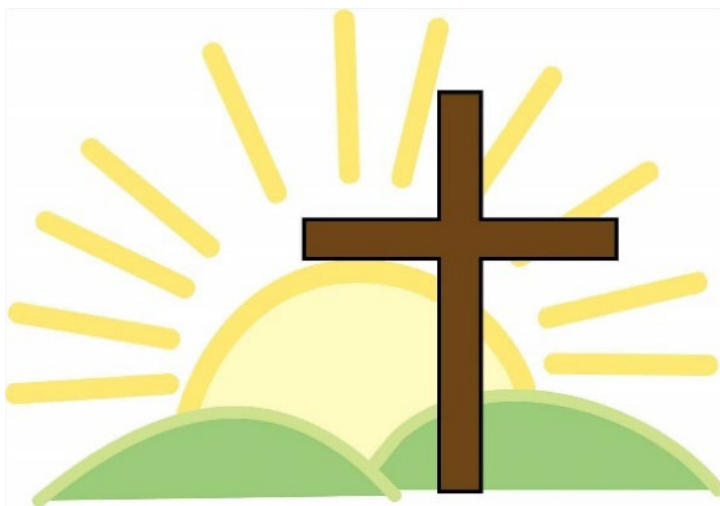


THE ANCHOR

The magazine of Kiltarlity and Kirkhill
Church

Easter 2022



*Living in the love of Jesus in the rural
Highlands*

www.kiltarlityandkirkhill.org.uk

SC: 003866; 014918

You will notice that a number of the 'o's have turned into something like little Easter eggs - 'o'. How many can you find?

A word from our minister -

As I write my portion of the Anchor newsletter, I think ahead to Palm Sunday and Holy Week. I look forward each year to the Easter readings and taking time to reflect upon the events leading up to the cross and resurrection of Jesus. With Palm Sunday a couple of days away I am, at this time, once again drawn to the crowd. Every year I tend to think about the way in which the crowd changes over the course of Holy Week. The word that is often used to describe the crowd is fickle. Fickle is defined in the Oxford dictionary as *changing frequently, especially as regards one's loyalty or affections*. But what a day that must have been. The sheer volume of people and noise present must have made the atmosphere electric for Jesus' royal and triumphal entrance. We know from the Gospels it was not to last but still that would have been an amazing day.

Many of my friends have had brushes and encounters with royalty and processions. A Norwegian friend told me once he was standing next to his king on public transport. The king apparently had skied down to the supermarket and then took the public transport back home. There he was with skis and groceries in hand chatting with folks like any other. I have friends who have ministered to and dined with our own queen during her stays at Balmoral. Other friends who have received honours from Queen Elizabeth II or

have just happened to pop out of Marks and Spencer at the same moment the Queen arrives and are blessed with a royal handshake and a sudden conversation. For the longest time it seemed that I was the only one who in my circle of friends who hadn't met the Queen or some of her family.

My first royal 'contact' of sorts happened quite by accident in Edinburgh. It was my first week in Kirkliston which was the first week of July, 2012. The weather was decent and Edinburgh is always abuzz that time of year. We had walked up to The Royal Mile and we were met with a gathered crowd. Like others arriving we were curious. Union flags were waving, people were excited and both sides of The Royal Mile were about 2 to 3 rows deep from what we could see. Not sure what was going on, but we managed to get to the front of things due to the generosity of others who thought our kids should see whatever was going on. No sooner had we arrive at the barricade that we saw a cavalcade of cars approaching. So, we did what any other person swept up by the crowd would do. I grabbed my phone to take a photo of whatever or whoever was coming. We still didn't have a clue what this was all about and there wasn't really an opportunity to ask because with the approaching cars the noise and excitement increased. There we were trying to corral three small kids in a crowd and figure out what was going on. With one long arm at the ready and phone in hand I took a photo of the first car and tried to see who was in it as it passed. It was then that I began to understand what was going on. I had just taken a photo of Will and Kate. Before we knew it a second car approached and so now

rather excited ourselves, prepared for the next photo op. The second photo that I took was that of Queen Elizabeth II. Then a third photo was taken of the next vehicle and the occupant was none other than Princess Anne, who I would later meet during events at a General Assembly. I have to say it was a rather exciting moment. Inside it was like Beatle-mania without all the screaming and tears... (slight exaggeration). But we turned to the kids to tell them that the queen had just passed a few feet in front of them. We showed to them the photos of the various members of the royal family. They were not as excited as we were to be fair. It had all happened so fast, so unexpectedly. I later learned that members of the royal family were on their way to St Giles, as William was to join the Order of the Thistle. All in all, it was an interesting experience.

