



Good Morning Everyone,

Welcome to the First of our Monthly Devotionals. We are nearly there when it comes to seeing the Lockdown restrictions finally easing to such a degree that we may require to wear a mask only when going on Public Transport. It has been a long haul to get to this point and I am sure we have all felt it as such having been at one point only allowed out for an hour's walk and travel restricted to a maximum of 5 miles from your home.

We can be thankful today that the Vaccination programme has been so successful in keeping the spread of Illness at bay but we also need to be wary of complacency as this dreadful illness still can make its impact known as one or two of our fellow church members found to their cost resulting in one situation where they were seriously ill in hospital. Thankfully that particular story has ended well having come home from hospital and will hopefully make a good recovery. It is a Timely reminder that we still need to be watchful of our health even with vaccination as we come out of national restriction. Last month we entered Tier O, the lowest level of national/local restriction, and hopefully in the next 10 days or so we will see most if not all the restrictions removed, The biggest cause for celebration for Churches then will be that we will be able to sing and give our thanks to God in Song again - something we have all missed and longed to see and hear again.

While we have been unable to sing we have been very ably served musically by our Organist Hebba Benyaghla in our Services of Reflection and Prayer. The feeling of many has been that even with this restriction in worship it has nevertheless been good to be in God's House again. Over these past 18 months the aim in writing these devotions each week was to keep in touch with as many in the congregation as we could, that we might offer some comforting thoughts and words throughout these times of uncertainty. The fringe benefit has been that we have been able to re-connect with some in the congregation who had been unable to attend church as a consequence of their physical frailty from before all this and their comments of appreciation have struck a chord with me particularly. And so even as we look forward to seeing a return to what we might define as a more normal routine like that which we enjoyed before all this, I intend to continue the devotions on a monthly basis for that reason especially. So I hope that along with this glorious summer weather, you enjoy this month's devotion as we consider the importance of what many Christians refer to as "the Quiet time." Have a great week.

Church Flowers



Anne and Val would like to thank everyone who has continued to donate for church flowers over the past difficult year. The flowers have been much appreciated by those who have received them during the year.

We would also like to say thanks to Wilma for her support and to Denise and Norma Moyes for their continued support in helping with the delivery. As things are continuing to improve we would like to ask those people who had previously helped with arranging and delivering the flowers if they would be happy to be added to the rota from October onwards. We would also like to ask anyone who wishes their names added to the flower calendar to contact us.

Anne Hamilton - 07710449941
Val Richmond - 07969846013



**Carnwadric
Foodbank
Update**

Stocks of Pasta and Baked Beans remain sufficient for now. All Other foods and toiletries will be gratefully received. If you need further info about what to get, please speak with either the minister or Anne Hamilton

ANNOUNCEMENTS



When Coming to Church

Please remember to Phone in for Track and Trace purposes To reserve your place please phone Bert or Sandra Dickov on 01413168143 or 07947611412

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Thanks to Rick Martin

GOOD THING I'M A CHRISTIAN ... AT LEAST I KNOW SOMEONE SAW THAT HOLE IN ONE

06-03-2003

*In
Loving
Memory*

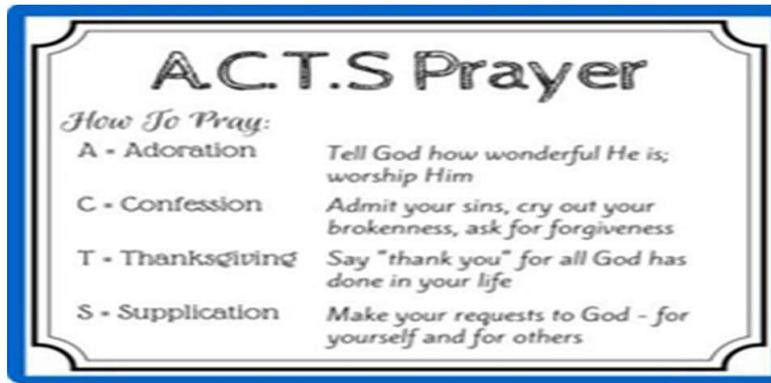
*I have the sad duty to inform the congregation of the death of Mr Jake McGhee who died in the afternoon of Sunday 25th July 2021 after a short time of illness. Many will remember Jake, who was the son of the late Bob McGhee, one of our elders and was a familiar site around the church at times, at coffee mornings and Christmas Fetes etc. Please remember all in his wider family and his close friends,
the Winton Family.*

It is anticipated that a funeral service will take place on Wednesday 11th August, the finer detail of which I will confirm next Sunday.



