

# Inside Out

## News from Queensferry and Dalmeny Kirks

### Welcome to Inside Out...

Welcome to the third edition of 'Inside Out', a collection of bits and pieces from across our churches and communities which I hope will help us get the most and the best from the season we find ourselves in.

In the distribution of this newsletter, the great work being done by Esther in pulling together an accurate list of emails means that not only have we over 200 of you able to receive it at the click of a button, we can even add the email addresses of folks you know who would like a copy – just contact the church office by email and let us know.

Last issue, we managed to develop a circulation list of over 100 folks who aren't on email so that we can ensure that they too are kept up to date with what's going on. Again if you know of anyone who would appreciate a paper copy please just call the church office with their details.

A warm welcome to you all.

Rev David Cameron

### First things first...

#### Pastoral Support and Practical Help:

With our Church office now closed, Esther Conner, our Church Secretary, is currently working from home so the usual services provided by her will still be accessible to us all. Please email Esther at the Church Office and she'll respond appropriately.

And remember anything I, or our Associate Minister, Rev Ann Inglis, can help you with, please just call us.

**Church Office  
Phone number:**

0131 331 1100

Rev David Cameron

0773 791 0018

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[office@qpcweb.org](mailto:office@qpcweb.org)

Rev Ann Inglis

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We might be on lockdown but life goes on, if only in a slightly different format...

## New Moderator to be installed for the Church of Scotland General Assembly

On Saturday 16th May at 11.00am – live on the [Church of Scotland website](#) and [Facebook](#) the Rev Dr Martin Fair, minister of St Andrews Church in Arbroath will be installed as Moderator of the General Assembly. The ceremony will take place in the Assembly Hall with only a few people physically present because of the covid restrictions but followed by thousands of people across Scotland and across the world. Tune in for a historic occasion and a clear statement that the Church is alive and active in these difficult days.



Martin will be the first Moderator from Arbroath to serve as the Kirk's ambassador at home and abroad during what will be the 700th anniversary year of the Declaration of Arbroath.



**Yes, believe it or not Heart & Soul 2020 is going ahead this Sunday, 17 May between 2.00 - 4.20pm !**

A number of features from the event in Princes Street Gardens can be transferred into an online format, and we're going to screen an abridged 'Heart and Soul'. The programme will run until about 4.20pm. A recording of the event will be available soon afterwards. You will be able to watch the event live on the Church of Scotland website ([www.churchofscotland.org.uk](http://www.churchofscotland.org.uk)) and live on the Facebook page ([fb.me/churchofscotland](https://fb.me/churchofscotland)).

**No Heart and Soul would be complete without some hearty singing, and we've chosen some highlights from the archive over the last ten years of Heart and Soul, the Guild Big Sing and the General Assembly to round things off. What else will be happening I hear you ask???**

Heart and Soul regulars 'Fischy Music' will lead a special segment for all ages, and we hope that you'll join in all the actions from home! Spread throughout the afternoon will be some very special conversations: Hugh Pym will be in conversation with Prof Jason Leitch and Viv Dickenson from CrossReach, discussing how they have all been tackling Coronavirus and also how their own faith has helped them. Very Rev Susan Brown will be in conversation with Ross Greer MSP and Tara Shannon from COSY discussing climate justice. Prison Chaplain Anne Stewart will be in conversation with Hospital Chaplain Mark Evans talking about chaplaincy as a career and the impact of Coronavirus in their places of work.



Check out the Queensferry Parish Church website for full details of this exciting season of united prayer and celebration across the world this month. On the website you will find reflections for 12 days beginning on the 20<sup>th</sup> May taking us on a journey from Ascension Day to Pentecost when we will be joining with Christians around the world to pray for 5 friends/family members to come to know Jesus Christ as their Lord and Saviour.

The Thy Kingdom Come (TKC) initiative began in 2016 and is now encompassed by all major denominations around the world.

As part of our local response to this global initiative we will be joining with folks from Kirkliston Parish Church at 7.00pm on Sunday 31 May for a special **Pentecost Praise and Prayer event** This will be held via Zoom and links will be sent to participants prior to the event. If you want to join us simply go to the QPC website where more info will become available over the coming days.

**There's still time to check out the varied and inspiring programme with something for all ages being offered by Spring Harvest.**

**Just follow the link below and that should take you in:**

**<https://www.youtube.com/user/SpringHarvest>**



**Ready to retreat... ????**

One of the unique things for many people about this season is that we are able to experience life from a very different perspective. For some folks this is anything but cool and calm, as they have to juggle life as parents, home workers, home teachers and people in their own right. For others, being on furlough or retired, means that the normal structures and activities have all but vanished and the quietness of life outside is mirrored inside.

Whichever group you find yourself in, perhaps creating space for a spiritual retreat might just be the thing to add a new dimension to life at this time.

Below are some details of forthcoming retreats that may be of interest.

## Lives of the Celtic Saints

Inspiration for our lives today  
Virtual day via Zoom



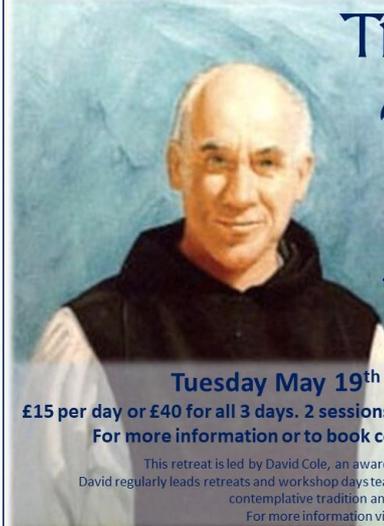
A one day workshop designed to introduce you to the spirituality of the Celtic Christians.