However, if I am honest, I find that I too can be just as fickle when part of a crowd. Not that we had a change of loyalty or affections in the moments that followed but the excitement and thrill of the moment passed as quickly as it arrived. For what was our reaction to having such a close encounter with members of the royal family? Simply put, it was to slide the phone into my pocket and to go to Bella Italia for lunch. As we sat down friends unexpectedly joined us and recent events were lost in catching up with friends. Out of sight and now out of mind. The crowd can be a funny thing.

The verse that comes to mind is found in Isaiah 53 and verse 6...*We all, like sheep have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.*

There are seasons where we lose sight of Him or chose to go the other way, but thankfully and mercifully we have a Good Shepherd who came to seek and to save the lost (Luke 19.10). His way of coming was on a donkey via the manger, full of love and willing to suffer on our behalf, willingly climbing on a cross, paying our debt for us, that we may be restored to relationship with the Father.

My prayer is that the faithfulness and love of our Lord becomes incredibly apparent to you this Holy Week/Easter Season for we may not even be aware that we are lost or have gone our own way but that does not stop Him from coming to find us. Hallelujah! What a Saviour!

May the blessing, peace and benefits of the resurrection saturate your life and cause you to grow closer to Him, who clearly knows no bounds in expressing His love for you.

The tomb is empty, the veil is torn and He awaits your visit.

Happy Easter!

Rev Andrew Kuzma

Warm welcome to young Freddie

Congratulations to Lewis and Zoe and to their beautiful young son, Freddie recently presented by them for baptism at the morning service in Kirkhill Church. Freddie is now a loved new member of our church family and we look forward to supporting both Freddie and his family as he grows within that family. Congratulations too to Freddie's grandma, Elma - well known to us all.

At Kirkhill.....

OUR WILDFLOWER GARDEN!

One of the several challenges we set ourselves to help combat climate change during COP26 last year was to develop our own wildflower garden. After much discussion, planning, blood sweat and tears, we found the perfect site of abandoned ground at the side of the War Memorial within Kirkhill Church grounds. My brother kindly rotavated it initially last autumn and over the winter months the area was turned over and weeded several times.



Several people pitched in to help and special thanks go to Derek McDonald and his son and Mary Wilson for all their back breaking hard work! The amount of couch grass roots we removed would make your eyes water. . . Arron Meier planed a young oak tree close to the middle of the area and the young people in church sowed wildflower seeds in the middle of March. Sadly, the weather has

turned against us and the late frosts may affect the germination of some of those seeds. A further seed sowing is planned for later in April when the soil is warmer and the success rate higher! Then we just have to sit back and wait!

Angie

Our Flowers

We sowed... oxeye daisy, grape hyacinth, forget-me-not, ashrantia, borage, blue chrysanthemum, cerinthe, chive,s jacob's ladder, foxglove, marigold, cornflower, nigella, hollyhock, bluebell, vetch, French lavender, nasturtium, thyme, pansies, antirrhinum, and others!



.....and at Kiltarlity

Hopefully most of you will have noticed the brave line of daffodils around the path at Kiltarlity church. These were planted by the Friday Club children in the Autumn last year. We are hoping they grow and multiply!



Always find a reason to laugh. It may not add years to your life but will surely add life to your years!

WATCH THIS SPACE!

Christian Aid Boat Race - Coming to a wee burn near you!!



In July this year we're planning a 'Boat Race' to raise money for Christian Aid. Now this is not as daunting as it sounds. For a start, you don't need a boat. (So you can put your catamaran away). This race involves 400 small pieces of wood, shaped roughly like a boat; each one numbered 1 to 400. Like a 'Duck Race' they are unceremoniously dumped into the burn that runs across the road from Brekkies Lodge. A couple of hundred yards away stand several kind souls prepared to brave the freezing waters, armed only with fishing nets. It's their job to catch the first three and then the other 397 to stop them ending up in the Beaully Firth. It cost £1 to sponsor a boat in the race - not bad when you consider all the hidden costs - the crew, the diesel, the yacht varnish etc! Alongside this, we're planning a children's event aimed at making your own boat to float down the burn! What jolly japes!

