

Flower List



Date	Donor	Arranger
4th October	Mrs I McKay	Sheila McCubbing Sheila Skinner
11th October	Mrs M Purves	Sheila McCubbing Sheila Skinner
18th October	Mrs L McLean	Sheila McCobbing Sheila Skinner
25th October	Mrs L Lunn	Sheila McCobbing Sheila Skinner

Church Register

Funerals

25th August	Sarah Boyle, Forth Street
26th August	Betty McDermott, Astley House
7th September	Tom Coulter, West Bay Apartments
18 th September:	Don McCubbing (Vancouver), son of John and Sheila, Erskine Road, Gullane

Jesus said 'I am the Resurrection and the Life'

Abbey Church, North Berwick (Church of Scotland)
Scottish Charity No. SCO 04761—CCL51436

Abbey Church News October 2015

Abbey Church, 116 High Street, North
Berwick
Church Office
abbeychurch@btconnect.com

Minister: Rev. Dr David J Graham, BSc, BD
840878

Pastoral Assistant: Bob Kane

Sunday Morning Worship at 10.30am.

Come along. All welcome.



Dear Friends,

During the summer, we had a flying visit from *Canon J. John*. He's a preacher, teacher and writer who has written about the 10 Commandments in his book '**just10**'. We'll be using this as a basis for the services, House Groups and Bible Study after Christmas.

This is his introduction to 'just10' in his own words:

'We have now had an entire generation who have been set free from the influence of the Ten Commandments. Some may suggest that modern culture is changing so fast that such commands are obsolete. The fact is that for all of our advances in technology and knowledge, human beings remain stubbornly the same. We share the same vices with our ancestors. And we need the same rules. The Ten Commandments are not obsolete but they are *absolute*. *Just10* is here to show us how these commands can be embraced to allow us life to the full. *Just10* provides a fruitful and transforming, evangelistic resource, unique in its relevance not only to Christians but also to those who are yet to come to Christ.'

Copies of the book will be available to buy at the discount price of £8. Let me know if you would like a copy.

His message to us in our Visitor's Book is: '*Grace and peace to you all, and may Christ's revival fire come*'

Perhaps studying this will be the start of the revival!

Your minister,

David

PS J John is Greek Cypriot, and has simplified his birth name for his now native Britain. I know what his birth name is, and believe me, it's much easier just to call him J John!

Prayers for October



Dear Friends in Christ,

It's hard to realise we're almost in October — with all that autumn brings. Let us pray.

Heavenly Father, Thank you for the different seasons. It's good to go for country walks and unexpectedly find beautifully coloured leaves and berries. We thank you for these. They enable us to decorate our homes and make tasty jams.

Thank you that we have so much Lord and pray that the empty jars we were given will be filled to the brim, so that we can help others.

Bless all the members of Abbey Church, whether in the Spring or Autumn of their lives. Bless all the refugees in the world. May they be shown kindness and Your love.

We ask these things in our Saviour's name.

Betty Hawthorn (Prayer Secretary)

PS Enjoy the fruits of the season and the Spirit.

Blythswood Shoe Box Appeal

The Christmas Shoe Box appeal will soon be upon us! Empty shoe boxes will be covered with Christmas paper by Guild members and volunteers on **Tuesday 29 September from 10am** in Abbey old hall. Anyone with a spare hour that morning would be very welcome to help. The covered boxes are then available from Dirleton and Abbey churches or the office any time after that date. A leaflet will be inside each box with suggestions for the contents. *(a leaflet is also enclosed with the Newsletter)* Filled boxes must be returned by Sunday 8 November. Last year we were able to send 165 boxes to Blythswood for delivery to Romania, Bulgaria, Kosova, Pakistan, Serbia and Ukraine.

They bring Christmas Joy and a World of Difference.

UPDATE - Milk bottle tops collection

Ten black bags full were added to the collection from Abbey and Dirleton and contributed to the sum of £1049 being received from Polymer the company which recycles them. The proceeds were split between Macmillan Nurses and Marie Curie, two very worthwhile causes.



Thank you for all those who diligently wash and bring them to the churches. They are then sorted. Any top not having the numbers 2 or 4 in a small triangle on the inside of the lid are discarded. All tops returned are not clean and if sent to Polymer would be rejected. Dirty ones are therefore removed and washed in the washing machine, dried and added back to the clean ones - quite a lot of work! Please, make sure your tops are clean before bringing them in, lest they too be discarded. Thanks again for your splendid effort.

