
OUTREACH



The Poppy Cascade at Aberlady Church

**You are warmly invited to join us in the
SACRAMENT OF HOLY COMMUNION**

Aberlady Parish Church

Sunday 26th NOVEMBER 2017

11.15am

All welcome



SC004580

Church of Scotland



SUNDAY THIRTY

A short, informal All Age Service led by the Aberlady Worship Team in Aberlady Kirk Stables at 8.45am on the third Sunday of each month, followed by coffee/tea, a chat and something to eat.

Dates for your diary are:

**November 19th, December 17th, January 21st,
February 18th.**

MINISTER'S MESSAGE

Dear Friends

As I write this, the trees all around the manse are glorious in their autumn colours and the leaf-fall is gathering momentum. I recently emptied the chicken-wire cage in a corner of the manse garden in which the leaves of past years had become leaf-mould, ready to mulch for the winter and to replenish the soil. So, the cycle begins again and I thank God for faithfulness and order and purpose.

Very much on my mind at the moment is the Poppy Fall which Aberlady Craft Group have been working on throughout 2017 and which will be installed in the churchyard next week, remaining in place until late November. This is a magnificent achievement on the part of all involved and will, I am certain, be greatly appreciated by many people throughout the Remembrance season. The project has required imagination, courage, skill, determination and great stamina. At its heart lies a deep conviction of the importance of remembering and of honouring the sacrifices of others who suffered and died in defence of our country and of freedom. Throughout my lifetime, enthusiasm for Remembrance Day has waxed and waned but I am pleased that the majority of people today see it as both necessary and important. The current world order is fragile in so many respects and as some of the "certainties" which have prevailed become less so, it is not difficult to see how easily we might, once again, descend into chaos.

There can be no doubt, that the single most important way in which we can honour those who gave so much, is by dedicating ourselves to the cause of peace. The pursuit of peace requires imagination, courage, skill, determination and great stamina along with a deep conviction of the importance of the cause. It is also something in which each one of us must invest wholeheartedly, never falling into the trap of believing that it is something for governments and international figures to achieve. Peace must inhabit every heart if it is to be achieved and sustained.

MINISTER'S MESSAGE CONTINUED

In just a few weeks' time, the cycle of the year will bring us back to Advent and Christmas. We will prepare for and then enter into our celebration of the birth of Jesus, whom we know as the Prince of Peace. The traditional understanding that Jesus entered this world in the humblest of circumstances heralds the truth that humility is an essential ingredient of peace and a key element in the nature of God. Humility is a precious commodity and is in short supply in our world. Where there is no humility there can be no grace and where there is no grace there is no hope. God is grace and whether it knows it or not, this world desperately needs God.

In an article published in the October issue of Life and Work, the Church of Scotland magazine, The Very Reverend John Chalmers writes, of the Church: *"I sometimes wonder why we ever became a membership organisation, because, the day we did, we made the Church an institution to which some people belong and some don't. Instead of the Church being a living body whose edges are porous and whose doors are open to all, the faithful and the forgetful."* In this article, John reflects the widely recognised truth that the Church as we have known it is no longer fit for purpose and that the mindset through which we have come to be what we are, has in many respects, been left far behind by the movement of God's Spirit. God has never called for members --- but rather for disciples. The two require very different mindsets.

It is for that reason that I have resolved that our principal focus in 2017 / 2018 must be on discipleship and spiritual growth, providing us with as much opportunity and encouragement as possible to embrace the challenges and opportunities of discipleship. As God does not need members but disciples, so the world does not need the institutional Church, but rather those whose lives are transformed to the image of Jesus Christ. Only disciples can serve the desperate need for mission, the need to make God in Christ known. To achieve discipleship requires imagination, courage, skill, determination and great stamina along with a deep conviction of the importance of the cause. It is something in which each one of us must invest wholeheartedly, never falling into the trap of believing that it is something for others to achieve. God must inhabit every heart if God's kingdom is to be manifest.

