



# COWAL KIRK NEWS



**CHURCH OF SCOTLAND**  
**SCOTTISH CHARITY No. SC001976**  
**ISSUE No. 51 ~ MAY, 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

## The Beautiful Month of May

In France, posies of Lily of the Valley (*le muguet*) are traditionally gifted on May 1st (May Day or *La Fête du Muguet*) to bring good luck, happiness, and prosperity for the coming year. As a custom it dates back to 1561, when King Charles IX was given a sprig, initiating a tradition of gifting them to friends, colleagues and loved ones.

May is also the month when a great many other strange or amusing celebrations occur. Here are a few: **May 5:** World Laughter Day. **May 6:** International No Diet Day. **May 7:** World Password Day. **May 8:** VE Day. **May 11-17:** National Stationery Week. **May 12:** National Limerick Day. **May 15:** International Families Day. **May 18:** Visit Your Relatives Day. **May 20:** National Rescue Dog Day. **May 23:** World Turtle Day. **May 31:** World No Tobacco Day.

The Anglo-Saxon name for May was Tri-Milchi, in recognition of the fact that with the lush new grass, cows could be milked three times a day, but it has been called May since about 1430.

May is also a month for food-related celebrations as it hosts the National Vegetarian Week, the British Sandwich Week, the National BBQ Week and the UK Coffee Week.

But I think the best one of all is that in May we celebrate National Smile Month.

## FROM THE MANSE

### ~ A Heartfelt Thankyou to Our Loving Community ~

Dear Beloved Cowal Kirk,

As I sit down to write this message, my heart is filled with immense gratitude and warmth. During a very challenging time for me and my family, when my dear wife was hospitalised; the outpouring of love, support, and kindness from each of you enveloped us like a comforting embrace.

It is often said that a community is defined not just by its gatherings, but by the genuine care it shows for one another in times of need. Your actions have exemplified this beautifully. From the moment we received the news, many of you reached out, not only with words of encouragement but also with practical support that lifted our spirits and lightened our burdens.

Meals were prepared and delivered to our home, ensuring that we didn't have to worry about cooking during such a stressful time. Friends stepped in to help with the children, providing them with love and companionship when I was focused on being by my wife's side. Others visited the hospital, bringing flowers, prayers, and the warmth of fellowship that reminded us we were not alone.

This experience has shown me the true power of community. It reminded me that love manifests itself in countless ways — through a phone call, a handwritten note, a warm meal, or simply a listening ear. Your selflessness and generosity not only comforted us but enriched my faith in how God works through each of us to care for one another.

Thank you for being the hands and feet of Christ during our time of need. Your support has left an indelible mark on our hearts, and it has reinforced our belief in the strength of our congregation. I am grateful for every prayer lifted on our behalf, every act of kindness, and for the love that surrounds us.

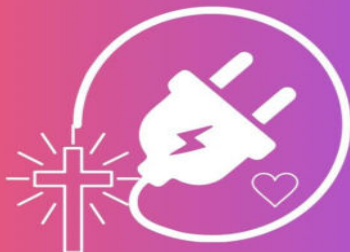
Let us continue to cultivate this spirit of community and support, extending our care to those who may be in need. Together, we can create an environment where everyone feels embraced and valued.

With heartfelt thanks and blessings, *Everisto*



YOU ARE  
INVITED

ALL ARE  
WELCOME



# PLUG IN

*Church*



**SUNDAY 3<sup>RD</sup> MAY 2026, 4PM**

**HIGH KIRK HALL, HANOVER STREET**



The **Presbytery Planning Mission Convenor Monika Redman** will be attending the Kirk Session meeting on the 13<sup>th</sup> May at 7.00pm in St. John's Church Hall.

Monika will also be holding a meeting at 12 noon on Thursday the 14<sup>th</sup> May in St. John's Church Hall.

**Any Church member who would like to meet with Monika is welcome.**

## The G/Net Knitting Crew

Have you heard about this amazing group of voluntary knitters, ladies who have made use of their spare time - and wool – to create blankets? The idea started when one of them was in hospital and discovered that the IRH had received a number of hand-made blankets which they were then able to give to some of their patients. In fact, the patients were encouraged to take these blankets home with them, thus saving the hospital from having to launder such delicate covers.

