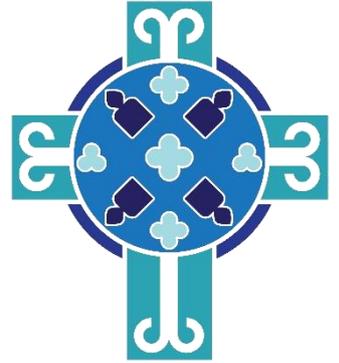


The Magazine of Inverurie West  
Parish Church

MAY 2023



ENCOUNTER



**Christian Aid Week: 14<sup>th</sup> – 20<sup>th</sup> May**

[www.inveruriwestchurch.org](http://www.inveruriwestchurch.org)

Scottish Charity SC0169



## REFLECTION – PRAYER

Father, Mother, God,  
Thank you for your presence  
during the hard and mean days.  
For then we have you to lean upon.  
Thank you for your presence  
during the bright and sunny days,  
for then we can share that which we have  
with those who have less.  
And thank you for your presence  
during the Holy Days, for then we are able  
to celebrate you and our families  
and our friends.  
For those who have no voice,  
we ask you to speak.  
For those who feel unworthy,  
we ask you to pour your love out  
in waterfalls of tenderness.  
For those who live in pain,  
we ask you to bathe them  
in the river of your healing.  
For those who are lonely, we ask  
you to keep them company.  
For those who are depressed,  
we ask you to shower upon them  
the light of hope.  
Dear Creator, You, the borderless  
sea of substance, we ask you to give to all the  
world that which we need most—*Peace*.



Prayer - Maya Angelou ©2005

Source - [www.worldprayers.org](http://www.worldprayers.org). Permission sought.

## ***From the West Manse***



I was amused the other day when my phone weather app gave me a forecast for the hour ahead as follows: light rain for eleven minutes, then stopping for seventeen minutes before rain re-commences. “How Scottish is that forecast?” I thought, while having my doubts that any system could so accurately predict our weather.

On the day on which I am writing this the weather has been particularly unpredictable, going from frost to sunshine to hail, to sun, to rain, and back in startlingly short intervals.

It’s hard to know how to feel on days like that. Although I don’t much like heat, I do like light and my mood and energy definitely improve when it is bright out. For that reason, May is generally a month to look forward to.

May is also generally a busy month and this year is no different. We have the coronation weekend and all its attendant festivities, including our Acorn Centre celebratory lunch for volunteers. We have Christian Aid week and the chance to pick up a book bargain at our week-long sale in the hall. We have General Assembly and all the discussions that will come out of that.

We also have the Aberdeenshire Wellbeing Festival, which we are once again participating in with two events: Green Fingers, Clear Minds - a climate cafe tour of our kitchen garden, focusing on outdoor wellbeing; and our quiet Soul Space reflective drop-in event.

All this on top of ‘the usual’! Such a busy month brings its own stresses, and of course there are many people at any given time of

the year who struggle with their own wellbeing, whether due to external or internal circumstances.

Having someone to talk to can make all the difference, as Duncan Maclellan highlights in his article this month about the difference 'Man Chat' has made to him.

Having a community of support also makes a difference, and that is one of the things we try to create at the West, working together to support one another. We fail sometimes - at least I certainly do - because we are human, but we keep trying.

As Christians we believe that what unites us is not just a social bond, but a spiritual one as well, a bond reinforced by the love of Christ. Growing fully into that love is a lifetime project.

In these busy, belt-tightening, unpredictable days we are living through, it would surely be helpful to have the confidence of the apostle Paul who writes in Philippians 4: 12-13. *"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."*

I'm not sure I'm there yet, but I'm working on being content in sunshine or in hail, in busy-ness or in quiet. As I do so, I'm grateful to be among people who really are trying to look after one another's wellbeing, not just in May, but all through the year.

Every blessing,

Rhona



## **Guild Report April 2023**

Our last meeting of the session took place on Monday 3rd April. Following business and worship we had our AGM. The committee were all elected by the members. Chris Gardner and Lynne Greavey have both joined our committee.

Our speaker for the afternoon was our own Ann-Marie Coleman, who told us about her recent visit to Israel. We heard and saw images of her very arduous walk from Nazareth Hospital to Capernaum raising funds for the hospital. Ann-Marie found it very gruelling in places whilst walking over rocky and hilly areas but overall a greatly rewarding experience.

