



COWAL KIRK NEWS



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

ISSUE No. 52 ~ JUNE, 2026.

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

JUNE

The month of June gets its name from *Juno*, the ancient Roman goddess of marriage and childbirth. It is generally acknowledged as being the official start of Summer (Northern Hemisphere), and therefore the month with the maximum amount of daylight hours. But it is peculiar in that, because of the way the days line up, no other month begins on the same day of the week.

It is also unusual in having three 'birthstones' - Pearl, Alexandrite and Moonstone - and two 'birth month' flowers - the Rose (symbol of Romance) and Honeysuckle (for Happiness).

The month has several 'Awareness Days' - such as: June 1st - World Reef Awareness Day, June 5th - World Environment Day, June 6th - D-Day, June 7th - National Cancer Survivor's Day, June 14th - World Blood Donor Day, June 20th - World Refugee Day, June 21st - Father's Day, June 22nd - World Rainforest Day, and June 27th - National PTSD Awareness Day. But we have to wait until July for the World Chocolate and National Ice Cream Days!

FROM THE MANSE

Continuing Faithfully: Sharing Hope in Everyday Life

Dear Cowal Kirk,

Grace and peace to you in the name of our Lord Jesus Christ.

Over recent weeks, I have been deeply encouraged by the many ways I see members of our congregation living out their faith quietly, faithfully, and compassionately. Some are serving in schools, food banks, hospitals, community groups, charities, neighbourhood projects, youth programmes, and care ministries. Others are supporting neighbours, listening to lonely friends, helping struggling families, or simply offering kindness in places where kindness is desperately needed. These acts may seem small to the world, but they are never small in the eyes of God. Jesus reminds us in the Gospel of Matthew that we are “the light of the world.” A light does not need to shout to be noticed; it simply needs to shine. Every act of love, every word of encouragement, every prayer whispered for another person becomes part of God’s work in this world.

I know, however, that sharing our faith is not always easy.

Some of you may feel weary. Some may feel discouraged after difficult conversations, or disappointed when opportunities to speak about faith do not go as hoped. Others may feel uncertain about what to say or even wonder whether their witness makes any difference at all.

If that is where you are today, please hear this clearly: God does not ask us to be perfect, persuasive, or fearless. He simply calls us to be faithful.

Very often, the most powerful witness is not found in grand speeches but in steady love, patient compassion, and genuine care for others. Your integrity at work, your gentleness during hardship, your willingness to forgive, your quiet service, and your perseverance in difficult times speak more loudly than you may realise.

The Apostle Paul reminds us:

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

There are seasons when we plant seeds and never immediately see the fruit. Yet God is always at work beneath the surface. A conversation you barely remember may stay in someone’s heart for years. A simple invitation, a prayer offered at the right moment, or an act of kindness may become the very thing God uses to draw someone closer to Him.

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To those who faithfully volunteer throughout our community: thank you.

Thank you for representing Christ not only within the walls of the church, but out in the places where people are hurting, searching, and hoping. Thank you for showing compassion when no one else sees it. Thank you for giving your time, energy, patience, and love. Your service matters deeply.

Please do not underestimate the importance of what you do.

And alongside all our service, let us continue in prayer.

Prayer is not the least we can do; it is the foundation of everything we do. When we pray for our families, neighbours, communities, leaders, and those who do not yet know Christ, we place them lovingly into God's hands. Prayer strengthens weary hearts, renews our compassion, and reminds us that we are never serving alone.

So let us continue:

† to speak hope where there is discouragement,

† to show kindness where there is division,

† to serve faithfully where there is need,

and to pray persistently, trusting God in all things.

May we never lose heart, for the Lord walks with us, strengthens us, and works through every willing heart.

Thank you for all that you do in His name, *Everisto*

DONATION TO COWAL HOSPICE TRUST

On Tuesday, May 5th, representatives of Cowal Churches Together gathered at the Cowal Hospice to hand over a cheque for £650 to Katie Stewart, trustee of the Cowal Hospice Trust. The sum was the result of fundraising efforts at last year's Cowal Games.

Each year, the group staffs a marquee in the top field on Cowal Games Saturday, offering a warm welcome to visitors and locals, along with teas, coffees, soft drinks and seating.

The marquee also provides a space for people to share worries or concerns, request prayers, and speak one-to-one about faith. At last



year's event, the group were joined by evangelists from the USA.

Cowal Churches Together say they're looking forward to welcoming people again at this year's Cowal Games on Saturday, August 29, and hoping for kinder weather after last year's exceptionally heavy rain.