Church Flowers

The Church Flowers this week have been gifted by Miss Jan Sneddon in fond memory of her sister Betty and her Best Friend Isabel Grieve.



(Romans 1: 19 & 20)

“since what may be known about God is plain to them, because God has made it plain to them. ²⁰ For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.”

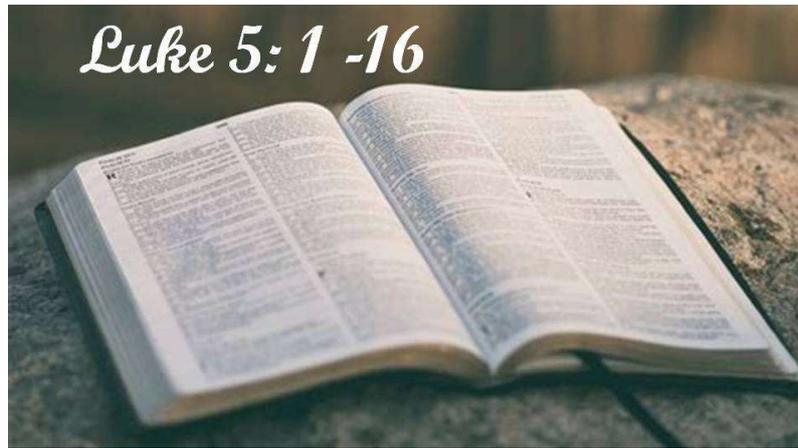
Let us Pray....

Our Gracious God and Father, You are the Maker of both the Heavens and the Earth and we thank you that we have been wonderfully made in your image. You know what we would say or what we would do. You know our names, our every thought, each tear that falls and every cry we make, before a word is on our lips, before we were in the womb, you knew it all and that our lives were in Your hands from even before the dawn of time.

Father, the psalmist was right when he said, that such knowledge was difficult to comprehend and too wonderful to imagine and yet your love remains what it is to us this day. We thank you this was demonstrated in the gift of Your Son and our Saviour. We thank You for His great love and immeasurable sacrifice on the cross and the empty tomb and that through Faith in Him and Him alone, we can call you 'Our Father' and be assured that we are His and that He will never leave us no matter where we will go or what we will do.

In this moment of reflection we recognise our need of your Grace and forbearance again as we confess our sinfulness seeking Mercy upon us. We pray that You would see in this moment a sense of our devotion reflecting our heart's desire to Honour you this day, recognising your sovereign power.

By Your Spirit at work within our hearts this day, we would hope to see others come to faith, to that saving knowledge of your love and grace. The words we say, the things we do, we pray they speak of your love, may we and all whom we come in contact with know your Blessing this day and in these days to come for this we ask in Jesus' name.... Amen



Luke 5: 1 -16

Jesus Calls His First Disciples

5 One day as Jesus was standing by the Lake of Gennesaret,^[a] the people were crowding around him and listening to the word of God. ² He saw at the water's edge two boats, left there by the fishermen, who were washing their nets. ³ He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

⁴ When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch."

⁵ Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets."

⁶ When they had done so, they caught such a large number of fish that their nets began to break. ⁷ So they signalled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

⁸ When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" ⁹ For he and all his companions were astonished at the catch of fish they had taken, ¹⁰ and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people."

¹¹ So they pulled their boats up on shore, left everything and followed him.

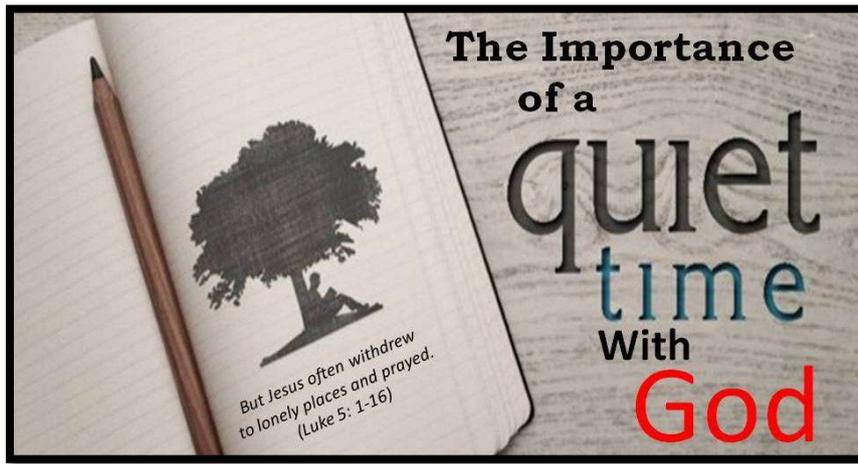
Jesus Heals a Man With Leprosy

¹² While Jesus was in one of the towns, a man came along who was covered with leprosy.^[b] When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean."

