



Minister's Musings

One year on! One year since the first lock down.

What do I want to say?
I want to say 'Thank You'.

Thank you for your patience, perseverance, and for your encouragement. I know things have not always gone smoothly! I know I have got things wrong. And I know there are things I should have done but haven't, and things I could maybe have left aside that I have spent time on. But of course that is not only during the pandemic! So most of you will be well used to it anyway.

I want to say thank you to the Kirk Session. Zoom Session meetings are not the best platform for big discussions, yet with good humour, and with serious intent they have sought to do the best for all. Your Kirk Session have worked hard.

Thank you to everyone who has picked up the phone to call someone for a chat. You make a difference, and you help others to cope.

The Tech Team deserve medals for getting me, and us, through each week. Thank you.

And so many have offered support in so many ways. Thank You.

No names – but so many individuals who have fitted in, adapted, gone the extra mile (within guidelines of course!). Thank you.

I want to say thank you for the church - the family of faith that is for every age and every place; and for Dalgety Parish Church which, thrown into such disarray – as every church was, has remained intent on sharing good news, and supporting people near and faraway.

And I want to say thank you to God. For faith, and for the gospel message of love and hope. For Jesus' life and for the assurance that no matter my mood, my fears, challenges, hopes, the gospel message remains.

And THAT is the message of Easter – that hope is never dead and buried; that God's love can never be destroyed; that no matter how many mistakes we make, how often we get it wrong, God forgives and welcomes us with open arms; that no matter how hard life gets God' holds us in the palm of his hand.

Please feel free to add your own phrases.

There is so much for which to be thankful!

So as we approach Easter this year consider what has been laid down this past year; consider too what it is we want to take with us from this pandemic.

What priorities we will put in place for ourselves, and for our church?

What message of Easter does our world need to know?

For as we gather again, and look to the future, we – all of us together – need to bring God's priorities to the fore, and build His church here; need to let the message of Easter direct and colour our church.

Christine

Easter

Well, last year we were thrown into the need to put all our Holy Week and Easter services online; and here we are again!

At this moment in time we have no idea if we will be having any 'in person' services, or be able to open our building for any reflections during Holy Week, or even have a 'presence' outside. We are prepared and able to open as and when the Government, the National Church, and the local Kirk Session agree it is safe. However, as you all understand, we have no clue as to when that might be possible.

However we ARE planning. And we are planning for as many eventualities as we can.

Zoom Lent Studies on Thursdays both at 4.00 pm and at 7.30 pm. The same studies at each meeting.

During Holy Week we will have a livestream service at 7.30pm each evening. (29th March – 2nd April).

And on Easter Day an early morning facebook service; and our 9.30 am livestream service as usual.

Frontline healthcare hero in Nepal goes to great lengths to care for patients and families



On behalf of EMMS International and our partners in Nepal, we want to say a massive “thank you” to the Dalgety Church family for supporting our “Every Girl Matters” appeal.

Every gift you’ve so generously given will be doubled by the UK Government to help more families dealing with chronic sickness, disability and poverty.

Your gifts will bring health and hope through people like Sister Purnamaya.

Sister Purnamaya is a community palliative care nurse in Pokhara, Nepal. She walks with her patients and their families as they travel some of life’s most difficult paths. She listens to their concerns about health and about the future. Through practical care and her presence with them, she helps ease their pain and burdens. It is not easy, but she sees it as a calling and a privilege. This year has changed everything, and its hard to offer her presence to the families for whom she cares. However, she can and has adapted her care to continue being a source of comfort and hope to patients and their families.

Friday’s plan was for a routine day of telephone consultations, inpatient reviews and some much-needed administration time. But as she told us, ‘In palliative care, the unexpected often happens and there is a great need for flexibility.’

Purnamaya's three unscheduled appointments

1 – Urgent home visit

A routine call revealed that one patient had significantly deteriorated, and the family was very stressed. Purnamaya set aside her plan for the day to make an urgent home visit, a risky and a time-consuming process with the additional COVID-19 precautions, but a vital service for her patient and their family. She understood their desire to stay at home and was able to be there with them, listening and offering practical support in managing symptoms.

2 – Dignity in challenging circumstances

Back at Green Pastures Hospital, Purnamaya spent time with Idah, a lady with an inoperable spinal tumour. She'd met her the week before in her home. Idah had been lying in bed, depressed, in pain and not eating. Purnamaya now saw a different woman, sitting up with a welcoming smile on her face. It was encouraging to see that a few days of quality care had been so transformational. "Her dignity and will to live were renewed, even amid challenging circumstances" explained Purnamaya

3 – The gift of presence

Medical supplies are expensive and so Purnamaya hurried to collect gauze which had been freshly folded and sterilized by volunteers for her next home visit. Devna was recovering from a serious stroke and the dressings were quickly put to use to treat her deep pressure wounds. Purnamaya taught the family, who were doing their best despite the loss of income due to Devna's constant care needs, how to clean and dress the wounds. Once again, it was the gift of her presence and practical support which gave the patient and her family the care they deserve.