FUND RAISING ACTIVITIES & THE WEE SHOP

What do you think the most asked for item has been this year?

A butter dish with lid.....

So.... if you have a spare one — you know where to bring it.

This month has been pretty chaotic for our group. Firstly, the rota was changing every week, what with coughs and colds, dental appointments, etc. No two weeks were the same. And now we have reached the end of May, and I for one am glad to see the back of it.

We have received, yet again, such a variety of donations, and we have to be grateful to Anne (Muir), who dresses the windows to tempt the customer in. Which brings me to the question: Have you ever heard of a “Wag at the Wa”? Well, we have one, donated in immaculate condition, from a house clearance although in actual fact we are doubtful that it ever WAGGED at the WA!

We’ve also been at the receiving end a lot of soft toys — from snakes, to an elephant, to innumerable teddy bears. So much so that we decided to dedicate one of our windows just to them.

Then, just at that moment we were sorry to hear that the Befrienders were having to consider reducing the hours they could afford for their staff, because the grants they had anticipated did not seem to be forth coming ... allegedly. ./../



So.... we are donating **ALL** the monies raised from the sale of the toys in the window to the Befrienders. It might not amount to a lot, but it is in recognition of our appreciation of the service they provide.
We are the Cowal Kirk Charity shop, and the community comes first.

We also have a “Lucky Square” Delightful Teddy. All we’re asking is for **YOU** to buy a square from the chart in the Shop and, once all the squares have been taken, one lucky person will win the bear - and Befrienders will get another £50 in the charity box.

Thanking you in anticipation.

*Lawther Murchison,
Fund-raising Co-ordinator.*



A conscientious minister decided to get acquainted with a new family in his church, and so he visited them one Spring evening. After his knock on the door, a lilting voice from within called out, “Is that you, Angel?”
“No,” replied the minister. “But I’m from the same department.”



PREACHING ROTA

7th June	St. John’s
14th June	Toward & Innellan
21st June	Kirn & Sandbank..... Holy Communion
28th June	St. John’s
5th July	Toward & Innellan



GIFT AID

Gift aid is a government scheme which allows the congregation, as a registered charity, to claim 25p from HMRC every time an individual donates £1. The donor must have made a Gift Aid declaration giving the congregation permission to claim on their offerings and donations.

The donor must be a UK tax payer and have paid as much, or more, income tax and/or capital gains tax in the tax year than will be reclaimed through Gift Aid on their donations.

Whilst the responsibility for this lies with the donor, not the congregation, it is good to periodically remind those who have signed a Gift Aid declaration to check that they are still paying enough tax. If a congregation receives annual offerings or donations of £10,000, which are eligible for Gift Aid, the congregation will receive a tax refund of £2,500. Similarly, on £50,000 of donations the refund will be £12,500.

If you are a tax payer and have not signed a Gift Aid declaration please, get in touch. One simple form could boost our income by 25% for your donations!



Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?"

The mother replied, "Because white is the colour of happiness, and today is the happiest day of her life."

The child thought about this for a moment, and then asked, "So why is the groom wearing black?"

MID - WEEK WORSHIP

A short service is held in the High Kirk Hall, Hanover Street, at 11.00am on the first and third Wednesday of each month.

Everyone is welcome. This month services will be as follows:

Wednesday, June 2nd - Shirley Robins

Wednesday, June 16th - Geoffrey Roberts

DONATIONS

Following the funeral of the late Ann Devine, the sum of £386.34 was donated to Cancer Research and the Camphill Wellbeing Trust, Aberdeen. And the sum of £283.55 was donated to the Donkey Sanctuary following the funeral of the late Senga Wilson.



SUMMER EXTRAVAGANZA

The Dunoon Guide unit (which includes Brownies, Rainbows and Rangers) are holding a **Summer Extravaganza** on Saturday, 20th June.

The event will take place from 11am to 1pm, in the Guide Hall, Victoria Road, and there will be tea/coffee, soup & hotdogs, a raffle, various stalls, and outside summer games.

This is to raise funds for all the sections of the local guides.

Put the date in your diary now!



“Perfume and incense
bring joy to the heart,
and the pleasantness
of a friend springs
from their heartfelt
advice.”

(Proverbs 27:9)

SAFEGUARDING TRAINING

Just another reminder about the Safeguarding Training for Trustees on Saturday, 6th September, at 2.30pm in Kirn & Sandbank Church.

