

PANS POST

Sept/Oct 2015



Newsletter of Prestongrange Parish Church

Prestonpans: Prestongrange Parish Church ((Church of Scotland)-
Scottish Charity SC 031191

www.prestongrange-church.org.uk

Dear friends,

Nothing remains the same-that's for sure! Change can be challenging but also painful. As I think of some of you, changing circumstances have brought much uncertainty and difficult adjustment but it has been satisfying to hear of how the Lord has sustained and comforted and brought assurance to a number who have faced loss or illness. To those who have experienced happier times, it is also good to give thanks to God who goes before us and who leads us forward in faith and who meets our deepest and daily needs.

As I write this, we give thanks for our 3rd. grandchild (& first grandson) to our eldest daughter, Karen & our son-in-law, Stewart. Little Logan was born this morning (23rd. Aug. at 3.59am!). In our congratulations, we said that their little one was a precious gift of God. It's a perspective thing, isn't it? It's all to do with how we view life with all its joys and sorrows and how we engage (or not) with God and the promises of his word. When we centre ourselves upon the Lord in response to his call and claim upon our lives, we see things in a different way. We appreciate that all that we have is a trust and a gift from God and that we are held accountable by him as to how we perceive and use the gifts that he gives us and the circumstances that he brings to our lives.

In our studies in Philippians, we read Paul's words to the young church at Philippi who were under attack: "Rejoice in the Lord always. I will say it again, Rejoice." (4.4). Now these words were written out of adversity by Paul from his imprisonment and not from his comfortable armchair; penned not because he was a plain optimist but because he was trusting in the unchanging Saviour who was "the same, yesterday and today and forever." (Hebrews 13.8.) Paul could speak of the faithfulness of God and the Lord ever present with him to encourage and provide for him and to give him that equilibrium in his life that was not dependent on his circumstances but wholly due to the covenant love of God in Christ. As we reach this point in the calendar, it's easy for us to fall into a programme mentality as we take up responsibilities again and see church as simply another church year following Summer where we simply run another few terms of activities before we take another Summer break

(I've always thought of church being a bit of a winter sport for some until the better weather or the Summer months arrive taking them away for a season). I guess the same mentality is seen where some fit church around their other activities and interests and simply engage with it when it suits. The church of course isn't just a series of meetings to attend but it is a dynamic fellowship of believers who are engaged in the work of the kingdom of God, praying that we may be obedient to Christ and seeking to honour and glorify Him while also praying that our sovereign Lord may bring many more under his sway & authority- into freedom and new life. Perspective is indeed important. The psalmist says, "I trust is in you, O Lord. I say 'You are my God.' My times are in your hands." (Psalm 31. Vs 14 & 15). Who knows what joys or sorrows await us in the coming months and years? But to know that the Lord is sovereign and we are in his hands is wonderfully assuring and comforting. My longing is to see the church renewed and to experience the reviving work of God's Holy Spirit at work. It is to see families brought into the kingdom of God as they recognise that Christ's grace and love is what is needed as well as a deep repentance in our hearts for our stubbornness and waywardness. The gospel works! The good news of Jesus is what a lost and weary world needs to hear and embrace. Paul says: "I am not ashamed of the gospel, it is the power of God for the salvation of everyone who believes." (Romans 1.16) Our church is in the Lord's hands and that is why we are confident of a future that is exciting and glorious. Our responsibility is to remain prayerful, focussed and expectant. God is on the move.... And we must not stand still but move forward in faith with him who is the "author and perfecter" of our faith (Hebrews 12.2) Going forward together in the purposes of God, let us pray that the Lord will empower us by his grace to live for him and to speak of him in a way that will attract others to our Saviour.

Yours in the service of our Master,

Kenneth Donald

Prayer points

PRAYING FOR OUR SCHOOLS



Our prayer focus this month on praying for our Education system:

- Pray for all our young people as they start back at school or college, that they would appreciate the importance of a good education, be willing to learn and study well, and wish to make a positive contribution to their school/college community.
- Give thanks for the reports of young people committing their lives to Jesus at Scripture Union and church summer camps, and at other summer events. Pray that they would be well disciplined and that their faith would grow and not be weakened as they return to school/college.
- Pray for the protection and safety of all our young folk, especially from negative peer group pressures, bullying, and wrong behaviour and harmful actions by adults in a position of authority and trust.
- Pray for all teachers and lecturers – for good health, strength, wisdom and lots of patience! Pray that they would aim to do the best they can for their pupils/students and that they would be positive role models. Pray that any ‘bad apples’ would be uncovered and removed from the system before they can do too much damage to young lives.
- Pray for your local school/college – if you do not do so already consider ‘adopting’ your school and with others regularly praying for it (see the Pray for Schools page on the Scripture Union Scotland website –www.suscotland.org.uk - for more information and prayer resources).
- Pray for Angela Constance MSP, Scottish Cabinet Secretary for Education, her officials, your local Director of Education and their officials, and those responsible for running our Universities – for God’s wisdom to guide their decisions, and that these would result in the best education possible for our children.