¹³ Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him.

¹⁴ Then Jesus ordered him, "Don't tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them."

¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.



For our First Monthly Devotion I thought I would share some thoughts about the idea of a "Quiet Time" and why it is important for the life of the Christian. For those outside the church the idea of a Quiet time could be redefined as some 'Me Time', or perhaps think of it as a chance to get away from it all and charge my batteries. While the Christian context of the 'Quiet Time' could be seen to incorporate these aspects, the reality is that it is much more than just some Me Time or a chance to get away from it all and charge batteries and hopefully as we explore this a wee bit further, we will see the Importance of the Quiet Time with God.

Nicky Gumbel, the Author and compiler of the internationally renowned Alpha Course comments on how that moment of the Quiet Time came into being. He reflects on that moment just after the feeding of the five thousand when the disciples come to Jesus having been so busy feeding everyone else and unable to feed themselves, Jesus, shows his concern for how hard they have worked to follow through this miraculous event and says to them, **"Come with me by yourselves to a quiet place"** (Mark 6:31-32).

The other side of this particular coin is that Jesus himself would often retreat to a quiet place for his 'Quiet Time' with God. The Reading from Luke's Gospel that was included in the this morning's devotion highlights how from the earliest of days when the disciples were called to Follow Him, Jesus did what he often did. In this case having called the first Disciples (Simon Peter, James and John) to his ministry, he is then confronted with people seeking his Healing touch upon those with the awful disease of Leprosy and having satisfied that need, the final verse of our reading tells us that, "... Jesus often withdrew to lonely places and prayed..." (Luke 5:16). Perhaps the biggest thing to take from these moments was how the disciples needed that time with Jesus but we also read of how Jesus needed it time with his Father in Heaven too and let's face it, if Jesus needed it, how much more do we? I suppose one question might be what is a Christian Quiet Time? The answer

that question we can see it is wrapped up in the vows of Church membership of the Church of Scotland where we promise to join regularly with our fellow Christians in Worship on the Lord's Day as well as promise to be faithful in reading the Bible and Prayer.

Many of us fall short of these promises in some cases with good reason such as ill health or the frailty of their years while others have poor excuse or even no excuse. It certainly blesses my heart that there are still some folk because they are able, will faithfully fulfil their membership vows even despite these Covid times but more importantly it Blesses God's heart, it honours Him and assures Him of His Trust in those who are faithful. To Help us understand the importance of a quiet time with God let me suggest to you several reasons why.

Firstly, Having a Quiet Time keeps us in fellowship with Jesus and affirms the importance of fellowship with each other. There is a story told of William Wilberforce, the Great Christian Statesman, MP and friend of the then Prime Minister William Pitt the Younger who in the late 18th and early 19th centuries, led the Abolition Movement to end the trafficking of slaves across the Atlantic in the UK. He once said, "**I must secure more time for private devotions. I have been living far too public for me. The shortening of private devotions starves the soul. It grows lean and faint.**" Following a failure in Parliament, he remarked that his problems may have been due to the fact that he spent less and less time in his private devotions in which he could earnestly seek the will of God. He concluded, "God allowed me to stumble." Here was a man who realised that in order to fulfil his mission in life he needed to devote himself to more time before God. How he Did that and how we all can do that is by the simple act of regular prayer and reading our Bible day by day for in the pages of this precious book are words that feed the soul, that affirms our faith, gives direction for life and offers Hope for Eternity.

It is interesting to hear that early African converts to Christianity were earnest and regular in private devotions. Each one reportedly had a separate spot in the Bush where they would pour out their heart to God. Over time the paths to these places became well worn. As a result, if one of these believers began to neglect prayer, it was soon apparent to the others. They would kindly remind the one who was neglecting this precious quiet time by telling them, "Brother, the grass grows on your path."

Quiet times are important for keeping us in fellowship with our Saviour but also it encourages us to keep fellowship with each other. Paul the Apostle

knew the value of this when he wrote to the Fledgling congregation he established in Corinth, "*God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.*" (1 Corinthians 1:9) and of course Jesus knew the value of this, it is why he went into the desert after his baptism, or needed to spend time with God after meeting with the masses who sought his healing touch or his eloquent teaching brilliance or when it was that Garden of Gethsemane moment. He needed Time with His Father in Heaven and if Jesus needed it, how much more do we?

Secondly, a Quiet Time refreshes and restores the soul. The 23rd Psalm is probably the most well known Psalms of the Old Testament, written not when David was King of Israel but when he was but a young Shepherd Boy. The Psalm has of course been nicknamed the 'the Shepherd's Psalm' and we only need to look at verses 2 & 3 where we read, "...**He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul...**" (Ps 23: 2 & 3).

