

Flower List

Date	Donor	Arranger
7th February	Mrs A Jardine	Violet Lamont Elma Danks
14th February	Mrs Britee	- do -
21st February	Mrs M Gordon	- do -
28th February	Mrs Maureen Sharpe	- do -



Creche Duty

7th February	Norma Goodlad	Dorothy Kirkpatrick
14th February	Lorna Robson	Sarah Kerr
21st February	Ann Bell	Rose Leslie
28th February	Joan Lunn	Catriana Spencer

March Deadline

The deadline for articles for the next Newsletter is Friday 12th February (a little earlier than usual)

Church Register

Funerals

21 st December:	Lily Brebner, Dirleton Avenue
31 st December:	Ina Ferguson, Abbey Home
5 th February:	Gwen Reading, Smileyknowes Court

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

February 2016

Abbey Church, 116 High Street, North Berwick

Church Office: 01620 892800
abbeychurch@btconnect.com

Minister: Rev. Dr David J Graham, BSc, BD
01620 840878

Pastoral Assistant: Bob Kane

Sunday Morning Worship at 10.30am.

Come along. All welcome.

Dear Friends,

Between now and Easter, we're looking at the Ten Commandments in our morning services and house group.

Sometimes we may think of the Old Testament as out-of-date or irrelevant. But nothing could be farther from the truth.

Just a glance at the commandments is enough to remind us of their importance today. It's probably true to say that they have never been so relevant. They deal with life & death issues such as greed & theft, murder, relationships, work & rest, how we treat the elderly, truth & lies, and of course our attitude and relationship to God. All of life is there.

And can you visualise a world in which these instructions from God were actually obeyed? A world without cheating, lying, greed, murder, etc? Just imagine it - we'd be able to live without locks on our doors . . . or anti-virus software!

But of course it's not so easy. The sort of society envisaged by Tolstoy (have you been watching 'War & Peace') where the Sermon on the Mount was the only law, and police forces and armies could be disbanded; that sort of society still eludes us.

But as the Reformers discovered, God's law drives us to Christ. In Him, all things are possible. And even when we transgress, there is grace, forgiveness, and a new beginning.

I hope that will be our experience during this time, and as we anticipate Lent and then the glory of Easter.

Your minister,

David



Food for Thought

The following poems were taken from '*The Swallow, The Owl & The Sandpiper*'

It Takes a Lifetime to Learn how to Live

It takes a lifetime to learn how to live,
How to share and how to give,
How to face tragedy that comes your way,
How to find courage to face each new day.
How to smile when your heart is sore,
How to go on when you can take no more.
How to laugh when you want to cry,
How to be brave when you say goodbye,
How to still love when your loss is so great,
How to forgive when your urge is to hate.
How to be sure that God's really there,
How to find Him?
Seek Him in prayer. *anon*

Whispers

The man whispered, "God speak to me." And a meadow-lark sang. But the man did not hear.
So the man yelled, "God speak to me." And the thunder rolled across the sky. But the man did not listen.
The man looked around and said, "God let me see you."
And a star shone brightly. But the man did not see.
And the man shouted, "God show me a miracle."
And a life was born. But the man did not notice.
So the man cried out in despair, "Touch me God,
And let me know you are here."
Whereupon God reached down and touched the man,
But the man brushed the butterfly away and walked on. *Anon*

The truth of the matter is that without Inspire I wouldn't have had that first push that I needed to get into acting. Without Inspire my life would be so different right now and I wouldn't be doing what I loved. I didn't realise until now how big an impact Inspire and more importantly Shiona had made on my life until actually taking a moment to think it through. I want to be an actress. I am going to go out into the world and be an actress and truthfully, that is really all due to Shiona and inspire.

I owe a lot to Shiona. I owe my friends, my memories, my acting experience and my future. I'm not sure who I would be without them and I sure don't want to know.'

It is great to hear some of the positive impact Shiona is having as she engages with the young people in the High School.

So what next?

During January I am hoping to be invited to speak to each of the congregations involved with Inspire. I want to invite as many interested people as I can to attend a session on Wednesday 10th February in St Andrew Blackadder Church. I am looking forward to seeing you there to discuss and identify what other opportunities there are to further develop the work with our young people in our area.

It would be great if you can support that event as we would love to hear your ideas as we plan for the next 5 years.

The evening will be held on Wednesday 10th Feb 2016 from 19:30-21:00 in St Andrew Blackadder Church.