The richest wealth is Health. The best security is Faith. The greatest tonic is laughter. The strongest weapon is patience. And they are all FREE!

Perhaps some of you will remember this poem from schooldays.....

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Eastertide.

Now, of my threescore years and ten,
Twenty will not come again,
And take from seventy springs a score,
It only leaves me fifty more.

And since to look at things in bloom
Fifty springs are little room,
About the woodlands I will go
To see the cherry hung with snow.

A Shropshire Lad - A. E. Housman

Easter is the only time when it's safe to put all your eggs in one basket.

Healing
Hurting
Hearts



'Healing Hurting Hearts' is a Bible based trauma and grief course. It delves into The Bible and applies sound mental health principles and teaches us about trauma, grief, loss and forgiveness. In essence, it helps us to heal the wounds of our hurting hearts.

Topics covered include -

'How can the wounds of our hearts be healed?'

'If God loves us why do we suffer?'

'What happens when someone is grieving?'

'Caring for the caregiver.'

'How we can forgive others? Bringing our pain to The Cross.'

Emotional trauma affects more than 1 in 7 people worldwide. Trauma can include relationship breakdowns, isolation, death of a loved one, abuse, and addictions to name only a few.

"The Lord is near to the broken hearted and saves those who are crushed in spirit"

Psalm 34:18

Since 2018, The Scottish Bible Society has run over 10 training courses and there are now over 180 facilitators providing the course to churches and communities in Scotland. The next local 'Healing Hurting Hearts' course is in Kirkhill Church starting on 2/5/22 and runs every Monday night 7- 9.30pm until the end of May.

For more information, please contact:

Marion Rennie on 07799750655 or

Margie Kuzma on 07776 481812

With love

Marion and Margie ❤️

Christian Aid Fundraiser 2022 - Three Churches Sponsored Walk!

"From South Sudan, to Kenya, to Honduras... whether the issue is malnutrition, lack of water or disappearing livelihoods... our changing climate is now a fundamental part of the problem."

Remember COP26??! Seems like such a long time ago now... and despite all the terrible things that have happened and continue to happen across our world, climate change hasn't gone away and neither have any of the problems associated with it! In fact in some ways, they're worse. Across the world charitable giving to some of the poorest countries has fallen significantly whilst charitable giving to Ukraine has reached dizzying heights never seen before! Ukraine will need every penny it can get to rebuild once this tragedy is over...

UK Charitable Giving

UKRAINE -

over £100 million in just 3 weeks

CHRISTIAN AID WEEK –

£8 million 2019;

fell to £2 million in 2020

plus £1 million from the Covid Emergency Appeal

This year, our church is joining with Beaully Church of Scotland and Kiltarlity Free Church to raise funds for Christian Aid to combat the devastating effects of climate change in some of the poorest countries in the world. And to do this, a group of us are planning to

walk between each of the three churches - a total of 12.2 miles! Now, this may not seem like a lot to you but I can tell you now, it will take us the best part of the day to complete and we will be pretty sore the day after - plenty of aching bunions and blisters! The walk is planned to take place on **Saturday 21st May 22, leaving Beaulay at 09.30**, stopping for lunch at Kiltarlity Free Church around noon and arriving tired and weary at Kirkhill Church in time for coffee and cake.

Please support us any way you can. Perhaps you would like to walk some of the way? **O**r even all of it? Perhaps you would like to catch up with us for lunch or cheer us home? Whatever you decide, your support will be most welcome!

If you need more information, contact Angie Dunn 07732 587084

The Senility Prayer - O God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do like and the eyesight to tell the difference!

What's going on with our young people?

Families and kids of all ages are always very welcome to join us for worship. Here is a rundown of some youth specific groups and events that we currently offer.



Friday Club (P1-P7): Children are collected from Tomnacross Primary and escorted to Kiltarlity Church. After eating their 'Grab & Go' lunch it's time for games, crafts and a Bible story film or reading.

Junior Church (P1 upwards): We meet every Sunday, staying in church for the first part of the service then leaving to go to our own classes for Bible teaching aimed at our own age groups.

Youth Group (P7 upwards): Meetings on the second Saturday of each month between 7pm and 9pm at various locations. Food, Games, Music and Laughter!