Well done, Ann-Marie!

We have been invited to Skene Guild on **Monday 8th May** at 2 pm to hear a speaker from the “*Starchild*” project. Anyone wishing to go, please pass names to Ann-Marie or myself.

Our next event is the North East Guilds’ Gathering on Thursday **15th June at 10.30 am**. Karen Gillon, our General Secretary, and Helen Eckford, our National Convener, will both attend. Please pass your name to Ann-Marie or myself if you wish to attend. Bring a packed lunch: teas and coffee will be provided. Charge for the day will be £6.

See you all in September when our new session begins.

*Margaret Harrow*



## **BETTY'S TEDDY**

Some time ago the Guild was given a couple of teddies that had been made by Betty Murdoch – two of many that she had crafted in her lifetime. Every hand-made teddy has given pleasure to folk near and far, but perhaps this one stands out.



My god-daughter, Kathryn, worked with an N.G.O. in Kabul, Afghanistan and made many friends with local families. On leave home before her last tour of duty, she told me about a family who was about to have a baby. I was moved to give her Betty's teddy to take out for the impending birth as a gift from Scotland.

She recently received these photos of Mirha with her Scottish teddy.  
*Betty should be smiling!*

(Ann-Marie Coleman)



## **QUIZ NIGHT - 12<sup>TH</sup> MAY – SOCIAL/FUNDRAISING TEAM**

Get your ticket from the Acorn Centre and join us at **7 pm on Friday 12<sup>th</sup> May** for our Quiz Night with Larry Young. You can come as a team of 4 maximum or make up a team on the night, and cost is £3 per person. Snacks will be provided, bring your own bottle, and there will be a raffle.



## Coronation Celebrations

We are delighted to announce that we have been chosen to receive a **£500** donation to help celebrate the coronation of King Charles, generously donated by the lovely people at Viking Cruises! Margaret Ross, who is one of our stalwart volunteers, saw the competition and applied on our behalf and we won!! We're going to be inviting our serving volunteers to bring along a guest from the community to witness this historically important



day. Don't worry if you can't make it though, as we'll be reintroducing our "*Garden Party on a Plate*" special for the week either side of the big day!! Thank you so much, Margaret and Viking Cruises!

**Kitchen Garden** - This has been a great month for the kitchen garden, as we used the very last of our home-grown tatties literally as the garden team were planting this year's crop!

The ability to grow our own food has been such an asset for the business, but also for the environmental aspirations of the church as an Eco Congregation. We are really looking forward to seeing what the next harvest brings, and always welcome any excess produce from your own gardens.

**Small Grants Scheme** - Please note that applications for our Small Grants Scheme (**up to £1000**) are now being invited. Our scheme has helped local groups and charities with over 200 awards totalling over **£65,000** over our 15-year history. Application forms are available at the Reception Desk or by emailing [admin@theacorncentre.org](mailto:admin@theacorncentre.org) Please note the closing date for completed applications is noon on **Wednesday 31<sup>st</sup> May**.

**Volunteering and Job Opportunities** - With study leave beginning for many, that means that summer isn't far away. If you know anyone looking to enhance their CV/UCAS applications, then volunteering opportunities are now available. *We are also looking to recruit a paid person for the kitchen to assist with basic food preparation and sandwich making on Saturdays and for cover in the school holidays.* This would ideally suit a young person looking to gain experience in the Hospitality Industry. In both cases, please contact [centremanager@theacorncentre.org](mailto:centremanager@theacorncentre.org) for more details or pop in for a chat.

Mike



## SPRING INTO UBUNTU

### Food Cupboard

The much-loved Eswatini Kitchen's jam, marmalade and chutney are now back in the shop. Eswatini kitchen is based in Eswatini (formerly known as Swaziland). It aims to create employment for disadvantaged communities and support smallholder farmers. Over 90% of Eswatini Kitchen's staff are women, with many of them being single mothers, whose financial and social freedom has been positively impacted.



**New to Ubuntu:** *Equal Exchange Organic Grown by Women Ground Coffee.* The rich honeyed apricot and almond notes in this coffee come from blending high quality organic arabica beans from Nicaragua and Peru. All too often the role of women in the production of coffee is unpaid and unacknowledged. This blend is a testament to them and recognises their importance and expertise in this field. More good news for women in Fair Trade.