Eleanor Main

Sunday Services

Our regular services finish exploring Ephesians, one of Paul's most profound and uplifting letters.

Looking ahead:

October 4th, *Guild Dedication* at Abbey service

October 25th is *Bible Sunday*

November 8th is *Remembrance Sunday* with parade of organisations at Abbey. War memorial Remembrance in Dirleton at 10.45am, and North Berwick at 12 noon.

Saturday November 21st (4.00p.m. for 4.30), switching on the Christmas lights outside Abbey Church

Congratulations!



Our congratulations go to our elder and organist, Robert Burgon. This month, he will be installed (in a City of London Church) as the 'Renter Warden' of the Worshipful Company of Plumbers.

This is a role which will lead in 2 years time to him becoming the Master of the Company.

The Company is one of the oldest Livery Companies of the City of London's Trade Associations and Guilds. They are active in promoting their trade, as well as raising funds for the Lord Mayor's charities.

All good wishes in this responsibility!

PS I was interested to see this, which is the Sung Grace used at the Company Dinners:

(From the Laudi Spiritualis, 1545 AD)

For these and all Thy mercies given,

We bless and praise Thy name, O Lord:

May we receive them with thanksgiving

Ever trusting in Thy word.

To Thee alone be honour, glory,

Now and henceforth, for evermore. Amen.

Regal- October Meeting

The ancient Egyptians kept domestic bees and sealed pots of honey were found in the graves of the Pharaohs such as Tutankhamun - and when the tombs were opened the honey was still edible!



Bee keeping continues to be a fascinating pastime for many people. Further, approximately one third of the human food supply depends on pollination, and most of this is done by bees.

David Torrance's talk "Busy bees have GPS and radar", will tell us all about bee keeping as a hobby. He will tell us all about the role of the honey queen bee, the number of eggs she will lay in a day and, of course, the role of the worker bees in producing honey.



After the meeting we sit down to a soup and sandwich lunch prepared by the ladies of Abbey Church. Our meetings are open to all ladies and gentlemen of North Berwick and the surrounding villages. Please come along, meet friends and hear about the making of honey.

I look forward to seeing you on Thursday, 8th October at 12 noon.

Ian M Aitken

After the success of last term's Friday Football at the 3 G pitch with coach Brian, we have launched American Football Fridays, Tom Cramb from Touchdown UK is this term's coach. It's the same format: coaching, playing — then back for pizza and a Christians in sport video/discussion starter. If you are free to heat up pizza for us please let me know.

A new Youth Alpha for S1's only will begin on September 9th. Our S3 boys were loath to give up one of their days but some will come as helpers and 'big brothers' to the S1's. Their God Squad group continues with around 15 boys on Wednesdays and Thursdays (soon to be Thursdays only).

The school play this year will be 'Grease' and there's a lot of enthusiasm already about the upcoming auditions.

Follow Further discipleship group is on Thursdays where we go deeper into the bible and life of a follower of Jesus and have our tea together too!

I'm glad to take a new opportunity to help with careers classes for S6 with a bit of drama and advice. I'm swapping to being the S1 chaplain as it makes sense for me to get to know them early on.

I want to thank the wonderful roll makers for your continuing support. You are making it possible for a new generation of young people to hear about and ask questions about Jesus. Questions from this week: 'If Jesus is God and he is in us, does that make us the same as God?' If I jump off the harbour wall and you say the right words will I be baptised?'

Gotta love them!
Shiona Liddle
For Inspire



Truly I tell you, anyone who gives you a cup of water in my name because you belong to the Messiah will certainly be rewarded. (Mark 9:41)

Jesus words make it clear that every act of service done in His name is not just seen, but is remembered by God. The willing offering of filled rolls that allows Shiona to hold lunchtime meetings at the High School is a vital part of the work of Inspire. Without this, the young people would spend most of their lunchtime standing in a queue. By the time they'd got their lunch, there would be little time to come to the meetings Shiona holds. The opportunity for them to hear about Jesus and explore what it means to follow Him would be lost.

