

**Stepping Stones**  
A Local Bereavement Support Service

**Bereavement** is a step by step journey. Bereaved people often need a listening ear and companionship.

**Stepping Stones** is as an opportunity to meet with like-minded people, to feel less isolated, to explore common feelings and perhaps even find time to smile again.

**Open to all.** Stepping stones is open to all living with loss, grief and bereavement. There is no cost to participate.

**The team.** The *Stepping Stones* facilitator is Ian Stirling who is supported by a number of local people, experienced in aspects of loss, grief and bereavement.

**Second and Fourth Wednesday of the month**

**2pm in Maidens Hall**

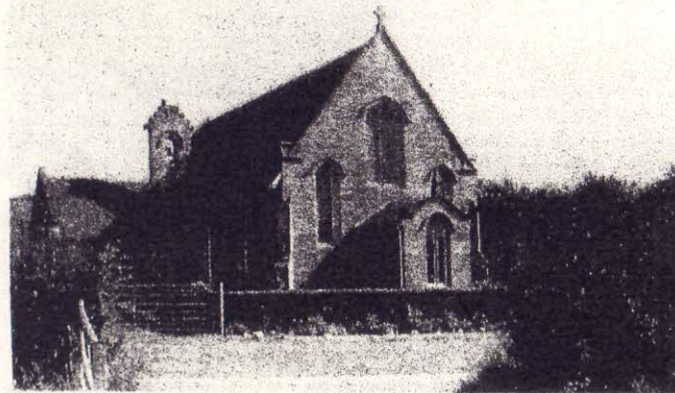
If you are interested in attending, or would like more information, please contact the programme facilitator Ian Stirling, phone 01855 760532

The next Newsletter will cover the winter months of December 2018 and January and February 2019. All items should be emailed to me by Monday 26 November at the latest. Thank you. J McGinn. [jeanmgmg@icloud.com](mailto:jeanmgmg@icloud.com)

NOTICE BOARD  
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**FISHERTON CHURCH OF SCOTLAND**

Registered Scottish Charity No. 008226



**NEWSLETTER AUTUMN 2018**  
**(SEPTEMBER, OCTOBER,**  
**NOVEMBER)**

Dear friends,



This standing stone, near Corgarff Castle, Lecht Summit, over-looking the Cairngorm mountains, bears the inscription

Take a moment to behold  
As still skies or storms unfold  
In sun rain sleet or snow  
Warm your soul before you go.

The metaphor of storms, or still skies, adeptly captures the daily challenges and uncertainties we face in our daily lives and journeys. One of the things I am very aware of, as I take a moment at the beginning of each day, to be still, and to look out in wonder, is that I can never know what lies before me; I can never know in advance what a day will bring; I can never know whether it'll be sun, rain, sleet or snow. Once upon a time this worried me, less so now. Why the shift in my outlook?

When facing these moments what I am now convinced of, is that while we may never be able to fully make sense of life's twists and turns, if we have a sense of connection and belonging either, to ourselves, or to others, to our wonderful world of to the unknown God who lies behind and beyond our sight and imagination, then all somehow falls into place. Which for me is why my hopes for the church are to find safe spaces to grow inwardly, to build friendships, to care for our world and to be held in wonder by God.

Healing connections matter more than making sense of life. It is in community that we discover who we are and what matters in our lives. Jesus was always enriching and deepening relationships, between the most unlikely of characters. And this is why, this picture of a Scottish mother, making eye contact with a Tibetan Buddhist child at Everest Base Camp, is one of my favourites and captures what life is all about, come sun, rain, sleet or snow.



regards Ian

## MINDFULNESS AT Maidens

Every first and third Wednesday in the month  
2.30 pm in Maidens Hall  
All welcome



The group offers the opportunity for practice in mindfulness through meditation exercises. Most sessions are carried out whilst sitting on chairs but there will also be the opportunity to practise whilst moving around, and the occasional mindful walk.

- Mindfulness is the practice of purposefully staying in the present moment, spending more time aware of ourselves, and our surroundings. It is a skill that can be trained and improved with practice.
- It can provide a helpful way to deal with stress, anxiety or chronic pain by changing how we relate to the problems and experiences we have, rather than directly changing the problems themselves.