# UBUNTU SPRING STOCK

## New for Home and Garden

New **patterned Jute Bags** – Gardening theme - perfect for Spring and a new design of the ever-popular Sheep bags.



**Suncatcher Bees and Beehive.** These beautiful bee and beehive shaped suncatcher are hand-made in Bali by one of our Fair-Trade Suppliers. Hang in your window or garden for an uplifting pop of colour.



**Mugs** - Remember the novelty giraffe and cat mugs? Check out the cow mugs – a cow figure handle and printed with *I love Milk* and cow hoof prints.



**Lovely recycled shallow baskets** made from recycled material woven on to a sturdy metal frame. Hand made in Delhi these are fair trade eco-friendly and non-plastic.



**New to the jewellery cabinet** are hedgehog necklaces and handmade recycled glass earring jewellery cabinet necklaces. Do pop in and have a look at all the other new arrivals in the shop.



Don't miss out on **the Meaningful Company Souvenir Coronation Milk Chocolate Bar** as there is only a limited supply available.



## Junior Church

Now that we have the pleasure of a few more youngsters joining us regularly on a Sunday, it's getting a little crowded in our '*Play as you worship*' corner! This is a delightful problem to have.

We've decided to offer families the opportunity to head downstairs for the second half of the service and work on their craft activity alongside one of the junior church team and any available/willing parents. This will work alongside our '*Play as you worship*' box, which will still be available for families who prefer to remain upstairs for the whole service. We anticipate this starting on **Sunday May 13th**, after Rhona returns from annual leave. There may be some Sundays when we don't have a Junior Church team member available. Accordingly, if you are interested in helping out (and are either Disclosed or happy to be Disclosed), please speak to Biff or Rhona.

### A PRAYER FOR A FRIEND

I said a prayer for you today  
and know God must have heard-  
I felt the answer in my heart.  
although He spoke no word.  
I didn't ask for wealth or fame:  
I knew you wouldn't mind.  
I asked Him to send treasures  
of a far more lasting kind.

I asked that He'd be near you  
at the start of each new day.  
To grant you health and blessings  
and friends to share your way.  
I asked for happiness for you  
in all things great and small,  
But it was for His loving care  
I prayed for most of all.

*Sent to Encounter by Margaret Sangster*





## Christian Aid Week in Inverurie: Saturday 13th – Friday 19<sup>th</sup> May

**Saturday May 13th, 10 am: "Jam and Jigsaws" stall.** This will be held at the door of the West Church hall.

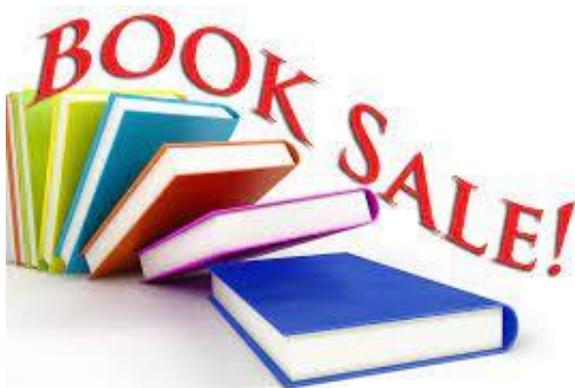


(Please note change of venue from previous years)

**Saturday, May 13th - Friday 19th: Book Sale runs 10 am – 4 pm each day except Sunday in the West Church hall. It will open on Sunday for a short while after the West Church morning service.**



(Please note change of days from previous years)



**Four** volunteers are needed each day to man the sale. **Shifts are 10 am - 1 pm or 1 pm – 4 pm.** Please consider helping! It is a pleasurable two hours, perusing the books and offering a welcoming smile to customers.

Contact **Margaret Hearne - 01651 882274**

Donations of books, jams/marmalades/chutneys/pickles, and jigsaws can be dropped off from the start of that week, i.e. **from Mon 8th**, in the creche room in the West Church Old Hall building. Should anyone wish to have donations collected from their home, please contact **Hazel Newton on 01467 620414.**

Again, instead of a house-to-house collection, **donation envelopes** will be available at the church on **Sunday 14<sup>th</sup> May**, the Acorn Centre and the Book Sale. Envelopes can be left at the Acorn Centre during the week. You can also use the link below to use our Christian Aid e-envelope to make a donation.

**Click on the image to  
make a donation**



***Garioch District Christian Aid Group***

## **UNITED BY HOPE**

**We believe in something radical: equality for all.**

And although injustice divides us,  
hope unites us;  
bringing us together in faith,  
inspiring us,  
and driving us to action.

