
OUTREACH



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

Aberlady Parish Church

Sunday 26th MAY 2017

11.15am

All welcome



SC004580

Church of Scotland

MINISTER'S MESSAGE

Letter from the Minister

Dear Friends

Since the last issue, we have held a very successful Talents Day event for both congregations, organised by Elspeth Walker and Hazel Phisatory. A wealth of talent was on display, from bicycle maintenance to fly fishing and from painting with watercolours to playing Bridge. All present were encouraged to try out something new. Thanks are due to Elspeth, Hazel and all who took part.

Possessed of a well-known talent for music, Janet Anderson has used her gifts in a host of ways to enhance and support community life. In recognition of this she was presented with the Community Award by North Berwick and District Association of Churches in April of this year.

We congratulate Janet on this thoroughly deserved recognition.

Other talents which have been to the fore in recent weeks are those of Angieniet Black, Margaret Holm and Janet Trainer, who have spent the winter months creating a beautiful new pulpit fall for Gullane Church. This was designed by Elizabeth Sanderson, mother of Clare Walker and the design is based upon the round window in the west elevation. Materials were provided and paid for by members, including the Guild. Predominantly white, the fall will enhance sanctuary and worship at weddings, on days when the Sacraments are celebrated and on Festival days at Christmas and Easter. The intricacy and beauty of the stitching bears witness to the skill and devotion of Angieniet, Margaret and Janet to whom we offer our heartfelt thanks.

MINISTER'S MESSAGE CONTINUED

Over recent months, Aberlady congregation has been giving focus to our Christian duty to exercise good stewardship of the earth's resources. The congregation is a leading partner with others in the village of the *Climate Friendly Aberlady* initiative. On Saturday 25th March, we held a candlelit vigil throughout Earth Hour, sharing with others around the globe in switching off electric lights and appliances as a recognition of the cost to the planet of our insatiable demands for energy. **On Sunday 14th May, from 12 noon** an event titled "*Aberlady's Big Ideas!*" will offer the opportunity for everyone to come along to hear a little bit about what other communities are doing to promote more sustainable lifestyles and then to share thoughts about what we in Aberlady and the local area might do.

All welcome.

May is always a special month in the Church calendar, bringing, as it does, Christian Aid Week and the General Assembly of the Church of Scotland. I will be a commissioner at the Assembly this year and the congregations are also represented by Ken Wright from Gullane Kirk Session. We are currently wading our way through the "Blue Book" which contains substantial reports, some of which reveal the huge amount of effort being put into helping Presbyteries and congregations to face the major challenges of change in church and society. None of us is immune from that and the future shape of the Church of Scotland will certainly be very different.

MINISTER'S MESSAGE CONTINUED

Whatever institutional changes occur we will always, as disciples of Jesus Christ, be called to bear witness to our faith through the love of our neighbour. In this era of “the global village” we are more acutely aware than ever before of the plight of our neighbours both at home and abroad. Christian Aid has an outstanding record of facilitating and coordinating the outreach of UK Churches. I commend it to your prayerful and financial support as do I urge you all to consider whether you might offer your time and energy to help to promote and direct our local efforts on behalf of Christian Aid and those to whom they reach out in the name of Christ our Lord. If you feel you might do something in this regard then please let me know or speak to one of the Session Clerks.

Finally, June 8th will bring the General Election when we are given the opportunity to exercise our right to elect those who represent us in the UK Parliament. I encourage you to pray for those standing for election and especially for those who will be elected, that they might be endowed by God with humility, grace and wisdom.

Yours in Christ Jesus,

Brian

Scott Burton

Scott Burton will join us as full time probationer assistant in June 2017. Training for the Ministry of Word and Sacrament, Scott will be with us for 15 months. I will ask Scott to write a short piece for the next magazine, introducing himself and his family. Suffice to say, for the moment, that he is married to Gill and they have a young daughter, Hope. I know that you will all give Scott and his family a warm welcome to Aberlady and Gullane.

