



CHURCH OF SCOTLAND
SCOTTISH CHARITY No. SC001976
ISSUE No. 44 ~ SEPTEMBER, 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

~ CELEBRATING TWO YEARS WITH EVERISTO ~

Who remembers how exciting it was two years ago to welcome Everisto as our Minister? As he said in last month's C.K. News, it's an opportunity for us to shine God's light in our community. With him as our lead, we've done far more - actually bringing the community right amongst us.

These are the promises we made:

Brothers and sisters in Christ,
as you receive Everisto Musedza as your minister,
do you renew your allegiance
to Jesus Christ as your Saviour and Lord? **We do.**

Do you promise to share in the worship of the Church,
and to give generously for its work
at home and throughout the world? **We do.**

Do you undertake to support and encourage your minister
by prayers and by your friendship? **We do.**

Do you commit yourselves again
to be witnesses for Christ in this community
and to serve one another in love
through the power of the Holy Spirit? **We do.**

We should thank God every day for blessing us with such a dedicated, kind and loving guide, and friend, supporting him and each other as we continue to serve and worship together.



FROM THE MANSE

A Call to Contentment: Finding Peace in a Demanding World

Dear Friends,

As we navigate the challenges of our modern world, it's easy to get caught up in the pursuit of More. We're constantly bombarded with messages telling us that the latest gadget, trend, or achievement is

the key to happiness. But, as followers of Christ, we're called to a different path – one of contentment.

In a world that's demanding and materialistic, contentment can seem like a radical concept. Yet, it's precisely this mindset that can bring us peace, freedom, and a deeper faith. When we're content, we're not defined by our possessions or our circumstances. Instead, we're grounded in God's love and provision.

Contentment isn't about settling for mediocrity or lack of ambition. It's about finding satisfaction in God's presence and promises. When we're content, we're more likely to:

- Prioritize what truly matters: Our relationships, values, and faith take centre stage.
- Experience peace and joy: We're less anxious about what's lacking and more grateful for what we have.
- Live generously: We're more inclined to share our blessings with others, rather than hoarding them for ourselves.

As we cultivate contentment, our faith deepens, and our witness to the community and our families becomes more authentic. We become a beacon of hope in a world that's often driven by discontentment.

So, how can we develop this mindset of contentment?

Practice gratitude: Reflect on God's blessings and provision in our lives.

Focus on God's presence: Seek His guidance and peace in our daily lives.

Simplify our desires: Let go of unnecessary wants and prioritize what truly matters.

As we strive to live contentedly, we'll find that our faith becomes more resilient, our relationships more meaningful, and our witness more compelling. Let's embark on this journey together, trusting in God's goodness and provision.

May God bless us with contentment and peace.

Everisto

Moira and Gerry Ross would like to thank everyone for the flowers, cards and phone calls received during this recent sad time, and also the Rev. Everisto for his help and words of comfort.

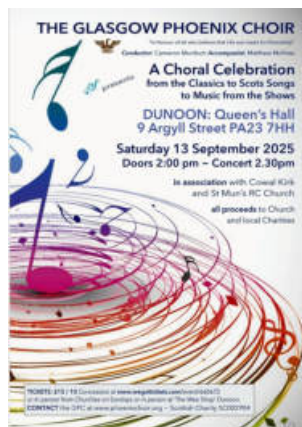
VOLUNTEERS NEEDED!!

This is a call out for volunteers to help with our regular **Pizza Church** events. These nights are for everyone, to come along and share pizza, to learn about God, and to talk to each other about what's going on in our lives.

The last one took place on 29th August in the High Kirk Hall, but if you missed it, the next ones are **Sept 26, Oct 31, Nov 28 & Dec 19**. Make a note now!

A Choral Celebration

The Glasgow Phoenix Choir will be presenting "A Choral Celebration" in the Queen's Hall, **Saturday 13th September** at 2.30pm. Tickets are available from **The Wee Shop**, but they are going fast. Make a point of getting yours as soon as you can — £15 each or £10 Concession.



FUND RAISING ACTIVITIES

The Wee Shop

In August The Wee Shop received a donation of two Bride and Groom wedding chair covers. Completely by coincidence we then received some beautiful “wedding hats” (although I believe one was sold for Ladies Day at the races!). Picking up the theme, the following day Fascinators were the next items to be donated. It therefore gave Anne the perfect theme on which to apply her talents in making a superb window display. Then, just when we thought we had it all, we received some really nice handbags to complete the picture; and we finished this off with a lovely jewellery display, which is also well worth a look.

