

WEEKLY CONGREGATIONAL NEWSLETTER

Thought For The Week Sunday 4th October

A Prayer for your Wild Soul

Give yourself time to make a prayer that will become the prayer of your soul.

Listen to the voices of longing in your soul; listen to your hungers.

Give attention to the unexpected that lives around the rim of your life.

Listen to your memory and to the inrush of your future; to the voices of those near you and those you have lost.

Out of all of that attention to your soul, make a prayer that is big enough for your wild soul, yet tender enough for your shy and awkward vulnerability; that has enough healing to gain the ointment of divine forgiveness for your wounds;

Enough truth and vigour to challenge your blindness and complacency; enough graciousness and vision to mirror your immortal beauty.

Write a prayer that is worthy of the destiny to which you have been called.

East Neuk Trinity

Sunday morning services will resume from

1st and 3rd Sundays in Elie Church

2nd and 4th Sundays in Kilconquhar Church

5th Sundays to be arranged.

Before coming to church please take time to read the arrangements that are in place to allow us to safely meet together for worship. These are attached with this email.

Gift for New Minister

It is a tradition for congregations to give a gift of welcome to a new Minister. Due to a change in OSCR regulations members of the congregation are invited to give a donation towards this if they wish.

If you would like to make a donation towards a gift for Douglas this can be done in various ways. You can pop a donation through the letter box at the church hall and mark the envelope as 'gift for new minister' you can make a donation directly into the bank account (details are below) again with the reference 'gift for new minister' or you can make a donation at the church services. Donations need to be in by **Sunday 11th September**.

East Neuk Trinity

Sunday 25th October in Kilconquhar Church

Instead of gifts of food and flowers you are invited to make a monetary donation to the Anstruther Food Bank.

There will be a collection box at the door of the church if you wish to make a donation.

Church Giving

Thank you very much for continuing to support the church over the past months by giving through bank transfer or by sending your WFO envelopes to the Treasurer either directly to her home or to the Church Office. The account details for Bank Transfer are:

East Neuk Trinity Bank Details.

Sort Code- 83-24-24

Account Number 00634002

As we begin to open our church buildings and return to worshipping together the Treasurer would prefer if you would continue to give to the church in this way. Banks are making increased charges for handling cash.

If you would like any more information please contact the Treasurer Mrs Victoria White. toriwhite@btinternet.com

Craignish, 41 Viewforth Place, KY10 2PZ. Pittenweem

EAST NEUK ALPHA

East Neuk Trinity, St Monans, and Coastline Community Churches are working together to offer an on-line Alpha Course, on Thursday evenings. The course will offer people the opportunity to explore the big questions of life, faith, and meaning, joining Zoom meetings from the comfort of their own homes. If you would be interested in attending or you know of someone who may be interested, further details of what the course is all about, and how to register interest, is available on the ENT website (www.eastneuktrinity.org.uk) or you can also find us on the Alpha website (www.alpha.org/tryalphaonline).

Televised and Radio Services from Church of Scotland.

BBC 1 at 2pm Songs of Praise. Rev Kate Bottley shares her journey of faith, from becoming a Christian as a teenager to her ordination and beyond, as she visits the people, places and music that have shaped her.

For radio listeners, there is a regular religious service on **BBC Radio 4 between 9.45 and 10.00 am Mondays to Fridays** with hymns, prayers and reflections. You have to have digital radio (DAB) or turn to the Long Wave, if you have a smart speaker just ask it to play BBC Radio 4.

Radio Scotland will continue to feature Thought for the Day within the Good Morning Scotland news programme each weekday. Every New Sunday has moved forward an hour to a new slot of 7.30AM and Sunday Morning with Cathy Macdonald will continue to feature conversations with guests from across all faith groups.

Rev Rosemary Frew at Bowden and Melrose Church will be posting short Reflections on their Church Website. Please click on the link below to listen to these:

<http://bowdenandmelroseparish.org/covid.html>

Across the BBC, our network services will include live worship and virtual church services as well as special new content on the BBC's flagship religious strands on TV and radio, as well as providing content to mark the major festivals of worship. There's much more detail to be found on the BBC website, at

<https://www.bbc.co.uk/mediacentre/latestnews/2020/easter> and at
<https://www.bbc.co.uk/mediacentre/latestnews/2020/religion-coronavirus>

Don't forget to light a candle and place it in your window on Sunday Evening at 7pm to call upon God that his light might shine into our darkness. Attached with this email is the Prayer from Rev Hugh Wallace for this week.

Bible Readings for Sunday 4th October to Saturday 10th October 2020

THE GOSPEL OF MATTHEW (3)

2 You are the Messiah

Sunday 4 October Matthew 14:13-21

Monday 5 October Matthew 14:22-36

Tuesday 6 October Matthew 15:1-20

Wednesday 7 October Matthew 15:21-28

Thursday 8 October Matthew 16:13-20

Friday 9 October Matthew 17:1-13

Saturday 10 October Matthew 17:22-27

This list is from The IBRA publication '*Fresh from the Word*

EAST NEUK FOOD BANK

Appleton's of Elie continue to be a collection point for the foodbank There will be a box outside Appleton's Hardware shop during opening times. The donations will be delivered to the Foodbank every Thursday.