Brian Hilsley

MINISTER'S MESSAGE CONTINUED

Congregational Register**Deaths of members:**

[A]	16 th March 2017	James Yule, 6 Kirk Road, Aberlady
[G]	17 th March 2017	Mervyn Greenshields, 5 Hall Crescent, Gullane.
[G]	18 th March 2017	Winifred Walker, Strathmore, Hill Road, Gullane.
[A]	4 th April 2017	Anne Smith, 5 The Pleasance, Aberlady
[G]	11 th April 2017	Elizabeth Murray, Muirfield Nursing Home, Gullane.

Baptisms:

[G]]	19 th February 2017	Callum Ian Carter Hannah Frances Jane Carter Louise Kristine Carter
[A]	16 th April 2017	Matilda Payne

Admissions by Transference certificate:

[G]	June Campbell, 18 Muirfield House, Gullane from Kilmore and Oban
[G]	Helen Black, 66 Muirfield Drive, Gullane from Dirleton

Admissions by Resolution of the Kirk Session:

[A]	Mr George Scott, Golf Court, Aberlady
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Worship Calendar**Sunday 14th May 2017 at 10.30am: Joint Service at Gullane**

This will be the fourth joint service of the current session and I look forward to seeing a large representation of members from both congregations.

Kirkin' of the Gala, Aberlady Church: Sunday 11th June 2017 at 11.15am

We will welcome the Gala Queen and her court to this service.

Sunday 6th August 2017 at 11.30am: Joint Service and Hog Roast

Both congregations will come together for a special service held in the Gullane Games marquee on the grass area opposite Gullane Church. This will be followed by a "hog roast" and worshippers will be encouraged to stay behind to enjoy this event.

MINISTER'S MESSAGE CONTINUED

Easter Appeal 2017

At the time of going to press the final outcome of the appeal is not known but thanks to all who supported our efforts to raise money for those afflicted by famine, drought and war in East Africa.

Aberlady Plant Sale: Saturday 13th May 2017 from 10.00am - 12 noon, in the Aberlady Community Hall

An annual event that is not to be missed.

Aberlady Kirk Stables

Many of you will have noticed the new windows and doors fitted to The Stables over recent weeks. The work is almost completed, with the new units in the south-east store room the final ones to be installed. These will be in a new configuration, with double doors replacing the existing single one. That should mean improved access to and from the courtyard. By reducing the amount of "stuff" stored in this room and keeping it more closely confined we shall be able to use this as the only access to the courtyard, thus avoiding the use of the kitchen door. Using the kitchen as a thoroughfare is contrary to health and safety guidelines and will be actively discouraged. There has also been work done to add insulation to the roof of the loft area in the south west corner. The hope is that this and the new double glazed window / door units will reduce heating costs. New LED lighting has also improved visibility and will be more energy efficient. None of this would have been possible without a 100% grant from the Climate Challenge Fund and the application would not have been made without the efforts and energy of Ian Malcolm. We are deeply indebted to Ian and to the Fund. In the future, I hope that we will be able to pursue more energy efficient options for heating the building and a "facelift" for the courtyard area.

Brian Hilsley

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.

TREASURER'S REPORT**Church Finances-Treasurer's update**

The Annual Accounts have been approved both locally and at Presbytery level. The Annual Stated meeting was held on 7th May when there was an opportunity to have the accounts explained.

The current financial situation is reasonably healthy.

I take this opportunity to thank everyone for their generosity to the Easter Emergency Appeal and expect the total to be £661 with Gift Aid to be added of over £100. This is an extremely worthwhile cause deserving of our generosity.

The final physical work on the church building has been completed and the bills have been paid. There is still the completion of exhibition material, new leaflets for visitors, updates to the website and an app.

The Climate Challenge work on LED lighting, insulation plus replacement windows and doors at the Kirk Stables is largely completed. There is only the new doors in the end room to be done which is an extra the church is funding. We are very grateful to Ian Malcolm for the large part he played in this project

Kaye Macaskill Treasurer

Fellowship and Outreach

We now have a new cooker in the Kirk Stables and a fridge/freezer has been donated. These will help with events at the Stables.

We hope that by the time you receive this, the Plant Sale will have been very successful.

Hopefully there will be a barbecue in the summer, probably 9 July.

Look out for information on the Order of service and on posters.

The Annual Bridge Afternoon will be held in the Community Hall in Aberlady on Wednesday 4th October. For more details or to book a table: contact **Val Barrie**.