MINISTER'S MESSAGE CONTINUED

The circle turns. As those whom we remember in November faced the demand of sacrifice, so do we. By God's grace we are not, in the main, called upon to risk death but we are called upon to give up our lives to the cause of Christ so that those who follow us will not live in darkness, in ignorance of the true nature, power and purpose of God. How will we respond?

Yours in Christ Jesus,

Brian

Advent and Christmas in Aberlady and Gullane Parish Churches

Advent begins on **Sunday 3rd December** and it is planned to hold an event for Children and Families that afternoon in Gullane Church Centre, involving Christmas crafts, a short time of worship and a time of fellowship sharing food together. This will be open to both villages.

Morning Services on Sunday 17th December will have a "Nativity" focus and, that evening, there will be the usual Service of Lessons and Carols led by the choirs.

Christmas Eve, this year, falls on a Sunday. The Kirk Sessions have resolved that we will maintain our usual pattern of services as follows:

9.45am	Gullane	Morning Service for all ages
11.15am	Aberlady	Morning Service for all ages
6.30pm	Aberlady	A Christingle Service
11.30pm	Gullane	A Watchnight Service of Readings and Carols
11.30pm	Aberlady	A Watchnight Service of Lessons and Carols

Christmas Day: There will be a joint service for both congregations at 10.30am in Gullane Church.

 MINISTER'S MESSAGE CONTINUED
Register**Baptism**

Violet Jean Gibson 15th October Joint Service at Aberlady

Deaths of members

Mrs Molly Cameron, Gullane

Mrs Jean Briggs, Aberlady 2nd August 2017

Mrs Ruth Doran, Gullane 13th August 2017

Mrs Cath Bowman, Gullane 14th August 2017

Mr Michael Barrie, Aberlady 16th August 2017

Mrs Elizabeth Scrimger, Gullane 2nd September 2017

Renewal of Wedding Vows

Marjorie Skelly and Michael Skelly 2nd July 2017 Aberlady

Weddings

India Brown and Stuart Forbes 29th July 2017 Aberlady

Kate Beaton and Iain MacPherson 12th August 2017 Aberlady

Isla Craig and David Bowen 26th August 2017 Aberlady

Lindsey Burton and Andrew Chapman 2nd September 2017 Aberlady

Simone Rossler and Derek Dick 14th October 2017 Aberlady

Roll keeping - an important message and request

As most of you will know, the Church of Scotland maintains a roll or register of Communicant Members, which means those who have been baptised and have then, usually at a later stage, been Confirmed, through Profession of Faith and resolution of a Kirk Session. There is no centrally held roll of members; rather each congregation holds its own roll. Once a year, each Kirk Session submits a "return", through Presbytery and the sum of the figures on these returns gives us the annual membership statistic. When a Communicant member moves from one congregation to another a "Transference Certificate" is issued by the congregation which he or she is leaving and the person's name is removed from the roll. When that transference certificate is passed to another congregation then the person's name is added to that roll.

MINISTER'S MESSAGE CONTINUED

If you have read my letter in this issue then you will recognise that this system and the principles behind it are not without problems. However, so long as we have the system it is our duty to operate it as best we can. One of the better reasons for keeping a roll is to assist with pastoral care. The roll of members provides the basis for Elders' Districts through which elders seek to maintain a pastoral contact with every member. In every congregation, rolls need to be reviewed and improved from time to time. An accurate and informative roll is an essential tool for any Minister, especially when he or she first arrives.

One of the first things I raised when we formed the Steering Group [which helps to coordinate and streamline the work of the two Kirk Sessions] was the need to review and improve the rolls of both congregations. Not least, this review is made necessary by the rapidly changing legislation on Data Protection. There are other reasons too. The rolls are both held on computer but using different software. They each present the information differently. In some instances, there is no accurate record of first names [sometimes only an initial]. There is also no way to determine a person's age - usually a very important piece of information for pastoral care.

As a first step, the Steering Group has agreed upon the best computer software to be used and is undertaking the transfer of each roll to that software. In the meantime, we are preparing suitable forms to send to every member. You will be asked to complete and return this, whereupon we will update the rolls to ensure that they are accurate. We will also seek to add additional information, such as dates of birth. The form will also aim to ensure that we are complying with Data Protection legislation and will be accompanied by an explanation of what that involves.