Having seen how much these blankets were appreciated, in 2022, a few able knitters got together and began knitting squares, which were then stitched together to make more of the same. Initially they gifted the first dozen or so to IRH, as that was where they had got the idea, and wool was soon arriving in bundles to keep them going. They also knitted fidget mitts for some of their dementia friends or patients in care.

Since then they have donated at least 15 blankets and 10 mitts to Dunoon Hospital; Ashgrove care home has received 20 blankets and 14 mitts. Ardnaheine were gifted with 10 wheel chair covers and 6 mitts, and Ardenlee got 14 covers and 6 mitts.

And they didn't stop there. The Befrienders, the Carers, the Dunoon Food Bank and even our Cowal Kirk buses have received some of these, whether just to keep warm while waiting or as cosy covers while watching TV.

To date it is estimated that over 200 blankets and about 70 mitts have been made. But special tribute has to be paid to the late Gavin McGillivray (pictured >) who stitched these squares together turning them into blankets. He is sorely missed. If you have any spare wool, donations can be handed into the Wee Shop or to Barnardos, or you can phone Junette on 07970965155 and she will arrange to collect.



## DONATIONS

Whilst it is in no way a necessity or a prerequisite for relatives or friends to donate to charity following a funeral, we thought it worth intimating the following :-

After the funeral of Louise Scott, £200 was donated to Marie Curie; after the funeral of Libby Garner, £80 was donated to Christian Aid, and after the funeral of Mary Paterson, £480 was donated to CHAS.

Emily Bronte wrote:

**May is the  
month of  
Expectation,  
the month of  
Wishes,  
the month of  
Hope.**

## PRAY

- Pray for young people who need encouragement and opportunities to thrive.
- Ask God to help you work with others to bring His love to your community.
- Thank Him that generosity grows when we act together.

Is prayer your steering wheel or your spare tyre?

## SAFEGUARDING

Face to face training will take place on the afternoon of Sunday, 6th September, 2026, in Kirn and Sandbank Church. Please put the date in your diary.

*Jeanette Ferguson,  
Safeguarding Co-ordinator.*

## PREACHING ROTA

|          |                                  |
|----------|----------------------------------|
| 3rd May  | St. John's .....with Submariners |
| 10th May | Kirn & Sandbank                  |
| 17th May | St. John's                       |
| 24th May | Toward & Innellan                |
| 31st May | Kirn & Sandbank                  |



## FUND RAISING ACTIVITIES

The WEE SHOP continues to be very busy with donations and sales. And now that the holiday season approaches **I will once again need to be asking for more help** so that the ladies currently helping in the shop might look forward to some time off. Which means, if you can spare even just a morning or an afternoon, please **do** let me know.



Amongst the donations mentioned, we have recently received three sewing machines and a foot spa, but perhaps most surprising — the result of a recent house clearance — an amazing collection of Royal memorabilia. Over 50 items in total (the photos don't do

justice to the whole display). If anyone is interested in acquiring, please contact me or ask in the shop.

On the matter of Fundraising, **May** is Christian Aid month (see further Christian Aid article on back page). At Cowal Kirk, keep a look out for the SMARTIES tubes that we started distributing early in APRIL. This was to enable us to finalise our donations by the last week in MAY.



For those of you not familiar with this event, you will be offered a tube of Smarties and requested to fill it with 20p pieces. Each tube holds £12. But if you find it difficult to fill the tubes due to a shortage of 20p coins, then a £10 note plus £2 of 20p might solve the problem. As you eat your Smarties, however, take time to think of those less fortunate who have not enough food to feed their children, or clean water, or sufficient medical supplies. As we supposedly become more tech-savvy (to make life easier?) it is sad that we can't eradicate starvation and drought in our world.

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

## Children & Families — GOOD NEWS

### Everything Hallelujah

There is a song I've been hearing and seeing everywhere for the last few weeks. A song which resonates deeply within me.