Kaye Macaskill



2017 North Berwick and District Association of Churches Community Award

Janet Anderson is the winner of this year's Community Award. The presentation was made at the Holy Week service at St Andrew Blackadder on Tuesday 11th April.

Chairman of the Panel Michael Black, paid tribute to Janet not only for her music but also for her kindness and generosity of spirit that she gives so willingly to all she does. From our Church she does an incredible job running the senior choir providing lovely anthems and concerts that have done so much to raise funds for Gullane Village Hall, Aberlady Church Tower, Bethany Trust and many other worthwhile causes. Janet also runs the junior choir where the village children learn about music as well as spiritual and moral welfare. Last year a performance of David and Goliath by twelve children raised funds for the Day Centre.

The village has also benefited from two pantomimes put on by Janet as well as a production of Joseph and his Technicolor Dreamcoat involving sixty-five children and a host of other volunteers. Janet has also just stepped down from running the Church Sunday Club which she has done for the last six years.

In conclusion Michael said that Janet had a gift that she shared with great humility for the benefit of others and quoting from her nomination said, "Janet enriches the lives of so many people, and our community would not be the same without her".

The Reverent Neil Dougal from St Andrew Blackadder presented Janet with an engraved Rose Bowl.

The North Berwick and District Association of Churches Community Award 2017. (Letter from Janet Anderson)

I am so delighted that the work we do together in our music, both making and sharing, has been recognised in the The North Berwick and District Association of Churches Community Award 2017.

Music is a wonderful way of reaching out to people, and bringing them together. Music heals on every level, physical, mental, emotional and spiritual, and I have been so privileged in my life to see the far reaching benefits music can have on individuals, all ages and stages, all backgrounds and challenges, and have been witness to the profound positive transformations that music can bring about.

There have been many memorable music projects over the years in our Churches here in Aberlady and Gullane, none of which could have been possible without the support of many people.

In particular, our children's "Joseph" production, and last year's "David and Goliath", brought a great deal of pleasure to many and it could not have been so without all those who took part.

Wendy Isaac and Rosie, indeed the whole Isaac family, really made these shows happen. Similarly Tracey Thomson, Yvonne Haycock and many, many others who have devoted huge energies to these and other musical projects over the years.

So for me this award is about the efforts of all those who sing in the choir and support our musical fundraising events, all at Aberlady and Gullane Churches, and all those who have worked so hard to make things happen - a great team.

Janet Anderson

Note from Editor: On Sunday 7th May, an afternoon of fun took place in the Village Hall in Gullane to a packed house. We had entertainment from children who have all been led by Janet Anderson, singing, playing piano and violin. Young gymnasts also performed showing great agility, suppleness and grace. Tea and home baking were served to all as they were being entertained. It was a wonderful afternoon enjoyed by all. The main object of this event was to raise money which will go towards Poppy's Appeal to help equip her house so that she can come home. An amount of over £1250 was raised, thanks to everyone's generosity on the day.



GARLETON SINGERS

Summer Concert

Monday 29th May 7.30pm
 St Mary's Parish Church Haddington
 Tickets from choir members or on the door

[Garleton Singers have a new page on Facebook](#)

About the Choir: Rehearsals

The Choir meets once a week on a Monday evening during the singing season – September to June at the fabulous venue of the Town House in Haddington. Rehearsals run from 7.30 to 10pm with a short coffee break. Occasionally open rehearsals are held when non-members are welcome to come along and see whether they fancy joining the choir. These are advertised in the East Lothian press and will be posted on the Home/Latest News section of Garleton Singers' website. They are usually at the beginning of the season, in September. But all are welcome to try out throughout the session. If you wish to attend a rehearsal outwith an open session, please contact the Secretary, Kay Bates. Details to be found on the website: www.garletonsingers.co.uk

Hadley Court Singers

Rehearsals are on Wednesdays at 7.30pm in Holy Trinity Church, Haddington. If you would like to sing with the choir next season, go to website: <http://www.hadleycourtsingers.co.uk>

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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:

17th May, 21st June - no Sunday Thirty in July or August.