Because hope makes peace  
possible,  
hope makes freedom  
unquestionable,  
hope brings a better tomorrow  
for everyone.

Just because life isn't fair now,  
doesn't mean it can't be  
and it starts with hope.



## Kerry's Great Achievement

On April 7th I participated in the 3k Run which took place along Aberdeen beach prom; this was the first time using my bike. I was representing my club, Aberdeen Amateur Athletics. My great coaches, Phil and Ruth, came along to support me, Phil running



alongside and Ruth, with Mum, cheering me on at the finishing line. This was the first time a Para Athlete had taken part in the 3k race. I was very proud of myself in achieving first place!

Phil Owens, one of the coaches, commented, "So glad to be

given the opportunity to pace Kerry Mathers, one of the AAAC 'Frame Running' Para Athletes on her first run on tarmac rather than her usual track. Kerry loves that athletic challenge, as we all do ... and she put in a fantastic negative split on the home run. Great result and I think from hearing various call-outs along the way, she really captured the hearts of many folk, not just runners, today."



## Bennachie Bike Ride

The Bennachie Bike Ride on *Saturday 12 August* will leave and return to Fetternear Hall. Please spread the word – especially to any cycling contacts!

## ***Memories of the last Coronation, from Dorothy Susdorf***



In 1952 Dorothy was a pupil at Turriff Academy. There she learned of the death of King George VI. A class had tuned into the BBC Schools Radio and heard only sombre music. At morning interval, the sad news went round; Dorothy remembers her friends in the art class being upset, as they felt sorry for the Princess Elizabeth becoming Queen so suddenly. Coronation Day in 1953 was a bonny day in Turriff (though raining in London!) and Dorothy sat on her doorstep, listening to the service on the radio. There was no transmitter for television in Turriff at that time. However, a newsreel of the whole ceremony was shown at the local picture house soon after.

In later years Dorothy was to develop a strong association with the Royal Family. Living in Aboyne, she often sang in the choir at Crathie Kirk during September when the Queen was in residence at Balmoral. She reflects that singing the National Anthem, with the Queen sitting in an adjacent pew, brought real meaning to the song. The singers' reward was to attend the Ghillies' Ball up at the castle. A highlight of the ball was the "Paul Jones" dance, in which everyone frequently changes partners. Dorothy ended up dancing with Prince Philip, who was most interested in her and in her husband, a local vet. The Prince always remembered the couple when they met at subsequent occasions. Another year, and in another "Paul Jones", she was to meet another prince - a young Prince Charles who, Dorothy says, was "*very chatty*"!

Dorothy has lived through four reigns of British monarchs: George V, Edward VIII, George VI, and Queen Elizabeth. Thus, she will take great interest in reign number five - that of King Charles III.

## ***'Man Chat' & 3 Peaks Challenge***

Isla Maitland has written to say that a lot of you will remember her son Duncan Maclellan who came through many years of junior church and before that crèche!! He's doing this challenge and Isla wondered if anyone would like to donate towards Man Chat (details below).

There's a link online but if you read a paper copy of the magazine Isla can easily take any donations at church on a Sunday. Thanks. Here's his story.

*I have decided to set myself a little task this summer of the National 3 Peaks challenge, which includes climbing Ben Nevis, Scafell Pike and Snowdon within 24 hours. The plan is to set off on the 11th of July (date to be confirmed nearer the time after looking at forecasts) and to add a little bit of fun to the mix I will be completing the challenge in a kilt!*

*I've also decided that, whilst I've had my eye on doing this for a while now, I will try to raise as much money as I can for Man Chat.*

*For those who don't know what Man Chat is, it's a men's mental health group that was set up in Aberdeen in 2019 by Wray Thomson, and covers the North East of Scotland with meetings in Aberdeen and Inverurie.*

*For the last 14 years or so I've suffered with depression, and particularly the last five and a half years after losing my dad have been incredibly difficult. The last couple of years have seen my depression spiral out of control and in May of 2022 I attempted to take my own life. Thankfully I'm still here today and with the help and support of my family and those closest, and Man Chat especially, the days are becoming brighter as I continue on my journey.*