Fund Raising

The Fund-raising group met at the end of July to discuss our future plans; these will include our regular **Meet and Greet** events which will resume on the first Monday of every month, starting with **September 8th*** until June, 2026. So, keep an eye on the church screens for further info.

Harvest

It has been decided to hold a **Soup and Sandwich** lunch in the High Kirk Hall after the Harvest Service in St. John’s on **October 19th**.

Christmas Fayre

Yes, it’s that time again! So, we will be looking for volunteers to donate to and/or man the stalls on **Saturday, October 25th**, from 11.00am to 3.00pm.

Afternoon Tea

We are holding an **Afternoon Tea** in Toward Church Hall on **December 6th**, from 2pm until 4pm. We will be looking for volunteers to help serve, so make a note of the date.

~*~*~

Put all these dates in your diary, and plan to help, attend, donate, and enjoy the good company which is guaranteed when you’re part of the church family.

Lawther

BLYTHSWOOD SHOEBOX APPEAL

Once again the Guild is organising a Shoebox Appeal through the Scottish Christian Charity, Blythswood Care. As before, the appeal is not restricted to the Guild but is open to all members and friends who wish to help the needy in Eastern Europe with a focus on Ukraine.



There are 2 ways to do this:

- 1) **FILL A SHOEBOX** with appropriate items - leaflets giving full details are available in each church building.
- 2) **DONATE CASH**

Other ways you can help:

- (i) by covering shoeboxes with Christmas paper
- (ii) by purchasing items for the shoeboxes (funded through donations)

Please support this Appeal and give practical expression to Christ's love for His people this Christmas.

Leaflets are available in all Cowal Kirk churches. The closing date is Sunday, 2nd November and the local contacts are John and Pat Paterson 702214.

Flower Rota for September

Kirn & Sandbank

St. John's

SEPTEMBER 7th Mrs K. McArthur

Mrs Anne Fletcher

14th Mr & Mrs G. Robinson

-

21st Mrs Lydia Hook

Mrs Margaret McVicar

28th Mr & Mrs D. Walsh

Mr Barry White

Contacts: Mrs Maureen Robinson **702903** Mrs Linda Murry **830022**
Mobile: **07570 973011** Mobile: **07779131257**



STARTER PACKS PLUS

Requests for Starter Packs continue to arrive, already adding another 5 to the total given in the last newsletter. As a result, our stocks are now at an all time low, so this is a desperate call out for the following: dinner and side plates, soup bowls and water glasses; small sharp kitchen knives, bread knives, potato peelers and tin openers; washing-up bowls and brushes, washing-up liquid, dish cloths, dusters and tea towels; general cleaning liquid and/or packs of cleaning wipes, and light bulbs.



Larger items such as kettles and toasters, pots and pans and frying pans are also in constant demand, as are pillows and double duvets, because these are required by every referral; but general bedding is okay for now thanks to a generous donation of fitted sheets.

Toiletries are also required, such as: shampoo, shower/bath gel, facecloths/flannels, bars of soap, disposable razors, sanitary items, deodorant (basically anything of this ilk one would need). I'd really appreciate whatever you can do to help. *Ruth*

MID WEEK WORSHIP

Short services will be held in the High Kirk Hall on the following
Wednesdays at 11 a.m:

Wednesday, September 3rd - Simon Wallace

Wednesday, September 17th - Geoffrey Roberts

Everyone is welcome.

NO APOLOGY FOR THESE:

What did pirates call Noah's boat? "The *arrrrrrk*."

Why didn't anyone want to fight Goliath? It seemed like a *giant* ordeal.

Who in the Bible knew the most people? Abraham knew a Lot.

Which Bible character was the best musician? Samson — he brought the house down.

WHAT IS SECOND HAND SEPTEMBER?

Whether you regularly shop second hand, or occasionally donate your pre-loved items to charity; Second Hand September, a campaign organized by Oxfam, gives us all a chance to think about the impact of our shopping habits and how we dress for the world we want – a fairer world where our planet and all its people can thrive. This year's theme is: "Dress for the world you want to see."

To help you get into the Second Hand September mood, Oxfam are giving an exclusive 15% off second hand clothing and accessories on their online shop. You simply use the code **GETREADY15** at the checkout to get 15% off any pre-loved clothing and accessories* (T&Cs apply).

There is more to the campaign, however, than getting this discount. You are challenged to avoid buying new clothes for the entire month of September; the aim being to raise awareness of the environmental impact of fast fashion and at the same time helping promote more sustainable ways of filling our wardrobe.