Resumes 17th September

“Come and Try Day” at Gullane Village Hall

An invitation went out to villagers, old and young, from Aberlady and Gullane to come along on the afternoon of Saturday 25th March to a ‘Come and Try’ session at Gullane Village Hall. As can be seen from the photographs below, there were many ‘challenges’, ranging from fly-fishing, various art and crafts activities, and bridge.

A big thank you to all the people who were involved in our very successful ‘Come and Try’ Day. The sunshine outside didn't deter people of all ages coming to learn new skills and to make new friends. The only complaint heard was that there wasn't enough time to try everything, so, another time..... maybe!

Organisers: Elspeth Walker and Hazel Phisatory



‘The Bethany Cream Tea was held on Sunday 30 April in Gullane Village Hall.

Many people attended and enjoyed the Cream Tea afternoon, where there was the opportunity to chat and socialise, and to have a chance to browse among the stalls. But it was the musical interludes that made the afternoon really special. The performances by Gullane and Aberlady Parish Church Choir were much appreciated. ‘A Nightingale sang in Berkeley Square’, sung by Jess Mackie, was very moving and the Scottish medley and spiritual given by Zena Shand ended the programme with a swing. This was a chance for all to join in the singing in the choruses of the Scottish Songs. All performances were accompanied beautifully by Janet Anderson at the keyboard.

It was a very joyful occasion, and there was a real sense of community. Ann Hay, Retail Supervisor of the Bethany Shop in Gullane, expressed thanks to all involved, not only with this event but also for all the local support Bethany has received over the year.

The Cream Tea raised £950, a fantastic amount, and these funds will help the work undertaken by Bethany Christian Trust to transform the lives of homeless and vulnerable people in Scotland.’ Ann Hay



Report from the Presbytery - Understanding Missional Church

Background - How we got to where we are

Our inherited model of Church is based on a time when it was assumed that everyone in our country was Christian. The role of the church was therefore to hold Christians to account and teach them properly what meant it to be a Christian. The pattern of church life developed reflected this:

- Children baptised, their parents promising to bring them up into the Christian faith and in the church
- Children were taught the basics of the Christian faith at home, school and church
- As teenagers they confirmed that they wanted to be members of the church
- The church placed members in “districts” with elders who took responsibility for shepherding them
- Sunday worship gave teaching about beliefs and encouragement to live as Christ calls us, alongside communion and Christian “markers” for key stages of life - baptism, weddings, funerals

This pattern underpins much of what we still have in place in many of our churches.

From as early as the late 1950s this pattern began to break down. The number of baptisms began to decline and those who had been baptised as children started to drift from Sunday School in or before their early teens, never making public profession of faith. However, with people living longer and remaining fit and active, whilst membership dropped everything was able to continue, with those serving in different roles within the church able to continue in them for longer than previous generations.

Those operating within this did not see the changes as acutely as, for example, Lesslie Newbigin, a Church of Scotland minister who served as a missionary in India. Returning to Britain in the seventies he saw a changed and changing landscape. He argued that Britain was post-Christian and that the church had not only failed to see or respond to these changes - but had, in fact, been sucked in by them. That members were far less secure in their faith and had diminished commitment to live sacrificial lives for Christ.

The Emergence of Missional Church Thinking

What Newbigin and others saw was that this changed environment needed a different approach. The “pastoral / discipline / teaching” model was simply not appropriate for a context where most people did not want the church to pastor, discipline or teach them! Instead the church needed to engage in mission on its own doorstep - to reach out rather than sit back and expect people to come.

His thinking followed a similar line to that of the World Council of Churches, who in the late 50s/early 60s began speaking of the church being missionary “by its very nature”. This resulted in talk of engaging in mission, not missions, and to Stephen Neills’ famous quote in 1966 that “the age of missions is at an end, the age of mission has begun”.

In this understanding, mission is not an activity that the church engages in, the “recruitment arm” of the church, but is of the very essence of what it means to be church.

This line of thinking can also be seen in the Church of Scotland, with the Church Without Walls Report standing very clearly in this tradition - although, as Rev Dr Alexander Forsyth comments:

Whilst I think that CWW is a very important contribution, it is by no means the start and end of the CofS's missional thinking. CWW is re-stating, albeit in a cogent way, the essence of what Tom Allan, George MacLeod and Ian Fraser were writing and doing in the twenty years after WWII.