It is likely that we will not be issuing these forms until the new year. When they do reach you, I hope that you will help us by completing and returning your form as quickly as possible. If you have any questions about the form or the process then we will try to give you all the support and answers you need. Your cooperation will be greatly appreciated.

Brian Hilsley

Reflections After Five Months

Dear friends,

It feels like the blink of an eye since I began my time at Aberlady and Gullane, and yet I am now a third of the way through my probationary period. These past five months have covered the summer period and whilst this may traditionally be the “quieter time” in many church calendars, I have found ministry alongside you to be full and engaging: the many opportunities to get to know people, whether at Sunday services, local events like the Hog Roast Sunday, care home services or pastoral visits; the variety of ways in which to contribute to our shared worship of God on Sundays and throughout the week; the privilege to join in with a number of the ministries of both congregations and work alongside those who head up these vital activities. I have thoroughly enjoyed the transition from full-time study to full-time ministry and believe that much has been learnt already in these initial months. Thank you for your welcome and encouragements, it is always beneficial to get specific pieces of feedback on what people have benefited from or ideas for doing something differently in the future. Thank you also for the welcome you have given to my wife, Gill, and daughter, Hope.

In addition to this, I have also been away over two long weekends at residential training courses as part of my on-going ministerial training (3 more to go) as well as participating in meetings of the Presbytery of Lothian and the work of the central Ministries Council of the Church of Scotland. These experiences have been rewarding and insightful as well.

At the end of September my Congregational Support Group was also formed and these members have been asked to meet with me over the course of my probationary placement to give feedback on my ministry as well as their encouragement and support. If you would like to share your own experience, please feel free to speak to Val Morrison and Barry White at Aberlady, or Eppie Dobson and Michael Black at Gullane.

In the coming months I am looking forward to sharing in the Advent season with you all, as well as having my Interim Review at the end of November with the Ministries Council and following up on a range of tasks on which Brian has asked me to lead.

As Brian highlighted at the start of September, the 2017-2018 session is focusing on nurturing our spiritual growth and Christian discipleship, and I am excited about what the year ahead has in store for our two congregations, at an individual and corporate level.

Continued - I am also aware of all the range of ministries, pieces of work and new ideas that are being worked on, often behind the scenes, and this too encourages me for what the year ahead may bring.

Throughout all of this, and for us all, I will continue to bring before God the Apostle Paul's prayer from the letter to the Colossians: *'asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God.'* (Col. 1:9-10)

Scott Burton

STEWARDSHIP CAMPAIGN 2018

In the New Year we will be concentrating on Giving as part of our Stewardship campaign. We will be encouraging everyone to think about their offering and the various ways it can be given.

But just as you excel in everything See that you also excel in this grace of giving.

2 Corinthians 8:7

Hazel Phisatory, Aberlady Parish Church

Elsbeth Walker, Gullane Parish Church

If you know of someone who is ill at home, in hospital or in need of a pastoral visit - Please fill in one of the cards at the back of the church on a Sunday and let your District Elder or Session Clerk know, in order that a visit can be made.

THE POPPY CASCADE

Every year the members of Aberlady Craft Group vote on which charity they will raise money for and this usually results in a themed project undertaken with great enthusiasm. This year was no exception! With memories still fresh from the ceramic poppy displays in London and Perth, one of the group suggested that we might put our own



stamp on this theme. Thereafter our collective decision was to crochet and knit poppies to create a cascade that would enable us to raise money for Poppy Scotland.

So in January this year our journey began and we encouraged everyone in the community (together with friends and family) to create poppies. We ran daytime and evening classes for those who wanted to learn to knit or crochet and we put together poppy-making packs for all classes in the local primary school. All our uniformed organisations got on board and we were delighted to see so many different types of poppies being added daily to our collection.

Word spread fast and we soon had poppies arriving from all over the globe. We quickly realised that we had to establish what we were going to sew the poppies onto to be able to display them in the best possible way, whilst, at the same time, letting the air flow through the fabric. We used camouflage material backed with a light weight netting which gave us the best fabric base to use. This enabled the cascade to flow and drape nicely, which initially was the plan for the display. Our poppies came in all shapes and sizes and eventually we reached a total of over 6000.