Finally, at the end of the day, she continued the routine patient calls from the morning, caught up with some administration and prepared for the week to come.

Sister Purnamaya is a prime example of the frontline healthcare heroes who have gone to great lengths to continue giving their patients and families the care and support they need. In rural Nepal, there are far too few specialists like her. In the absence of quality care, families do what they can to care for their loved ones. Often that leaves a huge burden on young girls. Families are forced to choose between healthcare for today and vital education for the next generation.

Care like that given by Sister Purnamaya lifts the burden of care from the shoulders of young girls.

£8.50 trains a family member to care for their loved one.

£32 provides care at or close to home, so that young girl carers can return to school and enjoy the opportunities of an education.



“What a privilege to be a part of this holistic care, to be Jesus’ hands and feet caring for palliative patients and families in our community and making a difference,” Sister Purnamaya.



Mary Robertson, Director of Fundraising at EMMS International
www.emms.org

GDPR

If you have received an email from me in this last month I thank you for supplying your email address to help us keep in touch.

If you haven't received an email and you would like to receive updates via email, please let your Elder, or me know – a GDPR (Data Protection) form can be sent to you for you to fill in and sign; or email me, with your phone number too if you agree, and I will file the email as your permission to use these contact details for church use only.

And if you don't want further emails – you can 'unsubscribe' at any time. Just let me know.

Christine

Email: CSime@churchofscotland.org.uk

God can be trusted

'God is interested in everything – small things and big things.'

(Corrie ten Boom)

The early days of my life were like the back of a tapestry – I was muddled about religion. I followed the flock but had no real relationship with God.

As time went on, I became acutely aware that some people had something special – an inner unselfishness, goodness and serenity. Where was that coming from? These good people put others first and self last. There was such a genuineness and peacefulness radiating from them.

I had a great uncle, a Church of Scotland missionary, who spent six months of his furlough staying in our home. He was Principal of Pholela High School, Natal, a mission school for Bantu children in South Africa. I saw his deep faith in action daily. He never preached to me, a teenager, but each week he wrote a letter to his school pupils which was read out at Morning Assembly. It was a children's address, so I was asked to read it and comment. He had love and respect for people of all ages, and spent time playing with my five year old sister, too.

On my uncle's return to South Africa by ship, he always wrote three letters at a time, one to my parents, one to me and one to my young sister. The letters were pitched to our personal interest and were full of fun. We received individual letters from him for the rest of his life. His daily life and the certainty of his faith came across without him preaching. It made me think. With God's help, we can walk beside others and take an interest in their lives. Trust God, do what you think is right and He will do the rest. I was fascinated how people with faith coped, especially when trouble came. How could I find an inner peace and certainty? Slowly, I became aware of a power far greater than anything I had known. I still slip and slide, but the underlying certainty never leaves me.

I remember hearing a missionary from South America at youth fellowship, who said, 'Take a step in faith and then the next step will be revealed.' Trust.

When life becomes really tough – continue to trust. My father suffered from dementia and lived with us. He wanted my mother, who had died a few months earlier; he wanted to return to his own house, which had been sold. I felt desperate. I could not form words in a prayer, yet the Lord heard my unspoken words and gave me strength and the right people to help me for the next part of our life's journey. 'In darkness God's truth shines most clear.' *(Corrie ten Boom)* Trust. Everywhere I have lived, I have met genuine, interesting, good people from different walks of life and different faiths. Some have no faith but an unselfish belief in leading a good life. We cannot give anyone faith but the Lord can. We can pray. Trust him.

Back to the tapestry. The wrong side of the tapestry - a disorganised, messy pattern. On the other side, all the bits make up a beautiful, unblemished design. My life has been wonderful and there was definite guidance throughout, though I often did not see it. Trust in God. He knows our needs. 'Don't bother to give God instructions, just report for duty.' (*Corrie ten Boom*)

Sheena Cooper



The Guild

Since the last WOW was printed, The Guild has continued to meet twice a month and everyone enjoys the opportunity to keep in touch with other members and friends.

While Zoom will never be as good as face to face meetings in the church hall, it can have advantages. On 28th October 2020 our Guild celebrated it's 50th birthday and we were able to welcome to our



meeting, the current National Convener, Mabel Wallace and Lesley McCorkindale, the Guild's youngest National Convener. Lesley is known to many of you in Dalgety Bay as her husband, Donald McCorkindale, was our previous minister. They may not have been able to travel to Dalgety Bay to join our celebration, but they could join us because of Zoom. Similarly, we will be joined, on 3rd March 2021, by Susan Brown, former Moderator of the Church of Scotland.

The other meetings on our current syllabus are:

17th March - Ewan Ritchie, who is currently with our church as part of his training for ministry, is joining us and we look forward to meeting him and getting the chance to have a chat with him.

7th April - Kenny Wilson, a youth worker from the Isle of Gigha is going to tell us about The Dalriada Way/The Columba Experience.