June Flower Rota for St. John's

JUNE 7th Mrs Grace Black
“ **14th** Mrs Margaret McVicar
“ **21st** Mrs Betty Jukes
“ **28th** Mr William Ponton

Contact: Mrs Linda Murry

Tel: **(01369) 830022**

Mobile: **07779131257**



I renewed my car insurance over the phone today and, as I was about to hang up, the woman on the other end asked if I had a pet. I said, “Yes, I’ve got a dog.” She said, “Would you like to insure him too?” I said, “Don’t be daft, he can’t drive!”

Children & Families — GOOD NEWS

Everything Hallelujah

“ HALLELUJAH

You who serve God, praise God! Just to speak his name is praise!
Just to remember God is a blessing - now and tomorrow and always.

From east to west, from dawn to dusk,
keep lifting all your praises to God!”
(Psalm 113)

Everything Hallelujah has been the theme of our month.

First of all, it was a very popular song....
and then it was our theme at our latest Pizza Church.
And it has continued throughout the month in everything we do.

Hallelujah literally means
“Praise the Lord” in Hebrew:
Hallel = praise
Yah = a shortened
name for God

And it is not just for happy
seasons.
Powerful Hallelujahs happen
when life is hard.
Praising God despite the
circumstances.



Praising God for who He is.

Hallelujah can be whispered
through our tears.
Prayed in our anxiety.
Hallelujah can be sung
whilst we are waiting.

**EVERYTHING
HALLELUJAH**



PIZZA CHURCH - HALLELUJAH

KIRK CAFE - HALLELUJAH

PLUG IN CHURCH - HALLELUJAH

HOLIDAY CLUB - HALLELUJAH

SUMMERCAMP - HALLELUJAH

GOOD FOOD - HALLELUJAH

EVERYTHING - HALLELUJAH

And Next ...

Our **Deep Sea Divers Holiday Club** is back with a BIG SPLASH for 2026 (see page 14). We would **LOVE** to have your kids with us for all the Fun in the Sun - an action packed week here in Dunoon!

Monday 3rd - Friday 7th August, 2026.

10am - 1pm

High Kirk Hall, Hannover Street, Dunoon.

**** COMPLETELY FREE **** Yippee !!

VOLUNTEERS: Please see Page 14. We are looking for people to help with the children, with registration or behind the scenes (making lunches or providing home baking for the team) we would LOVE to hear from you.

“Let everything that has breath praise the Lord”

(Psalm 150:6)

God Bless,

Lorna McGinnigal:

familiesworker@cowwalkirk.org.uk

07967191238



See over
for more
fun photos.



Needs no explanation ...
Relief at the end perhaps?



Getting ready ...
To conduct the next service?



While the adults listen ...
The children get down to
important business.



Representing ...
eXp at the Assembly.



These are just a few of the photographs that are taken showing something of what goes on at Cowal Kirk.



If you have a story, or a special event, or just something you would like to share; the Editor would be delighted to make room.



*"Give thanks
to the Lord
for he is
good.
His love
endures
forever"*

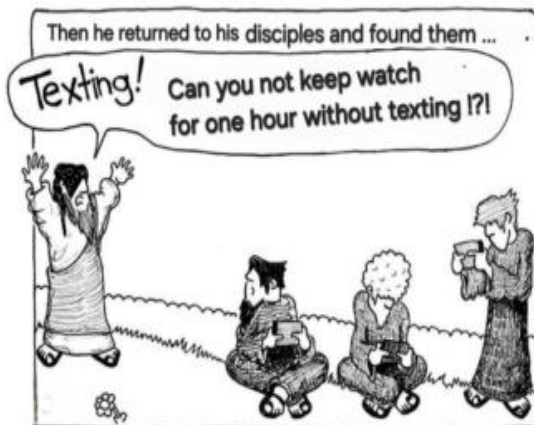
Psalms 136:1

PLUG IN CHURCH

Come along and join us for an uplifting church gathering where faith, community, and connection converge.

Experience inspiring worship, heartfelt fellowship, and a message that ignites your spirit.

Come, recharge your soul and connect with others as we journey together in faith. Don't miss this opportunity to **Plug In!**



Dear Heavenly Father,
So far, today, I've done all right. I haven't gossiped or lost my temper. I haven't been greedy, grumpy, nasty, or self centered. I'm really happy about that so far. But in a few minutes I'm going to be getting out of bed and then I'm going to need a lot of help.
Thank you! Amen

WANTED

READY, WILLING & ABLE

Last week **The Kirk Cafe** had 55 mums/minders/grannies and babies/toddlers/youngsters of all ages. Unfortunately neither Fiona nor Maureen were able to be there, so things were a bit stretched. We really try to make these activity filled, fun mornings for all who come along.