With only four weeks to go before the launch and due to circumstances beyond our control, we found ourselves having to rethink the cascade position and consequently the arrangement of the poppies on the backing fabric.

Thanks to East Lothian Council, contractors and scaffolders, a new location was found and all were determined to help us. The amazing community effort which ensued made this Poppy Cascade a reality. The backroom of The Old Bakehouse truly became the community hub of this final phase of the project, with volunteers dropping in as often as they could – sometimes for whole days – to attach these poppies by hand to the backing fabric in the format we required for our revised installation.



The community spirit and camaraderie the cascade created was fantastic and many laughs were had, new friendships made, as well as new skills learned.

The cascade was completed by the due date and launched on the evening of Wednesday 18th October. At the launch, we were delighted to have representatives from Brownies, Cubs, Guides, Scouts and the Army cadets marching in to the churchyard from the memorial garden behind a lone piper. Their route was marked out by many other handmade poppies tied to trees and shrubs and edging the paths to the cascade itself. The overall display – including that in the church - has created a lot of interest and has resulted in many, many visitors arriving in the village to see things for themselves. Word has spread on social media, the press and the coverage on STV.

Iain Gray MSP also visited the cascade recently and raised a parliamentary motion for “this remarkable project” and commended the Craft Group for raising funds for Poppy Scotland in this novel way.

If you have been part of this project or you know someone who has been – please accept or pass on our very sincere thanks. All those efforts – big and small – have enabled this project to become the success that it has, ultimately to the benefit of Poppy Scotland.

And finally, as Remembrance Day approaches, let our poppy lettering on the cascade have the final words – “Lest We Forget”.

TREASURER'S REPORT

Magazine articles - November 17**Church Finances-Treasurer's update**

I am happy to report at the mark of the year that the church finances are reasonably healthy. There has been little surprise expenditure and with some increase in income we are keeping comfortably in the black. I hope this will continue until the end of the year.

Thank you for your continued support.

Kaye Macaskill

Fellowship and Outreach

We participated in Doors Open day on 16 September with conducted tours in the church with teas and coffees served in the Stables. This raised £151 for church funds.

The Annual Bridge Afternoon on 4th October was a great success and raised £1370 for the church. We are grateful to all participants and donors.

The Christmas Fayre on **Saturday 11 November** will be held in the Kirk Stables from 10.00am - 12.15pm. There will be Christmas goods, Cake and Candy and a Christmas raffle.

Admission £3 which will include tea/coffee and scones.

The monthly lunches after the service have restarted (1st Sunday of each month October to March). Homemade soup and rolls / puddings and tea or coffee all for the bargain price of **£3.50**. Support for this event is much appreciated.

Kaye Macaskill

Music



The Combined Churches Choir began the new session in October with a flourish - a lovely evening Songs of Praise service in Gullane Church to mark the end of the Flower Festival. Beautiful flowers and beautiful music - the perfect context for thanksgiving, and a very full church to confirm it.

The joint service in Aberlady later in the month was beautiful too. It was an uplifting morning service of words and music led by Brian, with the choir, and much enjoyed and appreciated by all. It is a great blessing that together we can share such moving and inspiring worship in both churches.

Looking forward to Christmas, we are preparing for the evening Lessons and Carols Service on 17th December, this year at Gullane, the Christmas story brought to us through readings and carols from choirs and congregation.

The Junior Choir meets on Thursday afternoons in the Church Centre at Gullane and we are now a new group of lively youngsters from P2 to P6, with beautiful voices and lots of joyful enthusiasm.

Junior Choir contributed to the evening Songs of Praise Service with great flair and energy, leading the congregation in a new song, "Teach me to Dance", complete with dance moves and actions.

Junior Choir is currently preparing to share songs from "Chitty Chitty Bang Bang" and "The Wizard of Oz", along with Christmas carols and songs, both at Muirfield Care Home and at Gullane Day Centre early in December. Junior Choir will also take part in the evening Lessons and Carols Service on 17th December.