- Pray for all Scripture Union groups, Christian Union groups and other Bible Study/prayer groups in schools and colleges – that they would be powerful times of experiencing the presence and love of God, and that they would grow in numbers and influence. Pray for new groups to be launched where there are none at present – that the ‘light may shine in the darkness’ and God’s presence would increase.
- Give thanks for all Christians in education, pray for their protection, that they would have many opportunities to be a blessing where they work, and through their words and actions they would draw many to Jesus.

Pray for all school/college Chaplains and the members of local churches who regularly visit and interact with pupils, students and staff – for wisdom and sensitivity in dealing with those in authority and with the many issues and challenges they come across. Pray for a fresh anointing for the new session and increased favour with all they come into contact with.

“Show me a people on their face before God, gripped in the unction of prayer, and I will show you a people ready for revival.”

[Duncan Campbell, Lewis Revival

Margo Cunningham

Polar Explorers!

This year’s holiday club week took us to Polar regions, with penguins, igloos and a giant polar bear! We were looking at the book of Acts and people who were part of God’s Big Expedition. Peter, Stephen, Philip, Saul and Timothy helped us to remember that we are never to ordinary, young, bad, near or far never too anything to be part of God’s expedition.

It was wonderful to be working together as the five churches in Prestonpans to share the Gospel with 78 local children as well as the 25 teenagers who came along to our Narnia themed youth events in the evenings. A great team came together from the local churches supported by some visiting team, two leaders even came from Peebles for the week.

During the day we had two programmes running, one for P1-4 and the other for P5-S1. Both had a great time doing age specific teaching and activities.

Highlights included drama time, getting to know the leaders in the sledge and swimming! This year it was great to be able to provide a healthy packed lunch for those who wished it. We had a brilliant catering team who put them together for the children each day. We also had team meals in the evenings provided by members of the local churches. These were a real blessing to the team and an amazing time of fellowship and encouragement. On the Thursday evening there was a Family Night to allow relatives and friends to enjoy a taste of holiday club week.

It was a wonderful week and amazing hearing songs being sung to praise God, such as 'God's Love is Big' and 'Big Family of God'! What a privilege to serve together and share God's word with those gathered over the week. Thank you for all your support and prayers! We are excited to build on all that went on this week and are already looking forward to next year!

Stephanie Valentine

FOCUS

Focus is a Christian youth group where young people can come to learn about God and get to know other young people who follow God. Focus isn't just looking at the bible and talking over questions, we like to do many activities that can help us have a better understanding of the Bible and God.

We do activities like games, crafts, some drama and we also have visiting speakers who come and give their testimonies. We do prayer activities and we just get to know God more. We even go on trips out and camps to do more activities. At each meeting we always manage to make time for hot chocolate and biscuits or cakes as a treat.

It probably seems quite scary, the thought of joining a Christian youth group, especially if you don't know anyone who goes to Focus but there are many other young people who feel the same way. We have quite a nice group at Focus so don't be scared!

Focus is only for young people in P7 to S6. It is on a Friday night from 7pm-9pm in the Salvation Army Hall in Kirk Street, Prestonpans. We started back after the Summer holidays on Friday 28th Aug. The first week you attend is free but from then on it costs £1 which covers the costs of biscuits, hot chocolate, craft equipment and days out etc.

Hope to see you there soon.

Focus member

WORLD MISSION STAMP APPEAL 2015

Over 35 million people worldwide are living with HIV. The Church of Scotland HIV Programme enable our partner churches to respond to the challenge of HIV in their communities.

We support 29 projects in 17 countries including Scotland

Projects range from home-based care, to awareness, raising and addressing stigma through education.

Others include self-help projects and support groups.

HOW CAN YOU HELP?

Please collect your used Stamps and bring them along to church and place them in the box supplied. They will be forward to The Church of Scotland HIV Programme who sell them make money to help ensure that people infected or affected by HIV have hope for the future.

You can also ask friends, family neighbours and colleagues at work to collect them too.