*There are no words to describe the hole I felt I was in, but in going along to Man Chat and getting together with a bunch of guys who were all in, or had gone through, similar situations, some of the weight was suddenly lifted off my shoulders with being able to talk openly and honestly. There is still such a stigma around men's mental health in this day and age and it's all about trying to break that down and get through to men that it's okay to talk, it's okay not to feel okay and it's no sign of weakness to speak up for help.*

*No money can ever repay what Man Chat has done for me, and that's true testament to the hard work Wray has put in over the years, and to all the guys at Man Chat who have all taken that first step.*

*In 2021 alone, 565 men took their own life in Scotland, and that's why I've set the target of raising £565, £1 for each of those lives lost. Any donation however small would be hugely appreciated.*

[Help raise £565 to Man Chat](#)

***Please click on the Man Chat link below to donate:***



*Duncan training at the moment in the Sterling Mountain Range, Western Australia.*



## **Aberdeenshire Wellbeing Festival**

The Aberdeenshire Wellbeing Festival this year runs from **Monday 15th May to Sunday 21st May.**

As part of the Festival the West Church will be offering two events, as follows:

The first is a garden event called **“Green Fingers, Clear Minds”**. This is part of our **Climate Matters Café** programme and will be held on **Saturday May 20th 10 am -12 noon**. Weather permitting it will be held outdoors in the garden. Participants will have a chance to tour the garden, to do a little bit of hands-on pot planting and to listen to our volunteers share a bit about different aspects of outdoor wellbeing. A ‘cuppa’ and fine piece will also be on offer. Booking is not required, although it is helpful to the garden team if you let us know numbers.

Our second event is called **Soul Space** and will be on **Sunday May 21st from 2 pm - 4 pm**. This is a drop-in reflective time and space. The event is open to people of all faiths and none. There will be a few stations set up to encourage quiet reflection, creative interaction, and/or prayer - whatever suits you best. Pastoral listeners will be available for anyone who wishes to chat. Booking not required.

Location for both events is **Inverurie West Parish Church/Acorn Centre** on the West High Street. For more information people can contact the Acorn Centre on 01467 670850 or speak to Rhona.

A calendar of the various events around the Shire is available at <https://www.nhsgrampian.org/siteassets/your-health/aberdeenshire-wellbeing-festival/230052-wellbeing-booklet-2023-v4-1.pdf>

Unfortunately we were too late to get into the booklet, but the information will be available online.

## Church Calendar/Ways of Connecting May 2023



If you are worshipping from home, you can connect as usual via the West church website and YouTube channels or access the service by phone on 01467 343790 (calls are charged at local rates).

**Please note that during Rhona's week of annual leave (1-8 May inclusive) Sunday worship on 7 May will be at St Andrew's.**

**Sunday 7 May 10 am** Joint service at St Andrew's led by Rev Carl Irvine. Hospitality time after the service.

**Saturday 13 May – Friday 19<sup>th</sup> May 10 am - 4 pm** Christian Aid Book Sale in the hall (Sunday 14<sup>th</sup> May open for a while after the service).

**Saturday 13 May 10 am** Christian Aid 'Jams and Jigsaws' at Church Hall door.

**Sunday 14 May 11 am** Morning worship including Baptism. Hospitality time after the service.

**Saturday 20 May 10 am - 12 pm** "Green Fingers, Clear Minds" Climate Matters Café and Wellbeing session in the garden.

**Sunday 21 May 11 am** Morning worship. Hospitality time after the service.

**Sunday 21 May 2 pm – 4 pm** 'Soul Space' Aberdeenshire Wellbeing festival event.

**Sunday 28 May 11 am** Morning worship. Informal communion after the service.

**Encounter:** If you have any material for Encounter please email: [encounter@inveruriewestchurch.org](mailto:encounter@inveruriewestchurch.org) by Wed 17 May

Children are welcome at all services. A weekly craft activity can be found in our 'Play as you worship' box. From May 13<sup>th</sup> families can choose to spend the second half of the service downstairs doing their craft alongside a Junior Church leader.