The Diving Gannet in St Monans is a collection point as well.

If you prefer to make a cash donation then this can be done by bank transfer. Details for Bank Transfer are: Account Name: East Neuk Foodbank. Sort Code 83-15-21 Account Number 00227490. Please consider a donation if you are able.

Mobile Post Office

The mobile PO is now calling in Colinsburgh on a Friday 9.30 - 10.30. Opposite the corner shop. It will still continue to call at Elie on Mondays 12.30 - 1.30 and Wednesdays 12.40 - 1.40.

Please do send me anything you would like to share with everyone. It may be a poem, a Bible Reading, a favourite hymn or a fun quiz.

Please send these to: Eastneuktrinityoffice@btconnect.com

Keep safe everyone

Helen - Church Secretary

IMPORTANT CONTACT DETAILS

REV GAVIN BOSWELL, INTERIM MODERATOR GBoswell@churchofscotland.org.uk

OLIVE WEIR, SESSION CLERK, jamandlor1@gmail.com

Meditation: Rules or Guidelines - Elspeth Smith.

There's a story told about a supermarket manager who got fed up with complaints about the white lines in the car park. They were too close together, they were too far apart, they were at the wrong angle, there were too few of them, there were too many. So, one night, he arranged for the whole car park to be sprayed over black!

It was not long before folk were begging for the lines to be reinstated - they realised they needed guidelines to stay safe, they needed some sort of order to be able to shop together.

Most of us have played games of some sort or another throughout our lives. Have you ever played Snap? Even that most simple of card games has a set of rules which even the youngest have to follow if everyone is to have the same chance of winning. If you graduate to Bridge or Chess the rules get harder to understand but knowing and following those rules is important. Just imagine what it would be like to try to play a proper game of Monopoly with a couple of four-year-olds!

If we want to take part in a team sport we have to learn the rules of that particular sport. You might very well enjoy kicking a football around or passing a rugby ball or bouncing a netball or basketball around on your own or with a couple of friends - you can have great fun doing it any way you like. But if you want to play on a team you have to learn the rules and stick to them or you will not only fail as a team member, you will spoil things for everyone else on your own team and on the opposition.

Some sports are more dangerous than others. Last weekend Lewis Hamilton, one of the most experienced of F1 drivers, was given ten penalty seconds because he didn't follow the rules. He wasn't sure what the rules were for that particular circuit so he asked his team bosses for guidelines; they got it wrong and so he lost out and they were fined. For the sake of the sport, everyone has to stick to the same rules otherwise there is likely to be chaos and worse.

Rules are important if we want to do something with other people and avoid causing problems or worse. In sport the rules are written to keep the game or the sport safe for everyone involved and enjoyable too. In life the same thing applies. If we want to live in harmony with each other and with all God's creation, we must know the rules and we must live by them.

One of the Lectionary readings this week comes from Exodus and is the chapter where we learn about the rules God drew up for the Children of Israel as they began their journey into the unknown, towards the promised land. We most often hear these rules described as the Ten Commandments. God gave them to the people through Moses to help them have a good relationship with their God and to live safely and harmoniously with each other. They were meant to be helpful rather than restrictive. They were meant to prevent problems rather than lead to punishment. In many ways they would be far better called the Ten Principles for Living Well' because, as the forty years passed things changed for the travellers, their numbers changed, they got used to being nomads and being able to participate in decision making. Children were born who knew no other way of life and so new rules, different rules had to be drawn up but the ten principles behind them did not change. If you have nothing else to do you could read through Exodus, Numbers, Deuteronomy and Leviticus and see just how many rules were written to modify the Ten Principles to help folk follow them regardless of the situation at the time!

Over the past few months we have got very used to being given rules to live by. Many folk don't like them and many others refuse to follow them. Just like the Children of Israel! But let me ask you this. If you were to be asked to write the rules for safe living today what would your rules be? If you were leading people into an unknown future as Moses was, how would you avoid chaos and dissent and encourage harmony? How would you decide what must be law and what could be locally adapted guidelines?

Just as the Children of Israel complained to Moses at just about every turn of their journey so people this year have complained about almost every aspect of the rules we have been given and the guidelines for safe living. Some argue for national rules and others for local guidelines. No two families or households are the same, no two towns or villages, no two cities or countries. But we have to believe that someone, somewhere, is doing the best they can to keep us safe. Our journey is one heading into the unknown. We have no idea what the New Normal will be like. Will it be better than the old? What will we have to leave behind and what new ways will we have to learn? Will we make the most of what we have or will we constantly harp back to what we have lost?

As Christians we are blessed by knowing that however hard the way ahead may be we have God to guide us. Whether we think of that guidance as laws or statutes or precepts or commands or ordinances we know that they are for our good. Listen again to what the Psalmist says..... [*Read Ps 19: 7 - 11 again*]

If we do our best to follow his ways, our lives will be richer and more fulfilling. As Christians we are blessed by having the example of Jesus to follow. If we love as he loved and care for others as he cared for all he met then we will find our journey into the unknown takes us towards the kingdom of God, a kingdom where we will live in harmony with all creation.

As we continue our journey together trust in God and in his guiding principles for in keeping them there is great reward. Amen