Many thanks

Mary Yorkston

RAISING THE ROOF

Tom completed his 3 sponsored cycles and cycled a total of 232 miles

All the sponsor money has now been collected and we would like to thank everyone for their generous sponsorship, encouragement and prayers.

The total raised was **£ 2,300** of which **£407.75** was gift aid.

Well done Tom!!

Jane & Tom Hepburn

Smartie Appeal

The Smartie/Sterident Tube Appeal continues.

To date, the total raised is **£700** - this is fantastic!

Feel free to continue filling whichever tube is easier with 20p pieces which can then be given to **Margaret Milne** or **Fiona Carbray-Johnson**

Thank you very much to all who have donated so far.

This money is being added to the Organ account to assist with repairs.

Financial Update

The current financial situation of Prestongrange is not as strong as we might like. Some months, more money is being paid out in a month than comes in. This can amount to a shortfall of up to £3,000 in some months. Fundraising and donations help to cover some of this shortfall, but this income doesn't come in often enough to cover costs.

Our main source of income is you, the congregation. For members who have declared to us that they are tax payers, we are able to claim a further 25% on all money given, via Gift Aid. This involves completing a form (you can use the Gift Aid form supplied in the newsletter) and returning it to me. It costs nothing extra to you, so if you are currently a taxpayer, please could you consider gift aid for money given to the church? Would you also consider giving a little extra each week/month? This can be in your offering on a Sunday or through a standing order straight to the bank.

It costs a lot to run a church and the building. At present we pay over £30,000 annually to Church of Scotland to employ our minister and for use by the wider church. Heating and lighting for the building rose a little last year. The Manse is looked after by our funds. Salaries of 3 other people (our cleaner, lead musician and church officer) are paid from church funds.

We duplicate service sheets, Pans Post and the annual report. All of these are paid out of funds which are designated unrestricted. As well, we hold restricted funds which are clearly designated to a specific purpose-outreach, roof fund, organ upkeep, youth, Manse, flowers. These are detailed in the Annual Report distributed in March each year.

If you would like to consider giving a little more to our church, to keep us in a stronger financial position, this would be much appreciated.

Many thanks for your continued support
Margaret Milne, Treasurer. *Tel:899041*

**Church's bank details RBS, Prestonpans. Sort Code 83 26 20
Account No: 00235175**

walk
I want to meet new people.



Whatever it is that you really want to do—get fitter, meet new people or just feel better today—walking is the easy way to a happier, healthier you. **Stop wanting, start walking with us.**

Our free Health walks are short, low-level walks with a friendly, trained leader to show you the way.

Walkin' East Lothian

Location: Prestonpans Community Centre

Day: Thursday **Time:** 10.30am

Location: Port Seton Community Centre

Day: Wednesday **Time:** 10.30am

Get in touch for more info

Call - 01620 827240

Email - amckenzie@eastlothian.gov.uk

Everyone is welcome!

Paths for All Partnership is a registered Scottish charity No SCO25535

A WEEK IN PRESTONGRANGE

Sunday

9.30am - Early Communion 1st Sunday each month (6th Sep/4th Oct)

11.00am - Sunday Worship
- Sunday Club for children aged 3 years old and upwards.
Crafts, fun and stories.

3.00pm - Service at Johnny Moat Place - all welcome.
(27th Sep/25th Oct)

Tuesday 7.00pm for 7.30pm-8.45pm - Ladies Book Study,
25 Harlawhill Gardens.

Contact Rosemary Renton - 01875 810304

Starts back Tues 1st September - Everyone welcome

Wednesday 7.30pm - The Guild meets in Harlawhill day Centre

30th Sept - Communion with Rev Ken Donald

14th Oct - "My Life in The Guild" talk by May Kerr

28th Oct - "My African School Project" talk by Carry Johnson

11th Nov - "Istanbul" a talk by Rhona MacKenzie

New members welcome

Thursday 2.00pm-4.00pm -Afternoon Teas in the Church Hall,
Kirk St. (24th Sept, 29th Oct and 26th Nov)

All welcome.

Donations of time or home baking would be very much appreciated

Contact Rosemary Renton- 01875 810304

Friday 7.00pm-9.00pm - FOCUS. P7-S6 age group. Fun, chat, games and Bible time.

Cost £1.00

Salvation Army Hall, Kirk Street

Term time only.

You don't need to go to Church to be welcome at FOCUS.

Contact Lindsay Stewart 07515 516217

Saturday 7.30am-9.15am - Early Morning Prayer Breakfast, Side room (by side door of church)

Contact Margo Cunningham - 07864 041135

SMALL WORLD SHOP



Tuesday, Thursday and Friday

10.00am-12noon and
2.00pm-4.00pm

Saturday 10.00am-12noon.