Messy Church (all ages): Crafts, Food, Games, Music, and Bible Stories. Fun for the whole family! 3:30pm to 5:30pm on the following dates...

29th May at Kirkhill Church

28th August at Kiltarlity Village Hall

27th November at Kirkhill Church

26th February at Kiltarlity Village Hall

For more details on any of these, please get in touch via our Facebook page, email, or contact Les Bradley on 07970 554 584 (phone, text or WhatsApp).

Young Life is also doing well. Richard and the team give us regular updates in church, so watch out for them! This is an important outreach in our church and needs to be well supported, both with practical input, and, very importantly, financial help.

A Prayer for those involved in conflict throughout our world.

Father ... You have made clear through your words in our Bible that we must expect wars and conflict all round your world. You created our world to be a perfect place but we, mankind, have not upheld that ideal, indeed have often in the past and even in this modern day sought to destroy it. Robert Burns referred through his verse of man's inhumanity to man. But 'Why, why, why' is OUR cry. The war in Ukraine has brought such inhumanity so close to our shores, but Ukraine is but one example of conflict internationally. We earnestly and sincerely beseech you to help us once more, help all those who have suffered and continue to suffer the ravages of wars, wherever they may be involved. But not only those directly involved in active conflict. Father, we ask for your all-encompassing, comforting and healing hand to rest upon the innocent families, friends, and acquaintances who suffer in body, mind and spirit. Such inhumanity seems so selfish and thoughtless of the needs of all, for no matter where such wars are fought, so many others become involved through deprivation and mental anguish. But our thoughts for your compassion must also be directed to the aggressors too, dear Lord. Please encourage them to become more aware of their responsibility. You alone are aware of what the outcome for everyone will be. We trust and depend on you. Please hear our prayer, written by one but intended to be a prayer from all, acceptable to you. Amen.

Ellenor

Freedom's Destination

(adapted from "War Poems", by Whysman, published December 2009)

Some foreign country, some funny name
After a while they all look the same

Grandpa went first, back then WW1
And didn't come home till the job was all done

Dad was then ready when it came time for WW2
Returned as a hero, but missed quite a few

A brother was next to risk life and limbs
But Korea kind of fizzled out, especially for him

Then came strife in Vietnam, I was 18 when
They poked 'n had me turn 'n cough, then sent me off to win

I thought when in the combat zones, if ever I go down
My folks will know that I was there, not hiding out of town

We all fought for freedom, represented our home towns
To be quite sure our kids had homes, still setting on free grounds

Countless before and many since, whose lives were all cut short
I am sure would say this

Please keep it nice and simple, and be forever proud
Please Lord, please hear me

NO MORE WAR ALLOWED

We asked Laura to write a piece on the arrival of our youngest church member!

BABY HARRIET

Our story begins on a nondescript day in August 2021, when Cathy and Nick discovered a speck of new life growing. Shock! Elation! Panic! Elation!

The first months were pretty rough due to the dreaded 'morning' sickness. This eased with time, though the baby then developed a habit of hooking its feet over Cathy's right rib - not comfortable! Good practice for hanging from monkey bars later in life, though. On the other hand, as Cathy's bump grew larger, she said, in true horsewoman fashion, that carrying a hay net on her back perfectly balanced things out and pulled all her ligaments into comfortable alignment - who knew?!

In the days running up to delivery we all felt a sense of mounting excitement, but also an inevitable weight of fear and uncertainty. This baby is by no means the first baby ever to be born, of course(!) Every pregnancy journey is unique, incredible and, to some degree, scary too, sometimes terrifying. Not all pregnancies go to plan, either. That being said, this one happened to be a particularly unique and experimental journey into the unknown - the first of its kind for Raigmore hospital, the Highlands, and indeed the Lothians. Cathy has a life-threatening metabolic condition called MSUD - a condition still full of firsts, since it was only discovered in 1954. Among other things it renders pregnancy both unavoidably risky and very complicated, management-wise.

Throughout the world only a handful of people with MSUD have become pregnant and given birth, and of those few, a significant proportion have sadly passed away, either from metabolic crisis directly resulting from the process, or as a result of complications during the first days and weeks after. Was our tiny little Raigmore ready to be such a pioneer?