So the Trustees of Inspire want to express their thanks and appreciation to all those who willingly and generously provide rolls week by week. Like the prayer that is regularly offered by many in North Berwick this is part of *unseen* but *essential* foundation for the ministry of Inspire.

One of the joys (and frustrations) of working with young people is that they keep moving on. There is a new First Year in the High School. Next month Shiona plans on starting a new Youth Alpha for them in one of the regular lunchtime slots. Some of the rolls which you provide will feed new mouths. Please pray that word will get out about this new group, that many will come, that as they do they will hear about Jesus and choose to follow him.

Neil Dougall

**Inspire is a ministry of North Berwick Christian Youth Trust,
Scottish Charity SC037664**

Super Sunday Club

Super Sunday Club has started back and we were glad to welcome Holly Walkinshaw as a young leader. Holly will work with Mia Loporto in organising games and some other activities for the children each week. We were sorry to hear the news that Lorna Robson has decided to stand down and we are very grateful to her for all the help she has given to the children's work in Abbey over the years. We are delighted to also welcome Anne Bell, Sue Paterson and Mandy Vance on to our list of helpers.

The number of children attending continues to be very small and we hope and pray that this number will grow in the coming months. Please do encourage any families known to you to come along. Super Sunday Club will not meet during the school holidays although there will be activity packs available for the children to use during the service if they wish.

Thank you once again for all the help and support you give and please keep on praying for more children and their families to come and join us.

Mary Graham & Eileen McColl

Abbey Church Creche Duty

4th October	Norma Goodlad	Dorothy Kirkpatrick
11th October	Lorna Robson	Sarah Kerr
18th October	Ann Bell	Rose Leslie
25th October	Joan Lunn	Caitriana Spencer

Christian Aid and the Refugee Crisis

Your World Church Committee has a remit to support, inform, and facilitate our place in the Global Church .

Through a number of projects we attempt to do this and are encouraging Church members and others to support this work and make the world a better place.

One such project, where we combine with the other churches in North Berwick, is Christian Aid. Abbey Church members have given a great deal of support over the years and as we reported in the July Newsletter, this year has been no exception. During Christian Aid week over £14,000 was raised through Coffee Mornings, Bridge Walks, Smartie Tubes and Street Collections. In addition, a very successful Jazz Service was held in Abbey during the Fringe by the Sea festival and this contributed a further £905 to swell our total.

Christian Aid was founded in 1945 to assist refugees and the displaced in Europe following the Second World War. Regrettably, the need for their services goes on!

Most people have been moved by the present ongoing Refugee Crisis which has erupted throughout Europe.. I am pleased to report that Christian Aid, as a Key member of the ACT Alliance, is working with Churches and other agencies to support the humanitarian efforts taking place in Europe. Through this alliance ,their sister agencies are taking practical and political action to support refugees — particularly in Greece, Hungary and Serbia. Christian Aid continues to work with their partners in Iraq, Lebanon and inside Syria to help those most in need.

Summer Afternoon Teas



Once again the afternoon teas held in the new hall in July were very successful and enjoyable.

The weather this year was not as good as last and takings were slightly down.

A big thank you to everyone who helped in any way with the organisation, baking, serving, washing up and tidying up etc. Also those who came along to enjoy the delicious cakes etc. and meet up with friends. We had visitors from Germany, Eyemouth, Edinburgh and beyond who come back every year.

We raised the splendid total of £788.00 for 4 Sundays. It was decided to give £200 each to North Berwick Day Centre, the Bethany Fund where Abbey provide meals for homeless people in Edinburgh, North Berwick Special Needs Play-scheme and the balance to Abbey Samaritan Fund.

Morning Tea Rota

4th October	Isobel Hardie	Dorothy Kirkpatrick
11th October	Irene Nichol	Sheila McCubbing
18th October	Ann Bell	Richard Bell
25th October	Sheila Skinner	Mary Graham

Donations of biscuits to have with coffee after church would be appreciated.