Not only does taking part in Second Hand September extend the life of clothes – but shopping and donating helps to raise money for people who are suffering the effects of the climate emergency right now, yet who have done the least to cause it.

You can also donate by post for free, either by ordering a bag from Oxfam, or using your own mailbox or bag (60cm x 60cm x 60cm) max weight 10kg and getting a label at the store.

And don't forget Gift Aid, which adds 25% to the value of your donations.



PREACHING ROTA

7th September	-	St. John's
14th September	-	Toward & Innellan
21st September	-	Kirn & Sandbank
28th September	-	St. John's



CELEBRATING AN AMAZING 103 YEARS!

Nessie Smart, a long serving member of the Church has celebrated an amazing 103 years on 22nd August, 2025.

She is now residing in Ashgrove Care Home, but she enjoyed a lovely day out with her family, and had a lovely cake and a banner in her room to mark the occasion.

This is the day
that the Lord
has made; let us
rejoice and be
glad in it.

Psalm 118: 24



*"It was a mistake ... It's not like
the whole world has to know!"*

Care Home Worship

Services will be held in two of our local Care Homes on the dates below. Assistance to help residents look up the hymns, or just to join in the fellowship would be much appreciated.

Ashgrove — Tuesday, September 16th at 11.00 am.

Ardenlee — Tuesday, September 23rd at 2.30 pm.

Our Children and Families News

~ Summer 2025 ~

We had a wonderful end of term back in June with celebrations at both our Kirk Café and Pizza Church. Each child was given a gift of a book or a gratitude board to read and/or use at home; and parents, carers, volunteers all left full of tasty treats provided by our fabulous team. We have been so blessed by all who have given their time and their talents to everything



that is going on within Cowal Kirk. We truly hope you had a restful summer.

After a lovely break with our own family, it was all systems go for a fantastic summer ahead with two very different but equally impactful experiences to share: (1) the eXp Summer Camp and (2) our Holiday Club introducing 'A Tale of Two Kings'.

Both events brought fun, learning, community and Jesus to the young people in our area.

eXp Summer Camp

This year, our eXp Summer Camp took a group of 38 young people on an unforgettable adventure to the Scottish Borders. The theme of the camp, "Finding God in unexpected places," was truly lived out through every activity. With no phone signal to be found, everyone was fully present, engaging with the outdoors and with each other.

The week was filled with exciting challenges that pushed campers out of their comfort zones. From scaling heights to navigating new

terrains, young people were able to conquer their fears and build confidence. It was incredible to witness them supporting



one another through every task. Beyond the physical adventure, the campers also found spiritual discovery, finding God in unexpected places—whether it was in the quiet moments of



reflection, their devotional groups, the breathtaking scenery, or the camaraderie of their peers. The lack of digital distractions allowed for genuine connection and a

focus on what truly matters.

A Tale of Two Kings Holiday Club

Closer to home, our High Kirk Hall was buzzing with energy for the Tale of Two Kings Holiday Club. With close to 50 kids each day, the hall was filled with laughter and learning as we dived into the lives of two very important kings.

The kids spent the week learning about the life of King David, exploring his journey from a shepherd boy to a great king, complete with all his triumphs and mistakes. This provided a perfect foundation for introducing them to the perfect King, King Jesus.

Through songs, games, and crafts,



the children discovered the ultimate story of love and redemption.

Beyond the spiritual lessons, the club focused on providing a nurturing and fun environment. The kids were well looked after, with healthy snacks and a delicious lunch provided every day by our wonderful team of volunteers.

The week culminated in a grand finale: a royal celebration on Friday



afternoon. We invited all the families to join us for tea and cake, creating a wonderful opportunity for the kids to share what they had learned and for the community to come together. The joy and excitement were contagious, making it a truly special end to a memorable week and summer for all involved.



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 has given their time to be involved and for every prayer or word of support and encouragement to make this summer all it was.

And as Scottish summer (holidays) come to an end - the sun reappears to add extra warmth to some of our family favourites!



Our Kirk Café has already re-started on Wednesday 27th August, and Pizza Church also made its return on Friday 29th August. But future dates for these events are to be found on Page 3.

If you are able to join us for any or all of these, **OR PERHAPS EVEN HELP OUT?** and serve on the nights, please drop me an email at: familiesworker@cowalkirk.org.uk As always, my email/phone are always on and I'd be delighted to hear from or share a cuppa with you!

Lorna McGinnigal x



COWAL KIRKGUILD

Meetings will resume on Thursday, 2nd October, at 2pm, and this Session, all meetings will be in Cowal Kirk St. John's hall. Our theme this winter is "Let us build a church : Living Stones".