Hopefully see you there.

Tommy Nelson

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Evening services

Sunday 14th February is the first Sunday of Lent (as well as St Valentine's Day!). We have one of our occasional evening services that day, at 6pm in Abbey Church. The service will conclude with communion, and the guest speaker will be Rev Dr Jared Hay. His talk, entitled '*Unfolding the Scroll*' will be focusing our thoughts on the book of Revelation, which he has recently spent some time studying.

The previous Sunday, **February 7th** (also at 6pm), Jared will lead a study hour at Abbey on Revelation entitled '*Seeing things John's Way*'. Both his talks will be illustrated by slides.

Jared is Minister of Priestfield Church in Edinburgh, and he was Presbytery Moderator when I was inducted here. I know that both evenings will be interesting and informative.

Abbey Guild

February

Tuesday 2nd at 7.30p.m.

Joint meeting in Abbey with St Andrew Blackadder, when we will have a speaker from '*Street Pastors*' - one of the National Guild Projects we are supporting this year.

Tuesday 16th at 2.30p.m.

Simon Fairnie will talk on '*The Fisherrow Fishermen*'. We will have a Fish and Chip lunch in the hall at 1.30p.m.

Regal- February Meeting

The British navy now has fewer ships and personnel than at any time in the 20th century. However the navy's current fleet of sea faring vessels are sophisticated and incorporate the latest technology. One of our nuclear powered submarines in the English Channel can detect a ship leaving New York harbour - some 3,400 miles away. The new aircraft carriers will be the largest warships ever built for the British navy.



These and many more interesting facts about the British navy will be high-lighted by Bob Kane when he talks to Regal members on "Where's our Navy?"

This will be a very interesting and thought provoking meeting and all ladies and gentlemen are most welcome. After the meeting we will sit down to a soup and sandwich lunch prepared by ladies of the church.

I look forward to seeing you on Thursday, 11th February at 12 noon.

Ian M Aitken

'Follow Further' our after school discipleship group is currently composed of church young people this year and they continue to learn about and experience Jesus for themselves. They are full of life and have many questions. A key component of this group is eating tea together every week. Good things happen over food.

'Grease' auditions have brought us a cast of 50 young people ready to act, sing and dance. 19 teachers have also volunteered to help. We held two workshops before Christmas to get them ready to begin rehearsals after Christmas.

Dirleton Nativity Shiona had a wonderful time being able to help film and edit Dirleton's annual Nativity Film and then attended the big showing.

It is great to see that in a week Shiona is able to engage and work with over 70 teenagers.

Now a personal story from one of the girls Shiona has been working with for a number of years.

Becca's Story: 'I've been involved in "Inspire" projects since I was in S1. I can still remember slugging along quite unwillingly to St Andrew's Blackadder church on a chilly Friday night in December to a Christmas party. I went with a few friends, and didn't really know what I was getting myself into. But I had the best time of my life. What could be better than playing on an inflatable bungee run in the middle of a church? Well... nothing

In S6 now, I now fully realise how much of an impact Inspire has had on my life. In S2 I took part in my first Shakespeare production, A Midsummer Night's Dream. I had always loved to act but the most I had been given until then was playing the lead in my Primary 5 play. Through this I found both a love for Shakespeare as well as rediscovering my love of acting. I also found a group of friends that I still hang around with and continue to brighten my day. I found a group of friends who I don't think I would have ever found otherwise, and who I don't think I can survive without.

Flash forward again to now where I have now taken part in a grand total of 3 Shakespeare plays with Inspire and I am working on a production of Grease



Jan 2016 NEWSLETTER

North Berwick Christian Youth Trust

Dear all,

To all supporters may I wish you a Happy Year and pray God's blessing on you as we progress through 2016.

It is hard to believe that another year has passed. I want to thank you for all your support in prayer, action and financial giving to the on going work of Inspire.

I want to tell you of some of the changes to the Inspire Committee and tell you of some of the great work Shiona is doing with the young folk particularly in the High School.

I am sure many of you will be aware that Peter Kimber stood down from the secretarial role earlier in the year. I am pleased to say Susan Ralston has taken on that role and is settling in really well. The committee now comprises of

Tommy Nelson, Susan Ralston, Neil Dougall, Jasmine Reavie, Suzanne Graham, Sally Nisbet, Peter Dornan, Pat Robinson and Shiona Liddle.