Cathy had known for a long time that she would need an elective c-section. Even with the best interventions a labour that lasted any longer than a few hours could bring on a catastrophic metabolic crisis. On the other hand, many drugs commonly used in c-sections were also unwise to use due to MSUD-related considerations. Fasting is extremely dangerous in MSUD as well, making pre-surgery preparations more complicated since anaesthetic must be given on an empty stomach. And following delivery her body would undergo huge stress as it returned to a non-pregnant state. She would need to be on an almost totally protein-free diet for at least the first two days. All in all, everything came with a significant extra level of risk, even as c-sections go. Would we come out of this with a baby or, for that matter, with a Cathy?

The preparations were meticulous, long in the making, and comprehensive. Relevant drugs were canvassed, researched, discussed, decided and either rejected or cleared; a meal menu was planned out in full for up to two weeks after delivery; specialist low protein cooking ingredients were ordered; emergency dishes were cooked and frozen; a comprehensive management protocol was drafted, discussed and tweaked to its

final form; and detailed backup plans and people had been put on standby for every eventuality. Cathy had regular meetings with her medical team, and ultrasounds and blood tests every two weeks right up until delivery. We became increasingly aware that while everything was prepared as far as possible, this may not go the way we were all hoping and praying for. The final days were a deeply emotional time as Cathy reduced her protein intake in anticipation of the stress her body would undergo, and as she and Nick left for the hospital the night before surgery.

On delivery day, two weeks before the baby's due date, Cathy and Nick entered the theatre, while Granny-to-be (Nicky) spent a hungry couple of hours in a tiny waiting room dominated by a giant vending machine full of chocolate - the very thing she had given up for Lent. Torment on at least two levels! Meanwhile, Great-Grandma-to-be (Jenett) and Auntie-to-be (Laura) eagerly awaited news back at home.

Eventually, two hours later than expected due to Cathy's apparent complete lack of a circulatory system into which necessary lines could be inserted, news of the baby came through by Messenger: "She's out! And she's perfect!" Cathy was eating a low protein cupcake, doing well and feeling ecstatic, though exhausted and rather dazed. Shortly after that the first photographs of Harriet Laura Luttrell Munro Ferguson began to filter through.

Baby Harriet, also known as 'Goblin', is now nearly one month old. How thankful I am that she and her parents are so nearby. They visit daily and we have regular...well...not so much 'fights' as

'negotiations' over who will hold Goblin at any one time, and for how long. Goblin herself is robust, healthy and increasingly alert and ready to engage, not to mention hungry. In general, she seems a very calm, contented baby. She looks (to me at least) very like Cathy did at that age, but with slightly redder hair, like Nick's side of the family. Cathy and Nick are managing well, albeit with broken nights filled with feeds and nappy changes. As for 'Auntie Lo' - she is devouring all the cuddles and interaction she can get, while getting to grips with the twisty wriggleness of nappy changes...!

The hospital - indeed the whole medical team from Raigmore to the metabolic team in the central belt - have been *brilliant* in their communication, collaboration, compassion and care of both mother and baby. A true triumph on all levels. It quickly became obvious that the pre-planned menu could be used simply for inspiration, and the emergency meals in the freezer wouldn't be needed while in hospital, since they were managing Cathy's dietary needs so well. Outside of the medical team so many people have offered well-wishes, support, cards and baby items - we can't thank you enough. And what a difference knowledge of being 'covered' by the love of God, and remembered in the prayers of God's people, makes! May He bless you all. Hopefully Baby Harriet will make an appearance in church and get to meet all of you soon!

Laura



The sweetest time of day is when you pray because you are talking to the one who loves you most.

An article from Anneliese - obviously close to her heart. And very pertinent to the troubles in our world today.

"...I was a stranger and you welcomed me...." (Matthew, 25:35)

Last Saturday I attended the Iona Community's regional meeting in Inverness focussing on refugee integration. The core part of the day was a talk by Alison Phipps, Professor of Languages and Intercultural Studies, and UNESCO Chair in Refugee Integration through Language and the Arts at the University of Glasgow, who is also a member of the Iona Community. One of her PhD students, Hannah Rose Thomas, also attended and spoke about how she combines her art and humanitarian work. In the afternoon we heard from some of the Syrian and Afghan refugees recently resettled in the Highlands.