So how can mission be returned to its proper place at the very heart of what the local church is and does?

How can mission become part of the DNA of congregations across the length and breadth of Scotland?

Characteristics of a Missional Church - 3 Strands

The Church of Scotland Panel on Review & Reform have suggested that there are 3 strands which are common to Missional churches. All three strands above are seen as important, without any sense that one is more important than the other. In fact there is a distinct interplay between all three.

Strand 1 - Engaged in their community and more widely; working in partnership with other people to meet social needs and bring about change so that justice prevails.

In the Sermon on the Mount, Jesus describes the influence his disciples are to have, telling them they are to be salt for the world. They are not to hold themselves apart but are to engage with the culture of which they are part. However, maintaining their distinctiveness will be crucial. They are not simply to take on the values of their culture and “fit in”. Indeed to do so would mean that cannot fulfil what God has for them to do “For if the salt loses its saltiness it has become worthless”.

Strand 2: Sustaining & building authentic, engaging Christian community and worship which is relevant to daily life and living and which draws in people of all generations.

As well as being sent there is an element of the church being something to which people are drawn. There should be something in our communal life and worship which points people to something different and which they find they want to be part of. This thought finds echoes in the writings of the Old Testament prophets, where the people of God will stand as a light to the nations. (Isaiah 49.6)

(Some) writers on the missional church tend to emphasise the mission of every individual member to share the gospel. That's excellent. But let's emphasise the importance of our corporate witness as well. Our churches should be attractive. They should foretaste of Christ's consummated kingdom..

Jonathan Leeman: <https://9marks.org/article/what-world-missional-church/>

Strand 3: Helping people become mature Christians who live out their faith in daily life and have in place groups, activities or mentoring to help people at every stage of their faith journey.

Diana Butler Bass in her book “Christianity for the Rest of Us” writes “The primary job of a church is to be a spiritual community that forms people in faith” and the inclusion of this third strand suggests that this is something which needs a distinct focus and some practical structures in place to enable it. It is not something which happens by chance or that we will emerge no matter what we do.

A missional church is the new car that everyone is talking about right now, but no matter how beautiful or shiny the vehicle, without an engine, it won't go anywhere. So what is the engine of the church? Discipleship. I've said it many times: If you make disciples, you will always get the church. But if you try to build a church, you will rarely get disciples.

Mike Breen: <http://www.vergenetwork.org/2011/09/14/mike-breen-why-the-missional-will-fail/>

Understanding the differences

Whilst not definitive, the table below sets out some of the differences between “inherited” and “missional” models of church

Inherited Model

Expect people to come to us
 We hold to our traditional patterns

 Understand Christian service as = church work
 We are a member based organisation, focussed on the needs of our members
 We measure “success” by membership statistics

 The wider community should contribute to keep the church going
 Driven by maintenance - keeping things going
 Averse to change without good worked out, costed, proven plans

Missional Model

We go out to where people are
 We reshape what we do, whilst holding firmly to our faith and values

 Understand Christ can use us wherever we are
 We are a missionary organisation, focussed on how God can use us in his work in the world
 We measure success by a whole range of factors, membership is only one
 The church contributes to community well being in sacrificial ways
 Driven by Missional thinking
 Ready for change - willing to experiment and to take risks

Aberlady Conservation and History Society

Climate Friendly Aberlady Event, 14 May Aberlady's Big Ideas

In partnership with the Kirk Session and the school Parent Council, we are hosting a village-wide event on Sunday 14 May. Our keynote speakers are Paul Wheelhouse MSP, Tom Ballantine (Chair, Stop Climate Chaos Scotland) and the event will be facilitated by Pam Candea (MD, The Surefoot Effect) and graphic illustrator Graeme Ogilvie. The aim of the event is to capture the community's **big ideas** to make Aberlady even better, safer and more sustainable as we move forward. The school has been supportive as have our youth uniformed groups and we can expect to see their videos and posters. We hope you too will make it along to what is quite a unique event and opportunity for the community.