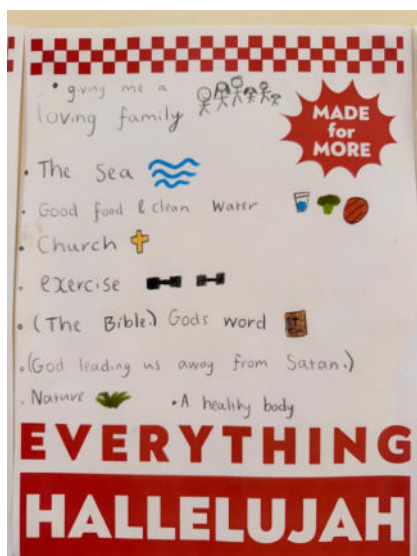
It's a song by Justin Bieber that he played live at Coachella, one of the biggest music festivals in the world, and it's called ***"Everything Hallelujah"***

It was so moving that tears filled my eyes just watching him sing it. And actually, not just him singing it, but the whole crowd as well.

***Everyone*** singing ***Hallelujah*** about ***Everything Hallelujah***.

Many, I'm sure, were praising God without even realising it. But in a way that made it all the more beautiful.

We took the song to Pizza Church and explored it a bit more.



Hallelujah means "Praise the Lord."

The word comes from the Hebrew:

Hallel ("praise") and Yah ("Jah/Yahweh") a shortened name for God.

It is a joyful celebratory cry of victory - referencing Christ's resurrection over sin and death. And at Coachella we had our broken world singing a word about praising the Lord. It was just wonderful.

Further, at Pizza church, we looked at

Psalms 150, the last in the Book of Psalms, where it ends with the words, ***"Let everything that has breath praise the Lord."***

With every breath you take today, you have reason to praise!  
Here is some of our reasons to praise from this last month...

Everything - Hallelujah  
Easter Time - Hallelujah  
Kirk Café - Hallelujah  
Agapé Meal - Hallelujah  
King of Kings Movie Night -  
Hallelujah



Pizza Church - Hallelujah  
New Life - Hallelujah  
Kilt Walk - Hallelujah  
Everything Hallelujah  
Everything Hallelujah  
We have so much to be thankful for. So  
much to Praise God for.  
Even when things are tough!  
Hallelujah isn't just for happy seasons.  
Powerful praise happens when life is hard  
too.

*Hallelujah can be whispered in the waiting.*  
*Hallelujah can be prayed silently when you are*  
*anxious.*  
*Hallelujah can be sung through our tears.*  
*Hallelujah is more than just a fun word to say*



*or a song on your*  
*instagram reels.*



It is a way of life, praising God for **EVERYTHING.**

And my prayer is that we don't just say it, but that our lives reflect how He is worthy of all of our praise.

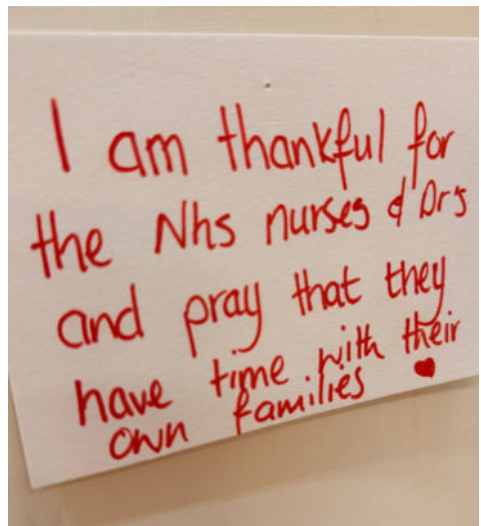
~ Hallelujah ~

We are continuing our **Made for More** theme through the rest of the year, and by looking

at how we are **Made for More - Praise**, we have decided to offer another space for Praise with our new monthly "Plug-In" church which takes place on the first Sunday of the month at 4pm.



Lorna McGinnigal, Children & Families Worker,  
[familiesworker@cowalkirk.org.uk](mailto:familiesworker@cowalkirk.org.uk)