The prayer group continues to meet regularly on a Thursday morning. Prayer requests can be sent to [olive.duncan@hotmail.co.uk](mailto:olive.duncan@hotmail.co.uk) or [duncan.linda1@btinternet.com](mailto:duncan.linda1@btinternet.com)

Our contact email address for those looking for help with collection/delivery of supplies or medication is [help@inveruriewestchurch.org](mailto:help@inveruriewestchurch.org)

## ***CONGREGATIONAL ROLL***

### ***Funerals:***

June Robertson	4 April
Rosie Cameron (Dist.32)	5 April
Charlie Milne (Dist.34)	5 April
Bert Innes (Dist.29)	25 April

### ***Wedding:***

Dairine Mouxham & Michael Freeman	12 April
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### ***Lines Given:***

Ena Coutts (Dist.27)	
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### ***Baptism:***

Philippa Rose Brown	2 April
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***Please advise the Roll Keeper of any change of address:  
[rollkeeper@inveruriewestchurch.org](mailto:rollkeeper@inveruriewestchurch.org)***

## WHO'S WHO AT THE WEST

<b>Minister</b>	Rev Rhona Cathcart <a href="mailto:r.cathcart@inveruriewestchurch.org">r.cathcart@inveruriewestchurch.org</a>	620285
<b>Session Clerks</b>	Mark and Gillian Paterson <a href="mailto:sessionclerk@inveruriewestchurch.o">sessionclerk@inveruriewestchurch.o</a>	625675
<b>Church and Acorn Centre Administration</b>	Judith Will <a href="mailto:admin@inveruriewestchurch.org">admin@inveruriewestchurch.org</a>	670850
<b>Church Officer</b>	Kenneth Gray <a href="mailto:kennethgray@hotmail.co.uk">kennethgray@hotmail.co.uk</a>	620658
<b>Rollkeeper</b>	Ann-Marie Coleman <a href="mailto:rollkeeper@inveruriewestchurch.org">rollkeeper@inveruriewestchurch.org</a>	620378
<b>Life &amp; Work</b>	Irene Jamieson <a href="mailto:irenejamieson@live.co.uk">irenejamieson@live.co.uk</a>	
<b>Safeguarding Co-ordinators</b>	Valerie Napier Gail Buchan	623279 622145
<b>Transport Co-ordinator</b>	Linda Mathers	622586
<b>Acorn Centre Management Team</b>	Laura Gray <a href="mailto:lauragray25@btinternet.com">lauragray25@btinternet.com</a>	620658
<b>Environmental Matters Team</b>	Joy Doorghen <a href="mailto:doorghens@hotmail.com">doorghens@hotmail.com</a>	620823
<b>Fabric Team</b>	Jim Lyle <a href="mailto:jimlyle@hotmail.co.uk">jimlyle@hotmail.co.uk</a>	624159
<b>Finance Team</b>	Alan Sharp <a href="mailto:sharp3@btinternet.com">sharp3@btinternet.com</a>	
<b>Treasurer</b>	Alison Blair <a href="mailto:treasurer@inveruriewestchurch.org">treasurer@inveruriewestchurch.org</a>	620677
<b>Committed Giving Envelopes</b>	Cindy Farquhar Cindyfarquhar25@yahoo.com	
<b>Gift Aid</b>	Mandy Aitken <a href="mailto:mandyaitken@sky.com">mandyaitken@sky.com</a>	07532 487788
<b>Junior Church Team</b>	Biff Barrow <a href="mailto:biff.barrow@tiscali.co.uk">biff.barrow@tiscali.co.uk</a>	623096
<b>Pastoral Care Team</b>	Rev Rhona Cathcart <a href="mailto:r.cathcart@inveruriewestchurch.org">r.cathcart@inveruriewestchurch.org</a>	620285
<b>Social/Fundraising Team</b>	Joyce Petrie <a href="mailto:joycepetrie21@hotmail.com">joycepetrie21@hotmail.com</a>	620932

## ***FLOWER CALENDAR MAY***

CONVENER – ELEANOR MITCHELL		620852
7 <sup>th</sup> May	Carol and Fred Barber	624576
14 <sup>th</sup> May	Linda Duncan	620800
21 <sup>st</sup> May	Joy Doorghen	620823
28 <sup>th</sup> May	-	-



**Thanks to all who donate, arrange, or deliver flowers.**

**ENCOUNTER ONLINE** – Currently we are producing and distributing Encounter online and in print. If you have not already provided details of your e-mail and would like to ensure you receive the online version, please contact the Session Clerk (01467 625675).



## **CHRISTIAN AID WEEK**

Jen, a loving mum in Malawi, dreams of her children being able to have the education they deserve. Her hard-working boys have earned places at top colleges – but Jen cannot afford to send them both.



Your gifts could help farmers like Jen plant better seeds, secure a fairer price for the crops, and build happier futures for their children.