Small World Shop (Fair-trade Goods).
Orchard Crescent, Off West Loan opposite
St. Andrews Church. Volunteers Welcome.

Christmas catalogue will be available from early September

**New volunteers required for Thursdays or Fridays.
Any help is very much appreciated**

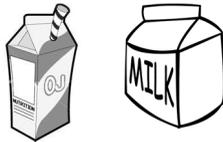
Contact Rosemary Renton 01875 810304

Dates For Your Diary

September

Mon 7th Sept - Kirk Session meeting 7pm in side room of church.

Sun 20th Sept - Harvest Service. Please bring along your non perishable donation for East Lothian Foodbank



Sun 27th Sept
4.45pm.
7 week course.
Try first one



A meal followed by DVD
(Jesus as seen by Luke) &
chat. Church hall.
Phone 813643 to book.

October

Mon 5th October - Congregational Board Meeting. 7pm in side room of church

Sun 25th October - Communion Sunday. No cards. Team 3
(Margaret Bain, Rose Buchanan, John Gordon, George Manderson, Matt Smith and Pauline Smith)

Friday 30th October - Harvest Supper , Church Hall ,
Come and enjoy the fruits of God's harvest. Save cooking your tea bring
the family and some friends. Look out for more details later.

Rhona MacKenzie

November

Mon 2nd Nov - Kirk Session meeting 7pm in side room of church

Church Coffee Morning



Saturday 21st November

10am-12noon

in the Town Hall .

Donations welcome.

The hall will be open from 6-7pm the night before to accept donations

Tickets £2.00

‘Advent Challenge’ Workshop



**Coldside Parish Church, Isla Street, Dundee DD3 7HT
Saturday 19 September 2015, 10.00am to 2.30pm
(This building is fully accessible and has a loop system in
the Sanctuary, four accessible toilets, and Wi-Fi is
available)**

The aim of this one-day workshop is to teach participants to sign an advent carol in sign language. The challenge is then to go back to their home congregations and teach them to sign a verse each week during advent! Everyone is welcome, and there is no previous knowledge is necessary.

This day's training will prepare those participating to teach their congregation a signed version of the song 'Advent Ring' (CH4 282). The aim is to challenge each congregation to learn a new verse in British Sign Language (BSL) each week in the run up to Christmas.

Skills needed: Enthusiasm, willingness to learn! No previous experience necessary.

Please see Jane Hepburn or Fiona Carbray-Johnson for an application form if you are interested or email Rosie Addis

I A A G U I D E P R I N C I P L E S
 N C N W L E A R N E D D B F R M N D
 A C S L E S S O N S N O I T S E U Q
 Y O W H S L G B K Z F O D D A J A U
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ACCOMPLISH
 LEARNED
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 ANSWERS
 LESSONS
 PROSPER
 CLAIM
 OBEY
 QUESTIONS
 COMFORT

OFFER
 READ
 COMMANDS
 PRAISE
 SOOTHE
 GUIDE
 PRAYERS
 WARNINGS
 HEED
 PRINCIPLES

Put the kettle on and
 have a try at this wee
 wordsearch, just for
 fun!

The Anchor of the Soul

**This hope we have as an anchor of the soul, both sure and steadfast,
Hebrews 6:19**

I was a regular Sunday school attender in my childhood and one of the songs which made an impression on my young imagination was "Will your anchor hold". I wonder how many others have sung this song over the years and have been similarly stirred by the imagery so well portrayed in the lyrics.

Will your anchor hold in the storms of life, when the clouds unfold their wings of strife? When the strong tides lift, and the cables strain, will your anchor drift or firm remain? We have an anchor that keeps the soul steadfast and sure while the billows roll, Fastened to the Rock which cannot move, grounded firm and deep in the Saviour's love.