# **BIBLE TRIVIA with ANSWERS**

## **How well did you do?**

1. How old is the Old Testament? Answer: over 3000 years old.
2. Who is the oldest person written in the bible? Answer: Methuselah who died at the age of 969
3. What is the shortest verse in the bible? Answer: John 11:35 "Jesus wept."
4. How tall was Goliath? Answer: about 9'9" tall
5. In 1 Corinthians, which is the greatest of the imperishable qualities? Answer: Love
6. Whose example does Paul say Christians should follow in Chapter 5 of Ephesians? Answer: Christ's
7. At what age did Moses die? Answer: 120
8. What is the last word of the bible? Answer: Amen
9. How many prophecies does the bible have? Answer: 6,000
10. What is the longest verse in the bible? Answer: Esther 8:9
11. What was Ruth's husband called? Answer: Boaz
12. What did Joshua command to stay still? Answer: Moon & Sun
13. Around what sea did Jesus call His first apostles? Answer: The Sea of Galilee
14. The total number of years the Israelites spent in captivity is? Answer: 430
15. What does Jesus say about judging others? Answer: judge not
16. Where did Jesus grow up after returning from Egypt? Answer: Nazareth
17. Who is the author of the Book of Revelation? Answer: John
18. How many plagues did God send on Egypt? Answer: 10
19. Through what did God speak to Moses in the desert? Answer: A burning bush
20. How many brothers did Joseph have? Answer: 11
21. Who were Adam and Eve's three sons listed in the Bible? Answer: Cain, Abel, Seth
22. How many days did God take to create the world? Answer: 6
23. What four books tell about Jesus' life on Earth? Answer: Matthew, Mark, Luke, John
24. At which place did Jesus' crucifixion take place? Answer: Golgotha
25. John the Baptist's father was? Answer: Zechariah

## Care Home Worship

Services this month will be as follows:

Ashgrove, Tuesday, May 12th at 11.00am

Ashgrove, Tuesday, May 19th at 2.30pm

Help on either or both occasions is much appreciated.



## GUILD LITTLE BIG SING

Seven members of our Cowal Kirk Guild attended a wonderful afternoon at Cairndow Village Hall on Saturday, April 18th. Postponed from the Autumn due to a storm warning, the hosts from Strachur, Strathlachlan & Cumlodden Guilds shared lovely hymns, inter-

persed with readings and very informative details of three special 'Living Stones' namely Mary Slessor, Mary Moffat (Mama Mary) mother-in-law of David Livingstone, and Corrie Ten Boom.

The glorious weather meant a beautiful drive, and the afternoon was topped with an amazing selection of home baking as everyone enjoyed fellowship over tea and coffee.



"If you listen real carefully when the breeze blows, you can hear God whispering."

## The Govan Stones

One evening, recently, I was intrigued by a Scottish News item regarding a recent discovery at the historic site of the Govan Stones, which are located within Govan Old parish church.

The following Saturday, I set off to Govan to investigate.

My day away was a huge success: not only did I visit Govan Old but, a short distance away, I went across to The Riverside Museum, via the recently opened Govan to Partick bridge.

Not surprisingly, the museum was buzzing with excited young families and many foreign visitors. After having spent an interesting time there exploring the exhibits on display, which included horse drawn vehicles, mighty locomotives, the invention of the modern motor car, not forgetting the tramcar, affectionately known as The Glasgow 'caur'! It was now time for a light lunch.

The team at the near-by church, Govan and Linthouse, gave me a warm welcome. A fine selection of home baked 'goodies' was available, which also included soup and sandwiches.

The minister chatted with me and, when I mentioned to him that in the past I had organised walks around Glasgow for my previous church's walking group, he came up with a suggestion. "Why don't you do the same again and visit Govan?"

On my travels home, the seed had been sown!

So I am now planning a visit to take place on Saturday, 16th May, departing Hunter's Quay on the 9.20 am ferry, and returning at approximately 5 pm. Walking involved will be minimal.

If you would like to come along, please phone me - Tom Irvine on: 07810268310 or email me at: [Irvine1946@gmail.com](mailto:Irvine1946@gmail.com)



## MID - WEEK WORSHIP

Short services are held in the High Kirk Hall, Hanover Street on the first and third Wednesday of each month at 11.00am.

All are welcome.

Wednesday, May 6th - Rev Jim MacFarlane

Wednesday, May 20th - Mrs Marion Fyfe

I was so worried that the garage mechanic would rip me off because I confessed I knew nothing about cars... Imagine my relief when he said I only needed indicator fluid!

An R.E. exam question

asked: 'What does a Bishop do?'

Came one answer: 'Move diagonally across the board.'

My wife asked me what would stop the stairs from creaking...

Apparently 'Slimming World' was not the right answer!



I couldn't believe it when I saw this on  
Countdown —  
it was just bang out of order!