This has been a challenging year for Shiona in relation to her health and I want to thank you all for supporting her in prayer and those words of encouragement throughout the year. Shiona is feeling much better now.

Some stories from those who attend the various events;

The lunchtime boys group who meet every (Wednesday & Thursday) have named themselves '**God Squad**', continue to come along with enthusiasm, fun and liveliness. They have faithfully attended for two years since the Personal Search Week of 2013. One of the boys was heard to say last week: '*I haven't met Jesus yet but I'm open.*' Another: '*How can you actually KNOW Jesus?*' It was great to have seventeen of them turn up for their Christmas lunch party.

Bethany Report January 2016

Abbey supplied meals for the Bethany Care Shelter three times towards the end of 2015. Sadly, the numbers were considerably up on last year. Each time there were about 50 homeless people mostly men though several girls too. On the 22nd December, because of fire and safety regulations, the venue only allowed 35 into the building and up to 20 were turned away. It was very upsetting but we managed to give hot food and drinks to some outside along with sleeping bags and blankets. When we left after 11.00pm, there were several people sleeping on the pavement. On this occasion we supplied gift bags with warm socks, hats, gloves, toiletries and sweets etc. Thanks to everyone who helped and for the generous donations of money, warm clothing etc. Anderson the Butcher donated pies and North Berwick Dental Practice toothpaste. We have a healthy balance of £580 in the bank and we go again on the 28th February and 18th April. The teams who are going have still to be finalised. Clean warm sleeping bags and blankets are still needed and can be handed into the office.

Coffee Mornings

Saturday 6th February 10.00—1200

Rest of Life Programme This fund raising coffee morning for East Lothian Cardio-pulmonary Rehabilitation Group will be held in the **Hope Rooms, North Berwick**.

There will also be a coffee morning on 6th February between 10.00 and 12.00 in **St Andrew Blackadder Chnirch Hall** to raise funds for **Help for Refugees in Europe this Winter**.

Susan Ralston will travel as part of a group to help with this project and she hopes to give us a report on her return.



THE RETURN OF THE PRODIGAL SON

LENT COURSE by Henri J.M. Nouwen

Association of Churches Lent Study Group

2016

in Room One, St.Andrews Blackadder, North Berwick.

Tuesdays starting 16th February

5 sessions 2pm to 4pm

For further details ring Margaret McSorley 01620 842547

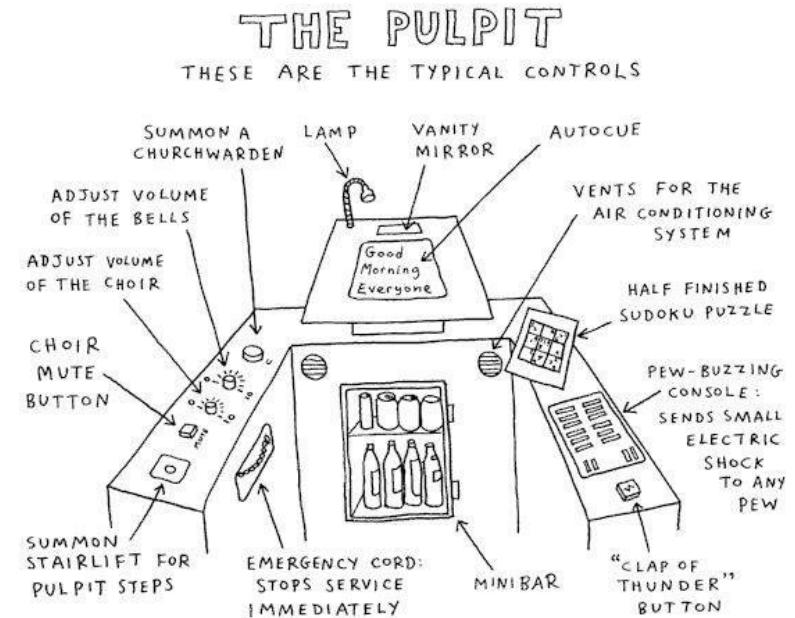
Morning Tea Rota

7th February	Isobel Hardie
14th February	Dorothy Kirkpatrick
21st February	Irene Nichol
28th February	Sheila McCubbing
	Ann Bell
	Richard Bell
	Sheila Skinner
	Mary Graham



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

In case you ever wondered what's behind the pulpit .



Behind the lectern there are fewer facilities— there is no stairlift button.