

The Church of Scotland
Moy, Dalarossie and Tomatin linked with Daviot and Dunlichity
(Scottish Charity No: SC 015653)

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Moy, Dalarossie & Tomatin News – MAY 2020

We're still in lockdown and unable to hold our normal services and activities. Lockdown is not without its challenges – many of us are self-isolating, but we're always at the end of the telephone.

We've been getting more prayer requests, which is understandable given the present anxiety and uncertainty we're all living through. We regard praying for people and situations affecting our parish – and far beyond our parish – to be a great privilege. We've included some prayers at the end of this newsletter, but if we can help pray for any other concern please don't hesitate to get in touch. We're also here to help with anything we can, or just for a chat, or a general catch up, albeit by phone!

We're fortunate that Strathdearn Community Developments and Strathdearn Community Council have been able to put together such a comprehensive package of help for the local community in the present crisis.

Who would have thought at Christmas-time that by spring-time we'd be in the grip of a global pandemic with all its horrible repercussions! We're certainly living through strange times which don't seem real sometimes – but which serve to remind us that although we may have believed we were the ones in charge – we've found out that's not the case!

Meanwhile, Rev Robert Brookes, our Interim Moderator (the Minister looking after us just now as our Church is in vacancy) is producing a weekly Sunday Service which he is sharing on our Churches' website at <http://www.strathsnairnanddearn.co.uk>. It can also be accessed via links from the community website at <https://www.strathdearn.org> and the Strathdearn Facebook page. We are grateful to Steve Cornack for his help and patience in arranging this. You can also have the Service e-mailed to you, if you let Vivian know.

OTHER NEWS

HIGHLAND FOODBANK

The Foodbank is feeding an average of 30 people a day in the Inverness & Nairn areas alone. On the day they e-mailed us they had helped a mum and child who had to flee their home due to domestic violence. With normal drop off points in communities not being available, people not wishing to visit the supermarket too

frequently to purchase donations, and the scarcity of some products, Blythswood are suggesting if folks would like to continue donating, it's best to send donations in cash (no matter how small the amount) by bank transfer (phone 01463 717630 for account number and sort code); or by cheques (made payable to Blythswood Care, with a covering note to say that it is for the Highland Foodbank, and posted to Blythswood Care, 1 Glebe Street, Inverness IV1 1RF).

SOME NEWS FROM THE INVERNESS PRESBYTERY CHURCH SUPPORT GROUP (set up to help local congregations in the present crisis)

Pillowcases for care home staff

There is a local initiative, started in churches, to turn pillowcases into wash bags. These can then be used by healthcare workers in care homes to put laundry in, and go straight into the washing to minimise personal risk.

The Tomatin Community Shop has kindly agreed that any pillowcases donated to the project can be dropped off there, and Gill Watson has kindly agreed to take these to Inverness on Wednesday mornings. (If you're self-isolating or can't get to the Shop for any other reason, Gill will pick up your pillowcases if you phone her on 01808 511247). Cathie Simpson has also been in touch with the project and she and some other ladies are helping with the sewing. Our thanks to Gill, Cathie, Sheila, Betty and anyone else involved with this worthwhile project.

Out of the Box Bible Exploring for Families

Out of the Box Productions was set up to provide Christian outreach using puppetry, song and other forms of creative arts across the North of Scotland. They work with schools and churches and they are presently broadcasting a five week family series exploring the Bible with fun challenges, survival skills, puppets and lots more. You can watch these sessions live at 9.30am on Sundays or later on following the links below. Included with each episode in this series will be material to help discussion at home along with an age appropriate activity sheet. Definitely worth taking a look at:

<https://www.facebook.com/watch/outoftheboxscotland/318491512463891/>

<https://www.youtube.com/user/ootbproductions>

MESSY CHURCH AT HOME

No Messy Church just now, but Messy Church nationally is providing a weekly [Messy Church at home session](#) until at least the end of June. Anyone interested, (whether or not you go to Messy Church) please text Vivian on 07887 704 915 - or e-mail vroden@btinternet.com with your e-mail address to get the e-mail containing the download with all the instructions you need to make the crafts (materials are everyday things you should have around the house) as well as the Bible Story, and other links including one to 'Messy Church Does Science' about how to make a Mentos Geysers, and a song!

DECLUTTERING YOUR HOME DURING LOCKDOWN WHEN THE DUMP IS CLOSED AND YOU'VE NOWHERE TO PUT YOUR STUFF?

Turn some of it into funding for Street Pastors at no cost to yourself!

Thanks to Virgin Money Giving's new partnership with trade-in site Ziffit, anyone can now donate unwanted books, games, CDs, DVDs and Blu Rays from the safety and comfort of their home. Just follow this link to enter the barcodes of your unwanted stuff and donate its trade-in value to the Inverness Street Pastors charity, a.k.a. Love Inverness:

<https://www.ziffit.com/en-gb/basket?charityResourceId=fae114a4-671e-4324-899b-66323c9b9088>

You'll be told the trade-in value of your stuff and if you choose to go ahead then it will be collected for free right from your door (minimum weight 5KG which is actually not very much). We'll then receive the money within 7 days. It couldn't be simpler! Well actually, it can! If you don't want to type barcodes on the website then you can download the app and your smartphone camera will do that for you:

<https://www.ziffit.com/en-gb/ziffit-app>

A WORD FOR THIS MONTH

Psalm 139: 1-5

1 O Lord you have examined my heart and know everything about me.

2 You know when I sit down or stand up. You know my thoughts, even when I'm far away.

3 You see me when I travel and when I rest at home. You know everything I do.

4 You know what I am going to say even before I say it, Lord.

5 You go before me and follow me. You place your hand of blessing on my head.

Sometimes we don't let people get to know us completely because we are afraid they will discover something about us that they won't like. But God already knows everything about us, even down to the numbers of hairs on our heads (Matthew 10:30) and still he accepts and loves us. God is with us in every situation, in every trial – protecting, loving, guiding. He knows and loves us completely.

The great collection of songs and prayers the Psalms contain let us glimpse the heart and soul of humanity. Expression is given to the whole range of human experience as David and the other writers honestly pour out their true feelings, allowing us to see the dynamic, powerful and life changing friendship with God as they confess their sins; express their doubts and fears; ask God for help in times of trouble; and praise and worship Him. The honesty of the psalms can help guide us into a deep and genuine relationship with God.

A PRAYER FOR THE CORONAVIRUS PANDEMIC

Lord Jesus Christ, you travelled through towns and villages curing every disease and illness.

At your command, the sick were made well, come to our aid now, in the midst of the global spread of the coronavirus that we may experience your healing love. Heal those who are sick, with the virus. May they regain their strength and health through quality medical care.

Heal us from our fears, which prevents nations from working together, and neighbours from helping one another.

Heal us from our pride which can make us claim invulnerability to a disease that knows no borders.

Lord Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus.

May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died.

As they worry and grieve defend them from illness and despair.

May they know your peace.

Be with the doctors, nurses, researchers, and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process.

Be with the leaders of all nations.

Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve.

Give them the wisdom to invest in long term solutions that will help prepare for, or prevent, future outbreaks.

May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few,

Lord Jesus Christ, stay with us as we endure and mourn, persist and prepare.

In place of our anxiety, give us your peace. Lord Jesus Christ heal us.

Through Jesus Christ our Lord and Saviour

Amen

THE UK BLESSING

Was sent this during the week:

YouTube, The UK Blessing – Churches Sing 'The Blessing' over the UK, 3 May 2020

It's had over a million and a half 'views' in three days – buy hey – don't we all need a blessing, especially just now?

Why not have a listen and see what you think?