### Flower Rota for St. John's

**MAY** 3rd Mrs Margaret Johnson  
10th Mrs Mary Forbes  
17th -  
24th Mr Ann Cain  
31st -

**Contact:** Mrs Linda Murry 830022  
Mobile: 07779131257



A boy is praying to God one day and asks, "How long is a million years?" To his surprise God answers, saying "To me, it's about one minute." The boy then asks, "God, how much is a million dollars?" and God replies, "To me, it's a penny." The boy thinks and then asks, "God, may I have a penny?" God replies, "Wait a minute."



This month's Cyberbyte carries a different message focuses on the UK Government survey consulting on further measures to prepare children for their future in an age of rapid technological change.

This includes potential age restrictions on social media and other services such as gaming sites and AI chatbots, restrictions on addictive design features and risky functionalities, and better support for parents and families.

## Did you know?

**You might not think your child has seen any worrying online content, but remember, you won't know until you ask.**

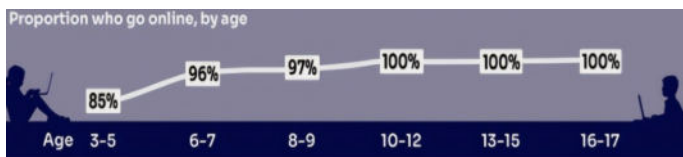
Do you remember what your childhood looked like?

For many of us childhood and technology were not interlinked, but the experience of today's youngest generation is that they have been interlinked with technology from their early years.

It's a common scene in public where a parent holds or shares their mobile device showing cartoons or games to their young child or, more obvious, seeing children and young people engrossed and influenced from digital content, being either shared amongst peer groups, live streamed to their devices or as prerecorded reels.

Digital

interaction is deeply influential and has become so



normalised, especially when you consider, in proportion, who go online by age. And in terms of what can be accessed, this is not always positive and, in some cases parents / carers are unaware of viewed content.

The UK Government have launched a campaign in relation to Kids Online safety and they have inspired a national conversation, seeking your views on social media use and mobile phone bans in schools to keep children safe online.

If you would like to participate you can access the survey at:

<https://www.gov.uk/government/consultations/growing-up-in-the-online-world-a-national-consultation>

**Christian Aid** is a global movement of people, churches and local organisations. They are the changemakers, the peacemakers, the mighty of heart.



**They are all about eradicating poverty.**

Everyone is equal in the sight of God, Yet we live in a world where poverty still persists. For over 80 years now, having initially focused on post-war European refugees, Christian Aid has become a global agency. Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive.

Working to eradicate this has been the inspiration that helps them to stand in solidarity with our most marginalised neighbours across the globe; of all faiths and none. They now work in over 29 countries worldwide - Africa, Asia, the Middle East as well as Latin America and the Caribbean.

Christian Aid seeks to eradicate extreme poverty by tackling its root causes. Our efforts to support them, by filling a tube of Smarties with 20p pieces may seem small, but of every £1 they receive, 84p is used for their life-changing work, responding to humanitarian emergencies and calling for global change, and 16p is used to raise awareness, to attract new supporters, helping to make all the work they do possible. So — go on, give what you can, do what you can, in whatever way you can.

MINISTER: Rev. Everisto Musedza

(01369) 268482 / 07748347487

[EMusedza@churchofscotland.org.uk](mailto:EMusedza@churchofscotland.org.uk)

SESSION CLERK: Mr Jim Anderson 07725186379

[sessionclerk@cowalkirk.org.uk](mailto:sessionclerk@cowalkirk.org.uk)

ADMINISTRATOR: Mrs Helen Cooper

[admin@cowalkirk.org.uk](mailto:admin@cowalkirk.org.uk)

FAMILIES WORKER: Mrs Lorna McGinnigal

[familiesworker@cowalkirk.org.uk](mailto:familiesworker@cowalkirk.org.uk)

SAFEGUARDING: Mrs Jeanette Ferguson

[jbellcoltd@yahoo.co.uk](mailto:jbellcoltd@yahoo.co.uk)

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

[ruthgriffiths@gmail.com](mailto:ruthgriffiths@gmail.com)

Please note: **Last day for June Newsletter contributions : 24th May**

Please email these to EDITOR as above – thank you.