A busy musical run-up to Christmas - it's never too late to join in!



Janet Anderson 01620 842 822 for information

MUSIC TO ENJOY

Garleton Singers

CHRISTMAS CONCERT 2017!
Tuesday 12th December, 7.00pm
St Marys Parish Church, Haddington

If you are interested in becoming a member or a 'Friend' of the Choir, want to advertise in our programmes or simply want to know more about our activities, then please email us at:

garleton@gmail.com

Hadley Court Singers

Christmas Concert 2017
Saturday 9th December at 7:30pm
St Mary's Parish Church, Haddington
Tickets £10 (under 16's free)

Rehearsals take place on Wednesdays at 7.30pm at Holy Trinity Church, Haddington.

A message from the Church Guild

“Whose we are and Whom we serve”

BE BOLD BE STRONG GO IN LOVE

Today as I write this piece the guild members are awaiting in anticipation for the start of our new session.

On Monday 30th October Rector Simon Metzner is coming along to talk about his favourite things and we get to be a bit nosy and find out a little more about Simon who is the rector at St Adrian's and St Baldred's churches.

January 2018 sees us heading off to Mars. Come along and hear all about the one way trip to Mars and the setting up of the first Presbyterian church far from Earth.

February 2018, Orlando Heijmer-Mason is coming to talk about his love of opera and treat us to a few songs. Now that is definitely food for the soul.

A date for your diary is the **Guild Coffee morning which is 19th March 2018**. This is when the guild raises funds for our chosen project which is **Let's Stick Together (care for the family)**, which it is not about Bryan Ferry but is all about keeping families together and giving the parents the tools to overcome problems within the family unit and help them to stick together as a family.

Gullane church was chosen by the presbyterial council to host their communion service and it was very well attended. We had just over fifty who came along to enjoy tea, coffee and home baking after the service and we made such a good impression they want to come back. I would like to thank all the committee for their hard work in making it a success and Anne, and David, my other half, for helping to set up the hall, Margaret for assisting in the clearing up and I hope Angeniet's hands have now recovered from doing all of the washing up on the night, and also, all the home baking which was supplied by all of the committee. Last, but not least, my thanks to Brian for his sermon around the guild theme of Exploring “Go in Love” taken from Paul's passage in 1 Corinthians chapter 13: “Its patience and kindness; its readiness to forgive and accept, its striving for truth and its determination never to give up on any person”.

As the guild looks forward we remember the year gone by with laughter and fun and some sadness at saying goodbye to an old friend and guild member Cath Bowman. All will have their own memories, mine was seeing her giving out the tea and making herself busy in the kitchen and when this was not an option you could always count on her to help out with the food and she gave many a box of biscuits and chocolates for Sunday Club. Also her remarkable fight back from her stroke and her determination to get back on to her feet and back out for lunches and coffees, which were top of her agenda as she liked to socialise and chat to people. We are all thinking about her family at this sad time.

Again I throw out an invitation to you all to come along and support your church guild and help make it flourish and grow to enable us all to make a difference and help the guild projects succeed in their tasks.

See you on Monday 30th October at 2.30pm in the Church Centre all are welcome.

Yvonne Haycock
Guild Convenor

* * * * *

The deadline for the next issue of OUTREACH (February) is 30th January 2018. See inside back cover for contact details of the editor, Mrs Val Barrie. Sincere thanks go to all the local companies who help Aberlady Parish Church by advertising in OUTREACH. If and when possible, please give them your support.

“COMMUNITY CAFF”

Aberlady Community Association holds a light lunch in the **Village Hall**, which takes place on the **second Wednesday of each month** from **11.45am - 2.00pm**.

Dates for your diary are: Nov 8th, Dec 13th, Jan 10th, Feb 14th, Mar 14th.