A decade later I was in the Navy, fulfilling a boyhood dream. One of the procedures necessary for a seaman to master is that of anchoring. As a young midshipman, anchoring was a procedure I had to learn and pass. I soon learned that some of the imagery in that song in my childhood was misleading. Like many others I just imagined that the anchor would be dropped and would somehow find its way around a convenient rock. From a sailor's point of view, a rock on the seabed is the last thing he wants. The problem with a rocky seabed is that there is a real risk that the anchor can become so firmly wedged that it is impossible to recover. If that is so then the ship must break the anchor cable if it wants to proceed. The cost of the lost anchor and some anchor cable is borne by the first lieutenant on any of Her Majesty's warships. It is a considerable expense but also exposes the ship to additional risk should there be any further need of anchoring. Whilst I understand the imagery in the song of the immovable rock - the finished work of Christ - I was puzzled by this inappropriate imagery for a sailor. It was not till I had mastered the art of anchoring that the Lord revealed to me the full beauty of the imagery found in **Hebrews 6:19**

What really happens in an anchoring procedure ? The first thing to explain is that all harbours have designated anchorage areas, somewhere adjacent to the shipping lanes where the seabed is known to be of sand, shingle or mud. We are, of course, now referring to planned anchorings.

An emergency anchoring - if the ship is in real peril - will be risked anywhere and is not what is now under discussion. When an anchoring is planned - insufficient berthing space in the harbour for example –there are several factors to be considered. The principal difference between the layman's understanding and the sailor's knowledge is that it is NOT the anchor that does the holding. The anchor is simply the means by which a length of anchor cable is laid down on the sea floor. The navigator will choose his position then carefully approach the designated spot

He then stops the ship right above this position, and drops the anchor and slowly reverses the ship, running out a predetermined length of cable governed mathematically by the depth of water and the expected weather conditions. His charts have told him the depth of water in the anchorage so he will reverse the ship until he has laid a length of cable a few times in excess of that depth and allowing even more if bad weather is expected. It is the combined weight and inertia of those links in the anchor cable which actually hold the ship in anchorage. As the tide and wind fluctuates so the ship will move in an arc above the last of the links still on the sea floor. The anchor cable links on a large ship like an aircraft carrier for example are quite heavy and large. When hundreds of these links are laid on the sea floor they are able to hold big ships. If the severity of a storm has been underestimated and it is feared that the ship may drag anchor, the solution is simply to run out more cable. The anchor itself is designed to bury its flukes in the sand or mud to resist the pulling motion but it is the weight of all those hundreds of links in the cable which really holds the ship in position. Notwithstanding the imagery used in the song about the rock, in reality I found even more inspiration from the better understanding of anchoring. The Lord revealed to me that those hundreds of links in the cable represent all the learning experiences in my life. Every verse of scripture, every mentoring experience, every event which has fashioned my character is a link in my cable. When the storms of life threaten my stability I need to choose an anchorage and run out sufficient cable to hold me firm until the storm abates. To continue the nautical analogy, Jesus is the captain of my vessel, His Word is my chart but it is my responsibility to maintain and run the ship in an acceptably seaworthy fashion. The mark of a good seaman is to keep his vessel in the water but keep the water out of the vessel = to be in the world but not of the world.

Ian Baillie - Cousin of Bill Baillie

FAMILY FUN DAY



On Saturday 22nd August, Prestongrange got together with the community at the Family Fun Day held at the Community Centre. The rain stayed away which was a good start. There was a prayer tent, footy, funfair games, plenty music, crafts, face painting and of course a great BBQ along with tea and coffee.

It was a great opportunity to show the talents of the Prestongrange congregation to the community and for them to see what we get up to. It was great to share with familiar faces as well as new. It was also great to see some of the families who had been at Polar Explorers earlier in the Summer.

Great fun was had by all!

Thank you to everyone who helped out with the day.

Foodbank Feedback

East Lothian Foodbank continues to be busy and last month they gave out 112 parcels to those in need. Those 112 parcels fed 188 people including 48 under 16s.

They are well stocked from Tesco collections and other donations, including those from Prestongrange, at the start of the Summer but still require long life fruit juice and long life milk.

One more request is for any poly bags. They had previously been supplied by Tesco but have now run out. The 5p charge has caused a reduction in spare poly bags—people are holding onto them. They are needed by the Foodbank to put the food in to distribute it.

Thank you for your continued support to this great cause.

Fiona Carbray-Johnson

May God's blessing be upon those who have lost loved ones - the family and friends of the late:

Isa Burns, George Fraser, Hugh Shaw, David McLeod
Betty Hutchison, Bert Sturton, Annie Bonnar and
Mary Fraser



Contacts

Minister: Rev Kenneth Donald 01875 813643
Session Clerk: Mrs Jane Hepburn 01875 610758
Youth Elder: Heather Antonelli 01620 842646
Order of Service: Calum Wilson 07773 085378

**NEXT PANS POST EASTER EDITION
COPY DEADLINE**

Sunday 22nd Nov 2015

Please copy to Fiona Carbray-Johnson

Email: facarbray@aol.com

Mobile: 07836 691649