No need to sign up – just come along – but further information is available from: Ian Stirling 01655 760532. If an evening meeting would suit you better, please let us know on the above number

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**It's lovely to be able to announce that our church now has a beadle. Freddie Matthews was invited to take this role and was happy to accept.**

15<sup>th</sup> July was a busy day in the church – an informal communion was held and a long service certificate was presented to Martin Duncan who has been our church treasurer for over 30 years. New pulpit and lectern falls were dedicated. These were bought with funds of £1000 raised by Marlene's and Mary's handmade cards and various other donations. Many thanks are due to them for helping to adorn our church.

The Christening of Ella Limardi baby daughter of Katy and Luigi Limardi was held on 22<sup>nd</sup> July We welcome Ella into the church family.

THE PEACE GARDEN was completed before the school children broke up for the summer. It has been kept watered and tended by Dorothy Ward during the long hot spell. Everyone is most welcome to come and sit in the garden on the new benches and enjoy a moment's peace.

**The Fun Day in the Kennedy Park** was held on 11<sup>th</sup> August with the usual stalls. It raised over £4000 and a huge thanks to everyone involved in this event, the organisers, the helpers and those who donated raffle prizes and baking, and who helped run the competitions and events. The weather was perfect and everyone enjoyed the day.

**A Joint Songs of Praise** was held on 12<sup>th</sup> August, this time in Fisherton, and again with a tea afterwards. There was a good attendance and many of our friends from Kirkoswald joined us. Many thanks to those who contributed the home baking

### September/October/November OCTOBER

The Annual Church Dinner will be held in the Kennedy Hall on Saturday 13<sup>th</sup> October, 7 for 7.30 pm. Tickets are £13.50 and can be had from Mary Anderson (500274) or Elspeth Carter (443954).

**Menu:** Leek and potato soup  
Lentil soup  
Orange Juice  
  
Chicken a la king  
Roast Beef and Yorkshire pudding  
Fish Pie  
  
White chocolate and pear pavlova  
Rhubarb tart and custard

Tea/Coffee and mints

There will also be a raffle, donations for which would be gratefully received. Please let Mary and Elspeth know of your menu choice when ordering your tickets before 9<sup>th</sup> October. We look forward to your company on this special fundraising evening.

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**Harvest of the Land and Sea Service** will be held on 21<sup>st</sup> October and any contributions to the decoration of the church would be very welcome.

**Communion will be held on 28<sup>th</sup> October.**

### NOVEMBER

A very special Remembrance Service will be held on 11<sup>th</sup> November. It is 100 years since the end of WW1 and it is planned to mark this in a special way.

A wreath laying ceremony will take place at the War Memorial in Dunure Ceremony at 1pm with the wreath being laid on behalf of the congregation by Freddie Matthews.

### Friday 30<sup>th</sup> November

Kirkoswald Church are holding a St Andrews Night Concert at 7pm with tea in the hall afterwards. Come along and enjoy an evening of Scottish music and home baking. Tickets are £6 and can be had from the social committee: Ann Shearlaw, Susan Bennett, Angela Shannon, Margaret McCreath, Elspeth Carter, Catherine McKinlay and Jim Colvin.

**Food, toys and toiletries will be collected for the Foodbank at Maybole at a service sometime in December. Further information in the December newsletter.**

**REMINDER THAT CLOCKS GO BACK ONE HOUR ON 28TH OCTOBER.**

### WEEKLY OFFERINGS:

DATE	FREEWILL ENVELOPES	OPEN PLATE	TOTAL
June 3	£118.00	£64.00	£182.00
June 10	89.00	£51.30	£140.30
June 17	£120.00	£40.00	£160.00
June 24	£86.00	£17.00	£103.00
July 1 *	£10.00		£10.00
July 8	£116.00	£55.50	£171.50
July 15	£128.00	£21.00	£149.00
July 22	£75.00	£200.00	£275.00
July 29	£83.00	£47.50	£170.50
Aug 5	£38.00	£16.00	£54.00
Aug 12	£108.00	£121.00	£229.00
Aug 19	£97.31	£67.00	£164.31
Aug 26	£84.00	£27.00	£111.00

\*. Fisherton Envelopes handed in at joint service at Kirkoswald.

