	Mr & Mrs Tom Irvine	Mrs Moira Ross
	26th	Mrs Sadie Swanson	Mr William Ponton
Contacts:		Mrs Maureen Robinson 702903	Mrs Linda Murry 830022
		Mobile: 07570 973011	Mobile: 07779131257



Time for a cuppa with friends?

It's probably a little late to remind folk that **Fairtrade Fortnight** runs from 22nd September to 5th October, but it's never too late to DO IT FAIR when choosing what to buy. And anyone can hold a tea party (as was suggested last month) whenever they feel so inclined. Even just a small gathering with a few friends would be a timely way to recognise the work of the Fairtrade Foundation, especially as **BREW IT FAIR** is this year's theme.

At the same time, the Fairtrade Foundation are calling on the UK Government to ensure that the people growing our tea (and coffee) can plan for their futures, and will be protected from the impacts of climate change. So keep a look out for the Fairtrade logo, even after this fortnight is past.



“Surely goodness
and mercy shall
follow me all the
days of my life: and
I will dwell in the
house of the Lord
For ever”.

Psalms 23: 6

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Please note: **Last day for November contributions : 26th October**

Please email these to EDITOR as above – thank you.