Abbey Guild

With the new Guild session on the horizon, we look forward to welcoming you to our first meeting on **Tuesday 6 October** at **7.30pm** in Abbey hall. David Graham will speak on our new theme— *Be Bold, Be Strong! - Go In Peace.*

Dates for your diary also in October:

Sunday 4 October - Guild Dedication during Abbey Morning Service

Monday 5 October - Guild Presbyterial Council Joint Communion in St Andrew Blackadder Church at 7.30pm

Tuesday 20 October - Joint Guild meeting in St Andrew Blackadder at 2.30pm. Speaker from *Feed the Minds* (one of this year's Guild Projects)

If you are new to the area or haven't been free to join the Guild before, come along. You are assured of a warm welcome - and a cup of tea!

Bethany 2015 - 2016

Abbey will again be providing meals for homeless people at the Bethany Care Shelter in Edinburgh. The dates are 25th October, 1st December, 22nd December, 28th February and 18th April at different venues on the East or centre of town. It costs approximately £100 each time to cater for up to 50 people. We will be appealing for NEW socks, underpants, hats, gloves, scarves and jackets and sweaters in good condition before we go. We also make up bags of toiletries with toothpaste, soap, sweeties etc. before Christmas. We hope to have some small fund raising events and donations would be very welcome.

6 people including 2 men are required each time so we would welcome anyone who would like to volunteer to help.

Contd.

More than four terrible years of conflict in Syria have had a devastating effect. Half of the Syrian population have been forced to flee their homes — with more than 4 million people having to leave the country altogether. With the winter approaching in all countries of refuge, their needs will increase as conditions become harsher, and is a meaningful example of the importance of our support for Christian Aid over the years.

If you would like to become involved in the work of the World Church please contact any Session member or Bill McClure on

Pilgrimage tour to Greece

The Minister is planning a pilgrimage tour to Greece in September 2016. Please contact him for details

Fairtrade

North Berwick is a Fairtrade Town and Abbey Church is a Fairtrade Church. This means we use Fairtrade products whenever we can for Church functions,

For many years now, Janet Raeburn and Liz Harrison have been promoting Fairtrade products by running a stall on the first Sunday of the month. Unfortunately, Janet has decided to retire after 13 years. We give our sincere thanks to her for the work she has done in promoting Fairtrade in the Church.

If anyone from our congregation would like to help Liz for an hour or so every month we would be glad to hear from you.

Bill McClure

WORSHIP MATTERS

WHAT ARE YOUR FAVOURITE HYMNS OR WORSHIP SONGS?

At a recent meeting of Abbey's Worship Committee it was agreed to invite members of the congregation to suggest favourite hymns or worship songs for inclusion in one of our services. Do you have a favourite hymn which we haven't sung recently? If so, our Minister or I would love to hear from you! Either just mention your request the next time you are speaking to one of us or email me (see below).

DO YOU ENJOY SINGING?

We are pleased to continue to have a regular choir to lead our praise at Sunday services. Most Sundays, the choir starts the service by singing a short introit- something which we know is appreciated by many members of the congregation. Although we have a faithful regular band of singers, there is always room for more. We meet on Sunday mornings just after 10.00am to practise that morning's introit and any items from the order of service which isn't too familiar. Whether you sing soprano, alto, tenor or bass (or even none of these), we would love to see more people at our practices and in the choir stalls. Either just appear one Sunday morning or contact me if you wish to discuss this further.



CAN YOU PLAY THE PIANO OR KEYBOARD?

Part of Abbey's ministry is to conduct short services of worship in the three residential care homes in our parish - Fidra House, Astley House and the Abbey Home. We have a rota of people willing to lead the services and another rota for people to play an electronic keyboard to accompany the hymn singing. We would like to expand the list of people willing to support these monthly services. If you can play the piano or keyboard and would be willing to help out one Sunday a few times a year, please let me know.

THE NEW YEAR MESSIAH

The Edinburgh Royal Choral Union has performed Handel's wonderful 'The Messiah' every New Year for over a century. Originally performed on New Year's Day but now on 2 January, this is usually a sell-out performance (which includes a long interval during which members of the audience are encouraged to enjoy a picnic lunch).

For the last few years, we have organised a group of tickets for Abbey members and friends to attend this event and plans are being made to purchase tickets for the 2016 performance which will take place at the Usher Hall, Edinburgh on Saturday 2 January 2016 at 12 noon. Arrangements are usually made to share cars for those who wish to attend. If you would like to join us in 2016, please let me know as soon as possible (I aim to buy tickets before the end of October).

Robert D Burgon,
Organist and Convenor of the Worship Committee