

Bellie & Speymouth Church

Reaching out - Welcoming in

Weekly Newsletter No 35 - Sunday 15 November 2020

Sunday Worship

Fit's he sayin?

OOPS!



Sorry about the lack of sound in last Sunday's streamed worship from Bellie. Hopefully Seoras has found the Gremlin and sorted it for today.

A remarkable video was made by Seoras for Remembrance Day, Wednesday 11 November. Based on last Sunday's reflection it is well worth watching – you can get it on the Church Facebook page.

The process of how we conduct Sunday Worship in both of our churches is now settling down and we are becoming used to our 'new normal'. Everyone is staying safe by wearing masks and cleansing their hands as they enter and keeping to the 2 metre social distancing. We have been fortunate in that it has not been too cold on the Sunday mornings so we have managed not to freeze in our seats. Most people use the facility to 'book' their places for the following Sunday when at church but please, if you have not 'booked' a place and wish to attend, just get in touch with me at 01343 820671 or on line at jmconnachie78@gmail.com , preferably by lunch time on Saturday.

The services at both churches are exactly the same. A viewing screen and projector have been installed at Speymouth church to allow Seoras to show the same videos at both churches.

Although we remain socially distanced, almost everyone who has attended the services over the last few weeks has said how they have enjoyed the worship and the friendship although we do miss the singing.

Seasons of change (a word from Seoras)

2020 really has been a year of enormous change, hasn't it? It has brought a change of pace as lockdown required us to stay at home. A change in routine as many of us have switched to home working, and many groups and activities have stopped for now. Even going to the shop to buy milk and a paper has changed, with one-way systems, hand sanitising and masks. For some, this year has brought more major changes like bereavement, unemployment, or mental health struggles.



How does all this change make you feel? I know some have enjoyed the slower pace of life and have felt at times refreshed, even relieved. It has also been so encouraging to see communities pulling together to support those in need – I've felt real joy hearing stories of people looking out for their neighbours in a new way, and responding to needs by raising money for charities. However, the reality is that change can be hard on us, and many have experienced fewer positive emotions as a result of the changes and uncertainty. Sadness at not being able to see loved ones, fear about the virus itself, frustrated by or fed up of restrictions, worried about how long things will be this way, stressed about finances, loneliness, anxiety and so much more...



This feels a little bit like the changing season that we are currently in. For some, the change of autumn is a time of beauty and joy. For some, it is a time of sadness at the approach of winter if suffering from ill health or loneliness.

Likewise, on one hand we may be able to find some beauty in amongst the changes in our lives. But on the other hand, change is really difficult! Most of us by our very nature are wired to seek stability and security. So

how can we as Christians cope with and respond well to change?

Well, let's look to Scripture to find some perspective, some hope, some encouragement that we can hold onto.

Hebrews 13:8 *"Jesus Christ is the same yesterday and today and forever."*

Psalms 18:2 *"The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold."*

Hebrews 6:18 says, *"We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain"*.

Even when everything else in life is changing – God stays the same. We may enjoy the change of seasons, or the changes our lives have undergone. We may find this time of year difficult, or the changes to our lives tough. Either way, I encourage you to turn to the Lord in prayer, and seek peace in His steadfastness and love for us.

God bless,
Seòras

Church Keys

Last week, we asked for those who have keys for our church buildings and no longer have a need for them to hand the keys back to myself or any of the Elders. To date, no-one has handed any keys back. Come on guys, there must be quite a few folk out there who no longer need keys to the church buildings. Especially at this time, we must control access to the buildings. Please don't keep hold of the keys on the basis that they may, perhaps, just in case, come in handy at sometime in the future. Of course if you need keys, please hang on to them but if you don't NEED them, please return them.



It's a big weekend for some folk!

While some may have to curtail birthday parties or similar this weekend, there is one BIG occasion which cannot go unmarked. This event occurred in 1960 at a time when the Top of the Pops was Ray Charles with 'Georgia on my mind' and a new dance craze was sweeping the country – The Twist. The BIG event though was the wedding of Jennie and Donald Cameron – it is their

Diamond (60th) Wedding Anniversary



Christmas is (definitely) NOT cancelled

39 sleeps to go!



The Moray Community Christmas appeal for donations to supply a Christmas lunch to those living alone and volunteers to deliver these meals has run into a hitch. We have volunteers who are delighted to deliver the meals but no-one to deliver them to! The whole idea of using local drivers was that they would know where to go and thus deliver the meals quickly. But we need folk to receive the meals.

If you know someone who may benefit from the delivery of a Christmas lunch (and a wee surprise besides) please get in touch with me and I will pass the details to the organisers.



Reverse Advent Calendar

This is the first week when Lisa Campbell, or someone else, will have a car at the front door of each of the churches to receive donations for the Food Bank 'Reverse Advent Calendar' appeal. This is a tough time for some families – Isobel reported over 30 families using the food bank at Mosstodloch Scout Hut last week.

Remember, you don't have to be worshipping in the church to donate. You can simply come along and place your donation in the car boots then go home and watch the streamed service on-line in the warmth and comfort of your home (That still sounds appealing!).



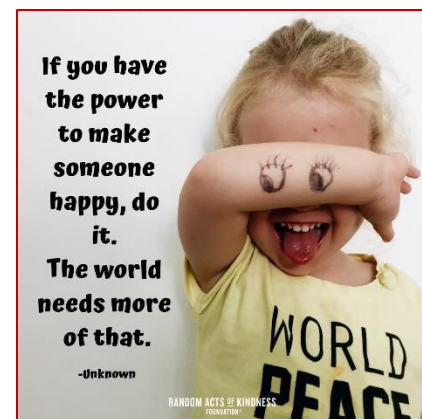
To help you decide what you can donate please have a look at the list and remember, you don't have to donate everything on the list.

One wee plea, could you place your donations in a plastic 'bag for life' or even include a couple because, as you can imagine, the food bank uses quite a number of these bags.

Let's be kind to ourselves and others.

Friday 13 November 2020 was 'World Kindness Day'. Here are some suggestions on how to make kindness part of our normal way of living:-

- Send an uplifting text to a friend or family member
- Let the driver in front or waiting at a junction merge into the traffic with a wave and a smile (especially outside the Fochabers Co-op or Chippy).
- Include moments of laughter and delight into your daily routine.
- Try to make someone smile at least once a day.
- Share a compliment with a friend or better still a stranger (perhaps a shop worker or the bin-man)
- Reach out to a friend or family member you haven't spoken to for a while.
- Treat someone to a coffee – a friend, a stranger, even yourself.



Let's all be rays of kindness this week.