But this has made it clear there is now an urgent need for us to grow a team of volunteers - probably on a rota basis. So, if you find you have a morning free and would like to participate in these fun filled days, please let Lorna know, and come along and join in - your help will be most welcome.

We are also getting all fired up for this year's Holiday Club:

Deep Sea Divers

Which means there is another Big Shout going out for volunteers for this event.

It will run from 3rd to 7th August and the start time is 10am until 1pm (to include lunch and snacks).

You are needed to work alongside the children, possibly in teams, and/or helping to preparing lunches/snacks.

If you are not able to be present at the holiday club, but can donate any home baking, this would be amazing!

If you can help in any way, at either of these events, please contact Lorna,

our : famiiesworker@cowwalkirk.org.uk. Mobile: 07967191238



**TWEET OTHERS
AS YOU
WANT TO BE
TWEETED**

Although we are all aware, it was recently brought more acutely to my attention - the awful situation facing some families in our supposedly enlightened world ... the lack of a place to lay one's head. It gets worse ... imagine you're a parent and are having to get your children ready for yet another temporary house move.



- Another unfamiliar neighbourhood.
- Another set of rules.
- Another night explaining why this still isn't home.
- School uniforms packed into bags.
- Toys left behind because there's no space.
- Cramped into a room with no privacy for your kids.

..... and knowing that this will likely happen again, and again!!

Families shouldn't be living in this kind of uncertainty; but all across Scotland, this is the reality of the housing emergency. A family being moved from one temporary homeless accommodation to another is not a short-term setback. It is systemic failure. Today, 18,092 households in Scotland woke up in temporary homeless accommodation.

In Dunoon and the wider Cowal area, there is no specific statistic for the exact number of people sleeping rough at any given time. However, records show that tis area shamefully lays claim to at least 20% of all homeless cases in Argyll and Bute. We can, *and should*, make sure this vicious cycle is never accepted as normal.

Our own efforts through Starter Packs attempts to address part of this problem, by providing the basic necessities once a family or individual has been given temporary accommodation; but this isn't really enough. If and whenever you get the opportunity, for every £1 you donate to Shelter Scotland, 71p is spent directly on helping



people facing homelessness or housing issues through advice, support and campaigning.

The next time someone asks who we should direct our charitable donations to, perhaps you could suggest Shelter?
Ed.

The Adventure Starts Here – With Your Help –



As we step into our final few weeks of our 2025/2026 session, life at 1st Cowal is as vibrant as ever!

We've had lots of enquiries recently about how people can support our work - and we're so grateful for the growing interest in helping our young people thrive.

Our Adventure Fund continues to play a vital role in making sure no young person misses out due to cost. It allows us to keep activities affordable for families while opening the door to adventure, friendship, and faith-filled growth.

Being a part of the 1st Cowal isn't just about fun - the opportunities are formative. They help shape resilience, leadership, teamwork, and trust. We genuinely appreciate every donation made to help us continue this work.

How You Can Support 1st Cowal

If you'd like to support our young people, there are several ways to give:

- Donate online via our Adventure Fund:
<https://www.justgiving.com/campaign/1cowalbbadventurefund>
- Make a bank transfer (please speak to a leader for details)
- Give a cash donation in person
- Support us through the [Argyll Community Lottery](#) by selecting 1st Cowal as your chosen charity

Every contribution - no matter the size - helps equip the next generation with the experiences, skills, and confidence that shape lives.

What's Happening at 1st Cowal? This year's adventure!

We are still shaping what our adventures this year will look like but are excited to share with you what our young people get up to this year. As always we will be seeking to do activities across all our age groups and to ensure as many of our young people have the opportunity to take part as possible.

Awards Night – A Night to Celebrate!

Join us at St John's Church on Wednesday, 24th June, 2026, at 6pm **prompt!** for our annual Awards Night.

This is a special evening where we come together as a whole community to celebrate the achievements of our young people. From badges earned to personal milestones reached, it's a chance to recognise the dedication, growth, and character we see week in and week out.

Everyone is warmly invited - family, friends, and the wider community - to come along and celebrate with us.

With gratitude,

Jamie and the 1st Cowal Team.