For further information: Ros Richardson 01875 870 781

Peru Charity Challenge

After eleven years of running the Rob Roy Challenge as our main charity fund raising effort, my employer, Martin Currie, decided to do something a bit different this year. Employees have been supported in sundry fund raising ventures and the main event was sending a team of 13 employees (myself included) to Peru in September for a week, where we completed a cycle/trek to Machu Picchu as well as working with a Peruvian girl's school. We have raised money through various events for five charities. The two principal charities are the Fiona Walker Fund (research into brain and spine tumours at Edinburgh University) and the Chicuchas Wasi School for Girls, Peru. Claire and I are really touched that Martin Currie colleagues have chosen to support Fiona's charity.

(NB: The Peru trip was paid for by Martin Currie with a contribution from the individuals involved – all funds raised go to the charities).

My training regime included a lot of walking this summer (though Ben Nevis, 1,345 metres) and cycling around Arthur's Seat hardly boosted my confidence about strenuous exercise up to 4,000 metres!

As with all things politically correct, the Martin Currie team encapsulated "diversity", my contribution being "age".

On arrival in Peru, we were based in Cusco (3,400 metres) for two days, giving us time to get used to altitude. One day we visited Chicuchas Wasi School for Girls. This school is charity funded and provides primary education for girls living in high-risk or disadvantaged environments. We were overwhelmed by the welcome we received from all 115 girls - lots of hugs and kisses. The girls were celebrating 30 years of the school's founding and we were asked to judge their fashion show and an elimination dance. This seemed rather brutal, choosing year group winners from such young kids (4-13). However, the headmistress explained how the girls needed to understand the importance of winning in life! We hope the funds raised will allow them to build some lasting facility for the school.

Our first day of cycling started at 3,700 metres. Our intrepid coach driver all but toppled the coach driving up narrow and undulating sand tracks to deliver us to the starting point above Cusco. Cycling uphill at such altitude is incredibly hard – at least walking you can slow down. Too slow and the bicycle falls over! The afternoon cycle was especially challenging uphill. We camped that night at the foot of a snow covered mountain by lake Huaypo. Evening temperatures got down to close to freezing.

The next morning, after a mixed night of sleep, we cycled from Lake Huaypo to the archaeological site of Moray, an Inca ruin. Moray, 3,500 metres, is a deep and tiered amphitheatre where the Incas used the different tiers to develop types of potatoes, which thrive at different altitudes. The afternoon brought a welcome descent of 2000 feet to the village of Ollantaytambo, where we camped for the next two nights. Happily a shower (cold) was on hand!

The next day we awoke to cups of tea at our tent at 5am to start the hiking leg of our challenge. In just over seven hours we climbed the round trip to the Sun Gate at Mount Yanaorq, 3,900 metres. We were rewarded with fantastic views of Mount Veronica and the valleys below. There are a number of “sun gates”, not just the most famous one that looks down to Machu Picchu. Just as there are many Inca trails. Not a lot of people know that!

The final day and the trek to Machu Picchu. 4am is not a normal time to rise and reactions were mixed! We took the train from Ollantayambo alongside the spectacular river Urubamba to Chachabamba. Passports were required for entry and we began the ascent into the mountain mist. We passed a beautiful waterfall just prior to arrival at Winaywayna ruins, a sort of mini Machu Picchu. Sheer drops off the path required a head count after every 10 mins or so. Five minutes later, incredibly for one of the top tourist destinations in the world, we came to a padlocked gate! Following our guide, Elkin, we broke through the fence to the side. Elkin failed to mention at the checkpoint that the gate was padlocked – “it will give us a head start on the rest!”

The mist had graduated to quite heavy rain over several hours such that we had failed to don waterproofs and were soaked to the skin. The visibility was very poor. Would we get a view of Machu Picchu? At last we made the final ascent to the Sun Gate, the mist cleared temporarily and we savoured the amazing spectacle of that ancient city. Breathtaking. And astonishing to think a race of people would decide to build a city here. It's difficult to put into words the enormity of what we can see. The city of Machu Picchu on its own is special but the panorama of the surrounding mountains gives an extra dimension that has to be seen to truly appreciate. We ate our packed lunches in the rain, freezing cold, staring at Machu Picchu...as you do!