and

Visit John Muir's Dunbar

Dunbar, 3 June

Will Collin, a recent guest speaker on the life of John Muir, has invited Society members to a group visit to John Muir's Birthplace and has offered to take us on a guided tour of John Muir's Dunbar too. The date is Saturday, 3 June when we would aim to arrive around 12:30pm and leave again around 3pm. If you are interested in taking up this kind offer, please let Ian Malcolm know. (i.malcolm@live.co.uk)

Ian Malcolm

www.climatefriendlyaberlady.com

A message from the Church Guild

“Whose we are and Whom we serve”

Once again the guild has arrived at the end of the syllabus for this session and we are all going to enjoy our summer breaks, but do not put your winter woollies away just yet, as we appear to be enjoying a cold snap with hail stones at the moment.

Miles Tubb spoke to us in February about “Living Memories” where we hooped with laughter at the very trendy clothes of the 1895 women’s football team. Their hats were out of this world along with their very scary minders. We laughed at the photograph of a family at tea with ladies wearing hats and the two elderly bods sitting on the easy chairs which were miles too low to reach the table to eat. I enjoyed seeing a picture of the inside of the Edinburgh Palais dance hall where my mum danced the nights away.

March was a very busy month for the guild as it was all hands on deck for our coffee morning which was a great success, raising £607.50 on the day. A big thank you to all our supporters and helpers. Well done to our young helpers Jess and Roslyn. A further big thank you to all who made crafts and baking to sell for us too, which all helped to make it a fabulous day. The quiz was won by Mrs K MacDonald who kindly donated the prize of £5 to our funds. Again, thanks to all who purchased the quiz. I would personally like to thank all my committee members, guild members, Caroline, Janet A, and David (one’s husband) for working on the day.

At the moment the funds raised by the Guild have not all been dispersed but we did donate £100 to the famine in Africa, £50 to Team Poppy and £50 to Mary Anderson (the lady power Lifter who spoke at the Guild) whose gym was burned down. The balance is to be sent to our project “All friends together” and the church. The Guild donated money to enable three Guild members namely Angeniet Black, Margaret Holm and Janet Trainer to embroider a new pulpit fall, designed by Claire Walker’s mother Elizabeth Sanderson. Well done ladies. It is fantastic.

Our AGM was a joyous afternoon where the members of the Guild were entertained by Christina and myself with a sketch and it became interesting when we both read each other’s lines by mistake. Agnes Bell and Margaret Holm had us making a friendship brooch and a lovely card which made a fun and joyous afternoon, rounded off with a lovely afternoon tea and a sing song from Betty Ross with Janet Trainer playing the piano.

Our last meeting is on the 15th May when we are all meeting for lunch at Craigiellaw. Anybody who wishes to join us please get in touch. In the meantime have a lovely summer but do not put those scarves, gloves and hats away just yet.

Yvonne - Guild Convenor

www.crossreach.org.uk

‘The 3 Formers’ abseil for CrossReach - please support them!

For many of those involved in the life of the Church of Scotland, the day after the closing of the week-long annual General Assembly in Edinburgh in May is a day of restorative relaxation. But a team of key figures who are retiring or completing their service with the Church will this year swap the sofa for safety gear – and a 150 foot abseil down the iconic Forth Rail Bridge! They will be part of a team of 30 CrossReach staff and supporters who will be raising money for their Children and Family Services.

The Principal Clerk of the General Assembly of the Church of Scotland and former Moderator, the Very Rev. Dr. John Chalmers said he was tempted by the thrill of abseiling down the side of the iconic 127 year-old rail bridge on Saturday May 28th, the day after the Assembly closes.

He will be joined by the outgoing Moderator, Rt. Rev. Dr. Russell Barr and the retiring Chief Executive of CrossReach Peter Bailey. Collectively, they have decided to be known as ‘The 3 Formers’. Dr. Chalmers, who also retires from his post at the end of the Assembly, said: “This is the day after my last General Assembly as Principal Clerk and I need something to replace the thrill of the debate! I also care passionately about the work that CrossReach is doing in Christ’s name across the whole of Scotland and I’d be thrilled if you would support our team with a donation. Your donation could make all the difference to a young mum suffering from postnatal depression or a young man suffering from addiction or a family struggling to cope with a relative who has dementia. CrossReach is doing fabulous work in a difficult financial climate and your donation can make all the difference.”