21st April - We will have a visit from The Cookie Jar, a local charity that was started in memoriam of Christopher "Cookie" Coutts, who died at the age of 19 from Hodgkin's Lymphoma.

5th May is our AGM.

If you would like to join any of our Zoom meetings, please email elmadoig@yahoo.co.uk and I will send you the Zoom link. Our meeting starts at 7.30pm and is open to all: male and female. Young and old. We do look forward to the day we can meet again in the church hall and have a good old blether over a cup of tea or coffee. Roll on that day!!!!!!!

Elma Doig

Lent 2021

With uncertainty about whether we can be in, out or both for Holy Week this year we have arranged a walk round Dalgety Bay that will take you past a number of places where you will find a reading, and a QR code which will take you to a hymn. These will all be on the main roads and all you need is your phone to pass the camera over the QR code and listen in. You can head off on a long walk, or you can visit one, or a few at a time. The final location holds a surprise!

We are also setting up a 'prayer flag' area at the peace garden in the church grounds. Send me, or your Elder, any prayer, names (first names) of people you want to pray for and these will be written on a piece of material and added to the prayers.

Family Fun Recipes

Palm Sunday

Thousands of people were gathering in Jerusalem, Israel's capital city, for the Passover Party. The Passover Party happened once every year, celebrating the time long ago when God had chosen a man to free his people from the Egyptians. When Jesus came to Jerusalem riding a donkey, he was given a king's welcome! People made a road for him through the crowds, placing palm leaves and even their own coats on the ground before him. The people shouted their party songs even louder: "Hosanna! Save us!" Many were wondering if Jesus was going to be their new leader, freeing them from the Romans who were ruling their country. (For more of the story, check out Mark 11:4-10). So let's make some gingerbread men. If you don't have any gingerbread men cookie cutters, you could use a round cookie cutter to make the crowd's faces.



Gingerbread Men:

350g flour
1 tsp baking soda
1 tbsp ground ginger
1 tbsp ground cinnamon
100 g butter
175g brown sugar
1 egg, beaten
4 tbsp golden syrup

Icing and decorations (optional)

Set oven to 180°C and prepare a baking sheet with baking paper.

Cut up the butter and melt in a saucepan over a low heat.

Add the brown sugar and golden syrup and stir into the butter until the mixture is smooth.

Remove from heat to cool.

In a large bowl, sift the flour and add the ginger, cinnamon and baking soda.

Stir in the beaten egg to the dry mix.

Add in the buttery mixture and stir until combined.

Knead it gently until it forms a dough.

Roll out the dough to ¼ inch thick. Cut out the men with a cookie cutter and place on the prepared baking sheets.

Bake for 8-12 minutes.

Allow to cool thoroughly (they harden as they cool) before adding any decorations.



I wonder why some of the people were excited about Jesus? I wonder how the Romans were feeling during the Passover Party? What are your feelings towards Jesus?

Easter Sunday Chocolate Easter Nests

100g chocolate (milk or dark)

Cheap cereal (Rice Krispies/ Cornflakes/ Shreddies)

Mini Easter eggs

Melt the chocolate carefully in a saucepan.

Remove from heat and add some cereal, stirring until all the cereal is coated in chocolate. Add more cereal until all the chocolate has been used up and the cereal is covered. Spoon the chocolaty-cereal mixture into cupcake cases and decorate with the mini eggs.

Do you know why we have eggs at Easter? One of the reasons is to celebrate new life. In the Spring birds are building nests for their eggs, which is a sign that new life is coming after winter. And at Easter we are celebrating that after the dark sadness of dying, Jesus came back to life. Another reason is that the shape of the egg helps us to remember the tomb that Jesus' body was put in. Usually Easter eggs are empty on the inside – just like Jesus' tomb was empty when the women visited it on Sunday. It was empty because Jesus had come back to life and is alive!.



Refrigerate to encourage the chocolate to set quickly. Happy Easter!

More recipes can be found at

<https://edinburgh.anglican.org/wp-content/uploads/2021/02/KidsLentBakeUpdated.pdf>

A 7 Day Meditation on John Chapter 3 v 16

God so loved the world, He gave His only Son, that whoever believed in Him, should not perish but have everlasting life.

Monday: God - The almighty authority

Tuesday: So loved the world - The mightiest motive

Wednesday: He gave His only Son - The greatest gift

Thursday: That whoever - The widest welcome

Friday: Believes in Him - The easiest escape

Saturday: Should not perish - The divine deliverance

Sunday: But have eternal life - The priceless Possession

Sylvia Fradley

Food stuff and kitchen ware - please drop off any donations at The Manse, 9 St Colme Drive. A weekly drop off will be made to Frontline Fife.



Church Family

New Members

Barbara Wade
Isobel Ritchie

Deceased

Margaret Hepburn
William Buchanan
Ann Wilson
Ron Smith
Katie Anderson
Alex Ferguson

Who To Contact

Minister

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[Dalgety Parish Church of Scotland](#)