The Ukrainian crisis had arisen since Alison Phipps had prepared her talk so she had torn up the original and spoke off the cuff. She focused on the Nationality & Borders Bill - better known as the 'Anti-Refugee Bill' - which is currently in a process known as 'ping-pong' at the UK Parliament, in other words it is being sent between the House of Commons and the House of Lords as they try to resolve disagreements over its final wording. The Bill seeks to reform and overhaul the UK asylum system. As it stands the Bill has the potential to create an unjust two-tier system meaning that the UK will amend the protection it gives to someone claiming

asylum based on how they arrived here, whether they followed an official route (such as the resettlement programme) or not. The House of Lords recently voted to remove the key clause, and some of the others, but it has to go back through the House of Commons to uphold their amendments, which is due to happen this month.

Hannah Rose Thomas then spoke about her art projects. She has travelled both in person and virtually to a number of places aiming to show the faces of the ordinary people swept up in the crises round the world, whose voices are often lost in the focus on statistics. Her art is stunning. She aims to use the most beautiful materials to bring dignity and honour for these people. She showed many pictures from projects with women. One which stuck in my mind was a trauma healing programme she worked with in Nigeria for survivors of violence at the hands of Boko Haram. There, she taught women to paint their self-portraits, using African fabric for the finishing touches. She had also brought with her some of the portraits she painted of Yezidi women in Northern Iraq. She had used gold leaf (obviously a very valuable material) which she felt symbolised how their dignity could be restored despite all they have suffered at the hands of ISIS. It is amazing how much can be achieved through the medium of art. I would really recommend her website.

www.hannahrosethomas.com

In the afternoon, some of the Afghan and Syrian refugees who have been resettled in the Highlands over the last few years gave

an overview of their experience of establishing a new life here. They had certainly felt welcomed and had experienced the Highlands as a hospitable place - and the word used by all of them was that they felt 'safe'. However, they also had some good pointers for where we could improve. The main one being that employment opportunities are difficult to find and many of them, despite having been here a few years, have struggled to find a job. There are multiple reasons for this but it is something that needs to be tackled if they are not all to leave for the Central Belt or even to England.

So, in summary are there things we can do? Yes! You could write to your MP about the Borders Bill, you could get involved with The Highlands Support Refugees, you could donate money to many of the charities working with refugees, you could get involved with the Scottish Refugee Council, or you could just simply find out more about the issues. Ultimately, Jesus was taken in when he was a refugee, would he and his family get sanctuary here now in our day and age when we question the motives of anyone coming and asking us for help?

Here are a few websites for more information on the Borders Bill and about asylum in the UK. These also give you some statistics so that you can make up your own mind.

<https://www.unhcr.org/uk/asylum-in-the-uk.html>

<https://www.freedomfromtorture.org/news/everything-you-need-to-know-about-priti-patels-anti-refugee-bill>

<https://cityofsanctuary.org/resources-for-groups/awareness-raising/>

<https://righttoremain.org.uk/toolkit/>

A few statistics about asylum seekers and refugees (with thanks to City of Sanctuary and the UNHCR websites)

A refugee is a person who:

'owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of his nationality, and is unable to or, owing to such fear, is unwilling to avail himself of the protection of that country'

Article 1, 1951 United Nations Convention Relating to the Status of Refugees

What's the difference between an asylum seeker and a refugee?

Asylum Seeker: Asylum is protection given by a country to a person fleeing from persecution in their own country. An asylum seeker is a person who has applied for asylum and is waiting for a decision.

Refugee: A person whose asylum application has been successful and who is allowed to stay in another country having proved they would face persecution back home.

When compared with the EU+, the UK received the 4th largest number of asylum applicants for the year ending September 2021. When measured per head of population the UK had the 18th largest intake of asylum applicants across the EU+ and UK combined.

World-wide around 85% of all refugees live in developing regions, not in wealthy industrialised countries like ours.

(Source: Home Office, EuroStat)

"Happiness isn't about getting what you want all the time, it's about loving what you have and being grateful for it!" - Snoopy

An apology.....

I'm sorry I haven't had time to get this printed. I have had Covid and had to keep isolated. - not to mention the fact that my brain has felt like mince!

If you know of anyone who would like a copy and has no internet, could you please print off a copy? The magazine is in simple A4 Word format - nothing fancy! - so should be ok to print.

Thank you,

Sheila Moir.

PS I've no idea how many 'o's there are.....