The abseil, organised by the Rotary Club of South Queensferry, raised over £103,000 last year for good causes and CrossReach (which is taking part for the first time) hopes the money raised will make a difference to the lives of many people using services such as the Daisy Chain Early Years Project and CrossReach’s range of counselling services.

Donations for the team can be made at:

<https://www.justgiving.com/fundraising/John-Chalmers3>

Has your church website got the CrossReach widget?

Has your church website uploaded the CrossReach Prayer Diary ‘widget’? More and more churches are featuring our Prayer Diary on their website and are finding it a helpful resource for their members. Here’s one comment: “It’s an easy and interesting way for our congregation to pray for the work of CrossReach.” In the past few months, Fenwick, Kilmarnock Riccarton, Banff and King Edward are just some of the churches which have all added the widget to their home page.

If you would like to join the growing number of churches supporting CrossReach through our Prayer Diary widget, please e-mail: hugh.brown@crossreach.org.uk and you will receive a link with an easy to follow guide on how to upload it.

Thank you for your continued support!

April 2017

Laura's journey through postnatal depression**www.crossreach.org.uk**

In August 2015 after a smooth pregnancy, Laura needed to have an emergency caesarean section because her baby was lying in a breech position. Her husband Michael quickly introduced baby Hamish to his mummy but Laura didn't feel any connection with her gorgeous wee boy. She could see he was adorable, but there was no bond – nothing. “I knew I loved him but I didn't feel close to him. I didn't have a motherly feel. I knew I had to look after him but that's as far as it got.”

Her GP gave her 'light medication' and she was referred to a Community Psychiatric Nurse but her symptoms continued to worsen: “I had reached breaking point. One day I arrived at my mum's and dropped Hamish off – I was hysterical. I told her 'I am going. I just can't do it and it is not fair for you to see me like this. Please look after Hamish'. This was the first time I had openly shown signs of suicidal thoughts. Until that moment, they had been experiences in my head. I would consider throwing myself down the stairs at home. I remember my sister Hazel saying, 'Please do not do anything silly', and I promised I wouldn't. I needed help. I had heard about CrossReach Bluebell PND Services in Glasgow from a friend and in desperation picked up the phone. Barely managing to read the number, I asked for help.”

During my second session of counselling I thought, 'Wow! You really are listening to me'. All I wanted was to be a good mummy but I doubted my ability. My counsellor helped me put things into perspective and gave me permission to feel as I did. For the first time I understood it wasn't wrong to feel this way.”

Laura had 10 sessions of counselling. “I felt I had been given the coping mechanisms to move on. Leaving counselling wasn't the end – it was a new beginning – a new journey. It's about a year since I left and life really is OK. If I have a bad day, it's not a spiral downward or a step back. It's just a bad day!”

Enthusing about the turnaround in her life she concluded: “I've done several fundraising events to pay back something into this life-saving service. I can't praise CrossReach Bluebell PND Services highly enough.”

This is an edited version of Laura's story. You can read her full story at: **www.crossreach.org.uk/news**

Collecting stamps can change lives!**www.crossreach.org.uk**

Collecting stamps and other treasures is an easy and fun way to change lives in Scotland. Many of the CrossReach projects you support depend on donations. Stamps and collectibles can be an exciting and sustainable way of supporting these projects. The sale of a large bag of stamps can raise enough money to cover a counselling session for a parent in need, or cover the cost of an interactive play session between a parent and a child. The sale of a collectible of value can keep a hurting family together. Here's how to collect and prepare UK and foreign stamps, both current and past issue:

Trim to between 4mm and 8mm thickness of border around each stamp.

Please do not soak stamps off paper.


Separate foreign and UK stamps.

Rare stamps and collections can also be of high value, as can coins and postcards that are no longer in circulation. Please post your items to:

**CrossReach,
Charis House,
47 Milton Road East, Edinburgh. EH15 2SR.**

Thank you for getting involved! _____

www.crossreach.org.uk

 **The Church of Scotland**
Social Care Council



“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**. which is increasingly well attended.