It's not possible to credibly distil a detailed account of life in this Incan city, from the architecture, sun dials, altars, quarrying, building blocks hewn from enormous granite boulders, connection of the spirit between "above, below and here", the sun god, condors, llamas, and all surrounded by vast mountains, sheer cliff faces and drifting mist. But you get the picture, right?

Extraordinary people, the Incas, who, rather than be comfortable farming and fishing in the river valley, decide to ascend the biggest mountain they can find to build a city and a way of life in the clouds, as close to their gods as they can be.

Tom Walker



IT'S AN AGE THING

(An article taken from the archives of Aberlady Parish Church)

In a past edition of the Church Times, it was reported that, “Going to Church may protect older people against depression”. The conclusion came from researchers from the Erasmus Medical Centre, Rotterdam and the London School of Economics.

They spent four years studying information from 9,068 people over the age of fifty across ten European countries exploring whether changes in the level of participation in social activities produced an increase or decrease in symptoms associated with depression.

Interestingly, a decrease in symptoms only occurred when a person increased their participation in religious activities. This wasn't true of voluntary work, charitable activity or educational courses!

According to the report, participating in religious activities protects our mental health by “influencing lifestyle, enhancing social support networks and offering a mechanism for coping with stress”.

**So don't stop going to the Kirk! It's a very healthy option.
And if you haven't been recently, why don't you give it a try?**

**TAKEN FROM THE ABERLADY PARISH CHURCH ARCHIVES
FEBRUARY 1968**



THINK ABOUT THIS

XVXN THOUGH MY TYPXWRITXR IS AN OLD MODXL, IT WORKS QUITX WLL EXCEPT FOR ONX OF THX KXYS. I HAVX WISHXD AT TIMXS THAT IT WORKXD PXRFXCTLY . IT IS TRUX THAT THXRX ARX FORTY-SIX KXYS THAT FUNCTION WLL XNOUGH, BUT JUST ONX KXY NOT WORKING MAKXS ALL THX DIFFXRNCX.

I HAVX SOMXTIMXS THOUGHT THAT THX CHURCH IS SOMXTHING LIKX MY TYPXWRITXR - NOT ALL THX PXOPLX ARX WORKING. YOU MAY SAY, "I AM ONLY ONX PXRSON, IT WON'T MAKX OR BRXAK THX CHURCH" - BUT IT DOXS MAKX A DIFFXRNCX. SO THX NXXT TIMX YOU THINK YOU ARX NOT NXXDXD, RXMXMBXR MY TYPXWRITXR AND SAY, " **I AM A KXY PXRSON!**"

(The above article appeared under the above title "Think about this", in the Parish Magazine of St Michael's Church, Pleasely, Derbyshire)





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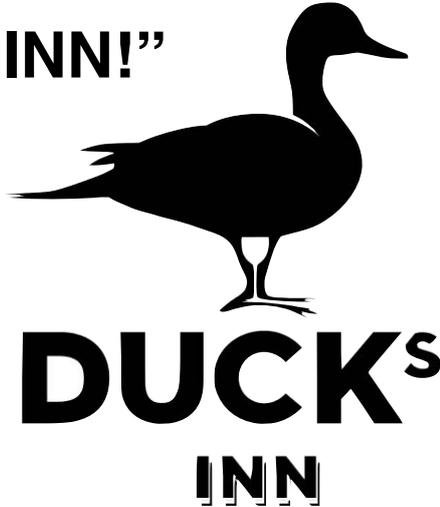
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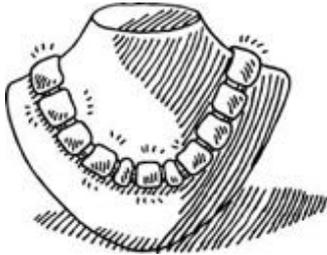
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And finally. Thought for the Day

*When you change the way you look at things,
The things you look at will change.*

"Dr. Wayne Dyer"

* * *

Seven days without prayer makes one weak.

* * *

*The biggest communication problem
is that we don't listen to understand
- we listen to reply.*



THE POPPY CASCADE
Work in progress in The Old Bakehouse, Main Street, Aberlady
see pages 10 and 11