Many today live such busy lives, even in these Covid Restrictive times, we run on a 24 hour time clock for shopping with stores open for 24 hours. There is great delight about the cities beginning to regain their night time economies of bars, theatres cinemas and night clubs. Sunday has become just another day and is no longer a day of rest, it is rather the day where "I am too busy for church". Coming home from a Street Pastors night at 4.30 in the morning, I stopped off at the 24 hour Tesco store at Silverburn. I was amazed that I was not the only one in the store shopping. I have come to the conclusion that there is a greater need for a Day of Rest. We can shop at any time in the day without even having to leave our homes thanks to the internet. Someone once said "**Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer, since to remain constantly at work will cause you to lose power of judgment...Go some distance away because then the work appears smaller, and more of it can be taken in at a glance, and lack of harmony or proportion is more readily seen.**" The Person who said that and understood why he was saying that was none other than Leonardo Da Vinci. This is the man who excelled brilliantly and famously as a painter, sculptor, poet, architect, engineer, city planner, scientist, inventor, anatomist, military genius, and philosopher. He knew the importance of taking a break. More importantly for us Jesus, the Very Son of God valued time with his Father in Heaven because it refreshed his Soul and if that was important for Him, how much more important for us.

Thirdly the Quiet Time allows us to sharpen or re-align our focus on God's Will for our lives. Both Paul and Jesus have something to say about this. In Colossians 3: 1-2 we read, "*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.*"² *Set your minds on things above, not on earthly things.*" Paul understood the importance of being sufficiently heavenly minded that we might be of some earthly use. The problem for so many of us is that there are times when we are so earthly minded we are of no heavenly use to our Father in Heaven. Why? It was because we have neglected our church membership vow where we promised to be faithful the Ministry of Prayer and in the reading of His Word. I think Jesus summed things up better, because experience had taught him that this was so, "*Seek ye first the Kingdom of God and all these things will be added to you.*" (Matt 6: 33).

Those who continue to work will know that for many professions there is a need for employees to pursue CPD (Continuous Professional Development). This is where they sharpen their skills and keep up to speed in the changes of technologies and methodologies. Our Medical Professionals will have never stopped reading up on the latest developments, techniques and advances in technology so that they can keep up. The Quiet Time for the Christian is his or her professional development as they mature from being a young inexperienced and new Christian to being a seasoned veteran in the story of Christian living and Christian Witness.

Finally the Quiet time allows us to follow the example of our Saviour. This is not just in regard to the practice of setting aside time to meet with God but in relation to the life of Jesus as a whole. In 1 John 2: 6 we read that, "*Whoever claims to live in him must live as Jesus did.*" How do we learn to how to do that without learning about the life of our Saviour? The short answer is we can't unless we read our bibles for in these great words lies the secret of Jesus' life before his remarkable and unique birth in Bethlehem as well as after his resurrection and everything in between.

Selwyn Hughes, the British theologian and writer tells the story of how a preacher told his congregation, " I am going to teach you how to Steal Drink and Lie ! The Congregation's interested was peaked when he said that. He then went on to say.

We should STEAL time out of the Day so that you can read your Bible.

We should DRINK from its refreshing Waters

We should LIE in our beds at night and meditate on its meaning for living.

Jesus Often withdrew to a quiet place where he could pray. When was the last time you withdrew to a quiet place or moment that you might ponder what it means to maintain our fellowship with Jesus and those who are our fellow believers? When was the last time you sought to restore the soul in reading and refreshing yourself in God's Word? When did you last take time to focus on God's will for your life?

In closing let me share with you a poem I came across...

I Met God in the Morning

I met God in the morning,
When my day was at its best
And His presence came like sunrise,
Like a glory in my breast.

All day long the Presence lingered;
All day long He stayed with me;
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed,
But the winds that seemed to drive them
Brought to us a peace and rest.

Then I thought of other mornings,
With a keen remorse of mind.
When I too had loosed the moorings
With the Presence left behind.

So, I think I know the secret,
Learned from many a troubled way;
You must seek Him in the morning
If you want Him through the day.

Rev. Ralph Spaulding Cushman

Wishing God's Blessing
Calum D. Macdonald

As we have felt your presence during this time of Reflection and Prayer, we have sought your blessing upon our lives.

Take all that we have and all that we are as we leave this place that in every day living our lives may be sustained through the love of our Heavenly Father. May we know the presence of our Saviour walking beside us, that others may see the power of the Spirit in both our actions and our words this day and every day.... Amen