If you haven't already attended one or more of these marvellous lunches, why not come along to one as soon as you can? Experience the happy atmosphere and the amazing choice of home made soup and baking, plus tea and/or coffee, as well as much friendly chat.

Children always welcome!

Dates for the diary are: 14th June, July 12th, August 9th, September 13th

For further information: Ros Richardson



The **editor** of OUTREACH, **Mrs Val Barrie**, continues to welcome and thanks you for any Articles, Letters, Profiles, Peeps into the Past, Short Stories, Poems, Photos, Holiday Hotspots, Jokes and other suggestions to keep the magazine of interest to everyone.

Any time during the two months before the 'deadline' date would be much appreciated rather than waiting until just before the deadline!

Many thanks indeed to the companies and individuals who have agreed to support OUTREACH by advertising in the magazine.

Please try to support them whenever possible.

**ABERLADY PARISH CHURCH FLOWERS
SEEKING VOLUNTEERS...**

Do you have the time and expertise (of whatever level) to put flowers in the Church on a few Sundays each year - money for the flowers, oasis, containers etc. are all provided from the Flower Fund when required.

If you do not wish to arrange the flowers yourself yet would wish to celebrate an anniversary of a special date by placing flowers in the church, please contact:

Sheena Casely or any member of the Flower Team.

Offers of help and support will be most gratefully received!

Thank you, Sheena



Gosford House, Longniddry, East Lothian, Scotland

House Tours and Grounds

WE WILL BE OPEN

The public open days for 2017 are as follows:

Summer public open days:

July

Thursday 6th July through to Monday 10th July

August

Thursday 3rd through to Monday 7th

Thursday 10th through to Monday 14th

Thursday 24th through to Monday 28th

There is no requirement to book in advance unless groups are of eight or more.

The main gates and house open at 1pm with the first tour starting at 1.15pm followed by 2pm , 2.30pm, the last tour is at 3.15pm.

Tours

Adults £8

OAPs and Students £5

Under 16's FOC

We are only able to accept cash or cheques at the door for public open day tours of the house.

Each tour of the house lasts approximately one hour, the ticket also acts as your permit to the grounds for the afternoon.

Please note the main gates to Gosford House close promptly at 4.45pm.

All vehicles should be off site by then.

Visitors are asked to note the following requests:

- NO photographs are allowed to be taken inside the house
- NO bags are allowed into the house. There is a cloakroom for bags although we would advise you leave them locked in your car.

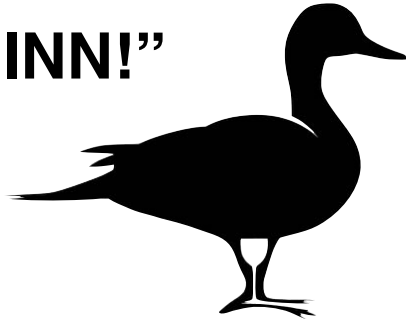
Please Note: The house has very limited disabled access and part of the tour requires climbing stairs.

For groups of eight and above please call or e-mail to notify us in advance.

For further information on public open days or day/annual walking permits for the grounds, please e-mail estateoffice@wemyssandmarch.co.uk or call 01875 870201 during office hours Monday – Friday 9am – 5pm

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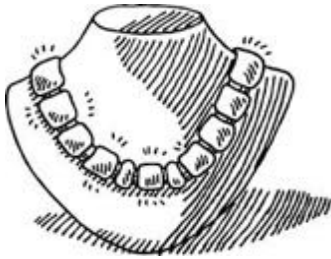
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CONTACT DETAILS

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Session Clerk	Mrs Hazel Phisatory
Secretary	Mrs Zena Shand
Church Office Hours:	Tues. 9.30-1.30pm & Thurs. 9.30-3.00pm
Treasurer	Mrs Kaye Macaskill
Gift Aid	Mrs Hazel Phisatory
Beadle	Gordon McVinnie
Flower Convener	Mrs Sheena Casely
Magazine Editor	Mrs Val Barrie

And finally.**Thought for the Day**

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

Martin Luther King, Jr

When one door closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller

and...

Listen and Silent are spelled with the same letters. Think about it!