Everyone is welcome and folks are invited to bring their own mug. To enjoy a cuppa and chat.

A date for the diary is Saturday, 4th October, when we are invited to a 'Little Big Sing' at Cairndow Village Hall. This is hosted by the Guilds of Upper Cowal and West Lochfyneside. If last year's is anything to go by, this will be a really special afternoon, with a delicious tea to follow.

Jen Zielinski

Fairtrade Fortnight 2025

will take place from Monday, September 22 to Sunday, October 5, with a theme of **"Do It Fair"**. The Fairtrade Foundation is encouraging supporters to host tea parties and share the stories of farmers and workers to highlight the importance of fair trade and support those behind everyday products.

If anyone would like to organize a Tea Party to support the Foundation, their website has plenty of ideas to help you.



1st Cowal BB&GA is Back And We're Buzzing!



It's hard to believe how quickly summer has flown by, but we are thrilled to announce that 1st Cowal BB&GA is back in action! We kick off the new session on Wednesday, 3rd September in the High Kirk Hall, and we are coming back full of energy, excitement, and enthusiasm.

With up to 60 young people expected to join us this year, it's shaping up to be a fantastic start. We have got a packed programme ahead and we cannot wait to get going!

We're still putting the finishing touches to our Autumn term programme, and are looking forward to sharing more about what's coming up in October's newsletter – so stay tuned!

If you know a young person who might be interested in joining, **now** is the time to act. We may have a few spaces left, so get in touch to join our waiting list by messaging us on Facebook or texting Jamie directly.

Let us make this year unforgettable! *With gratitude,
Jamie and the 1st Cowal Team.*

EASY FUNDRAISING

Thanks to supporters of **easyfundraising**, £49.12 has so far been raised for Cowal Kirk. I know this doesn't sound much, but it doesn't cost you a penny. Every time you shop online - and I realise this isn't for everyone - a small percentage of your spend is sent to your nominated charity. Over 8,000 retailers support this process - all the big names like eBay, Argos, Tesco and Just Eat (not Amazon) are ready to donate. Please sign up today and help to raise funds. Just type: <https://join.easyfundraising.org.uk/cowal-kirk>. *Janette*



Worried about money? Jesus says "Don't be." Why might this be the best advice you'll ever hear.

Stewardship

The numbers don't lie: a staggering 62% of us feel “concerned” or “very concerned” about our finances, while only 4% claim to have no money worries at all*

Two thousand years ago, a radical teacher named Jesus spotted the exact same anxieties plaguing his audience. Standing on a mountain-side, he offered words that cut straight to the heart of our money troubles:

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" *Matthew 6, verse 25.*

We all know someone who could probably benefit from worrying a little more about their spending habits! But for most of us, those 3am financial spirals accomplish nothing, except draining our energy and stealing our peace. As Jesus put it with characteristic directness: “Can any one of you by worrying add a single hour to your life?”

The answer, of course, is no. Worry subtracts from life, it never adds to it. But the phrase “just don’t worry about it” is rarely helpful during a crisis! Telling a worried person not to worry is a little like telling a thirsty person to drink up – if it was that simple, there probably wouldn’t be a crisis to solve!

Jesus’ words, however, aren’t empty platitudes, because they are backed up by the limitless resources of an eternal Father. God is both caring enough and powerful enough to provide for all our needs. Consider your week ahead and your year ahead – if you knew that God is intensely invested in each circumstance and will use it for His glory and your good, how would this change your mindset and actions?

If we’re focusing on wealth to keep us safe for the future, then we’re not trusting God. Jesus’ commitment to us is that when we put God’s Kingdom at the forefront of our priorities, everything else falls into place. **“Trust in the LORD forever, for He is an everlasting rock.”**



CYBER AWARENESS

On their return to school, many youngsters will be feeling a mix of emotions with a new school, new school year and of course new classmates. Parents and carers will also have their own range of anxieties. To support them with these, most children and young people will have a mobile phone, primarily to stay connected, but at the same time we must consider their awareness of online safety.

Mobile phones are immensely powerful devices and sometimes we can forget the potential these devices provide and, whilst we do not want to impede their use, it is essential to have a conversation with children and young people about the risks and dangers in the online environment.

This month's Cyberbyte contains valuable links to our trusted partners, raising awareness of online safety and, just as importantly, highlighting measures that can be put in place to mitigate risk and keep everyone safe online.

Please feel free to share this guidance with your family, friends, and other contacts.

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Please note: **Last day for OCTOBER Newsletter contributions : 21st September**

Please email these to EDITOR as above – thank you.