STARTER PACKS

So far this year we have given out EIGHTEEN packs, so we have been very busy.

Keeping on top of our stock levels is a continuing struggle and means we are always delighted to receive any donations.

This month we are running short of pots & pans, and towels. If you can help in any way, either by donating a saucepan, frying pan, milk pan, or by making a small donation toward the purchase of these, we would be over the moon. Towels need not be new, but always as fresh and as clean as you yourself would like.

Thank you.

*Fiona Anderson,
Starter Pack Convener.*

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Sunday club. As she ran, she prayed: "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"

While she was running and praying, she tripped on the kerb and fell. She got her clothes dirty and her dress was torn. She got up, brushed herself off, and started running again.

As she ran, she once again began to pray, "Dear Lord, please don't let me be late ... but really, there's no need for you to shove."

Care Home Worship

Services are held monthly in two local care homes . Help on these occasions is much appreciated.

ASHGROVE - Tuesday, June 16th at 11.00am

ARDENLEE - Tuesday, June 23rd at 2.30pm

COUNTING THE COST

The latest report from Christian Aid tells us that 2025 was one of the most devastating in

terms of climate events; from heatwaves that pushed the limits of human survival, to record-breaking hurricanes that overwhelmed disaster response systems, and catastrophic rainfall and droughts that wreaked havoc on vulnerable communities.

Fossil fuel companies play a central role in driving these crises. Ad the cost is clear; it is the poorer communities who continue to bear the brunt of events that could have been averted had there been greater action to reduce greenhouse gas emissions.

Yet no continent was spared.

In the United States, Californian wildfires caused phenomenal damage and killed over 400 people. The cyclones and floods across Southeast Asia were responsible for the death of more than 1,750 people, while devastating floods in China displaced thousands and caused £ billions in damage.

At the same time, some of the most devastating impacts were felt in poorer countries that have contributed least to the climate crisis:

Nigeria, the Democratic Republic of Congo, and parts of West Asia.

Aside from the other activities that Christian Aid initiate and carry out ... their focus this year being to help women in Kenya to grow food, earn an income and be able to care for their children and families in the face of hunger and rising living costs.

If you've not yet responded to the many requests for your support, it is **never** too late. We may set aside one week in the year to raise funds for the work of Christian Aid, but they are working day in, day out, trying to alleviate the problems — however they are caused — that are being faced by the poorer people in our world.

Ed.

Christian Aid
We believe in life before death

**Below is a list of all the Kirk Session approvals
from 13th May, 2026.**

1	Manse redecoration in line with the 5 year Manse decorating cycle, the lounge and hallway are to be repainted.
2	Replacement of Manse lounge and hall carpets.
3	Request from eXp to provide finance to enable a family to attend the eXp summer camp.
4	Instruct Stewart Shaw Ltd. to carry out various works at Toward & Innellan Church & Hall.
5	Instruct Caroline Thompson and Jenny Hunter to proceed with the High Kirk Hall Feasibility Study.
6	Agree to the Fabric Committee's recommendations to sell the existing 2 minibuses, and to purchase a newer single minibus that will cater for members of the congregation and community: Petrol, 14-seater with tail lift for wheelchairs, under 3.5 tonnes.

After a church service on Sunday morning, a young boy suddenly announced to his mother, "Mom, I've decided to become a minister When I grow up."

"That's okay with us, but what made you decide that?"

"Well," said the little boy, "I have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell, than to sit and listen."

DON'T FORGET!

**The Boys' Brigade and Girls'
Association Award Ceremony
will take place in St. John's Church
on Wednesday 24th June
at 6pm (prompt).**

"And we know that for
those who love God all
things work together
for good, for those
who are called
according to his
purpose."

— Romans 8:28

Bible Wordsearch

For those committed Wordsearchers among you, the puzzle below will not tax you greatly, but will hopefully still be fun to complete.

However, there is a further challenge, once you have highlighted all the words in the grid. Click the leftover letters - in the correct order - and see if you can find the **mystery answer**.



All the words listed below are in the puzzle - left, right, up, down and diagonally.

**EARTH, GOD, HEAVEN,
HUNGER, INHERIT,
KINGDOM, MATTHEW,
MERCIFUL, MOUNT,
POOR, SPIRIT, THIRST**

**FAITHBOOK:
GOD HAS SENT
YOU A FRIEND
REQUEST!**

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Please note: **Last day for JULY/AUGUST contributions : JUNE 21st**

Please email these to EDITOR as above – thank you.