**£20 for the day – 1 teaching session in the morning and 1 in the afternoon, plus resources for your time alone in between. To book contact email below.**

**Thursdays May 14<sup>th</sup> & June 11<sup>th</sup>;  
Saturdays June 6<sup>th</sup> & July 4<sup>th</sup>**

*Each day stands alone but will each include different Celtic Saints*

This day is led by David Cole who is a teacher and author on Celtic Christianity. For more information or to host a workshop day contact 07702054198 or [WaymarkMinistries@live.co.uk](mailto:WaymarkMinistries@live.co.uk)  
Or visit [www.waymarkministries.com](http://www.waymarkministries.com)



### Thomas Merton

**A Man For Our Age**  
*A virtual retreat via Zoom*

The teachings and writings of this monk seem to influence so many modern writers. Discover how his thoughts from the mid-20th century are still deeply relevant to the world today.

**Tuesday May 19<sup>th</sup> – Thursday May 21<sup>st</sup>**  
**£15 per day or £40 for all 3 days. 2 sessions each day plus guided resources for time alone**  
**For more information or to book contact [WaymarkMinistries@live.co.uk](mailto:WaymarkMinistries@live.co.uk)**

This retreat is led by David Cole, an award winning author of books on Christian meditation. David regularly leads retreats and workshop days teaching on Christian Mindfulness, Meditation and the Christian contemplative tradition and is the CA&H UK Deputy Guardian. For more information visit [www.waymarkministries.com](http://www.waymarkministries.com)

## Christian Mindfulness

Living a life fully aware

Virtual Teaching Day via Zoom

**Discover a deeper connection with God and learn how to become more fully aware of the Divine presence in every part of everyday life.**

*This day is perfect for beginners and experienced alike. Learn what mindfulness meditation is and what benefits come from a specifically Christ centred practice.*

**Tuesdays May 12<sup>th</sup> & June 9<sup>th</sup>; Saturdays May 30<sup>th</sup> & June 27<sup>th</sup>**

**One morning session and one afternoon session with resources to guide you in between**

**£20 per day – this is the same day repeated 4 times.**

**For more information or to book contact [WaymarkMinistries@live.co.uk](mailto:WaymarkMinistries@live.co.uk)**

These days are led by David Cole, an award winning author of books on Christian meditation. David regularly leads retreats and workshop days teaching on Christian Mindfulness, Meditation and the Christian contemplative and Mystic traditions  
For more information visit [www.waymarkministries.com](http://www.waymarkministries.com)

## The flowers that never fade...

Each week after our Sunday services the flowers which grace the Communion table during the services are then distributed to folks across the congregation and beyond. Obviously during the present situation we have had to adapt what we do and so each week we send out flowers online - hence the flowers that never fade ☺.

So far we have managed to show our appreciation to many of our folks working in the NHS and the health professions, people offering essential services such as in our local shops and local emergency services and folks known to us in care homes including the staff.

Sometimes our flowers go to folks going through difficult times and sometimes to those celebrating a significant event.

Do you know someone that might be blessed by such a bunch ... just contact Esther at the Church office: [office@qpcweb.org](mailto:office@qpcweb.org) or call 0131 331 1100.



## HEALTH AND WELLBEING UPDATE

Once again we have received this week a very helpful Bulletin produced by Elaine Lennon, the North West Lifelong Learning Development Officer at the City of Edinburgh Council. You'll find the link here:

[http://www.qpcweb.org/assets/documents/080520\\_News\\_and\\_events\\_v3.pdf](http://www.qpcweb.org/assets/documents/080520_News_and_events_v3.pdf)

Topics covered include: Getting help if you or someone else is at risk from harm; Support for young people at home; Safe walking and cycling measures introduced; Hardship fund set up for the newly self-employed; Support for shielded and vulnerable people; Controlling stress and funding opportunities.

Also in this week are insights prepared by Neighbourhood Watch Scotland giving lots of helpful advice on creating Safer Communities and covering lots of ways we can stay safe as individuals, families and communities throughout a time such as this. You'll find the link here:

[http://www.qpcweb.org/assets/documents/Final\\_SCSS\\_web.pdf](http://www.qpcweb.org/assets/documents/Final_SCSS_web.pdf)

Should you require a copy and can't access the internet please contact Esther at the office.

And don't forget a great resource providing a hot meal for folks in need of such – they are called Scran Academy and they aim to deliver Mondays, Wednesdays and Fridays between 4 and 7. Sign up here : <https://www.scranacademy.com/meals>

Or you could call them on 07496 850591 or contact Esther at the Church office for help.



About the toon.. how observant are you – know where these local landmarks and features are ? Next page has all the results:)

1.



2.



3.

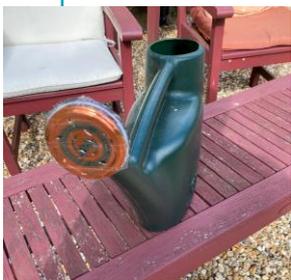
4.



5.



Remember - we were made to be creative ... here are a few great examples to inspire you:



Lost your rose for the watering can?

Nothing an old jam jar lid can't solve :)



...and well done to Jill Lamb for a regal refurb. of the garden gates!



...and finally ... a friend of mine offering an old ipad for sale...



1.



2.



3.



4.

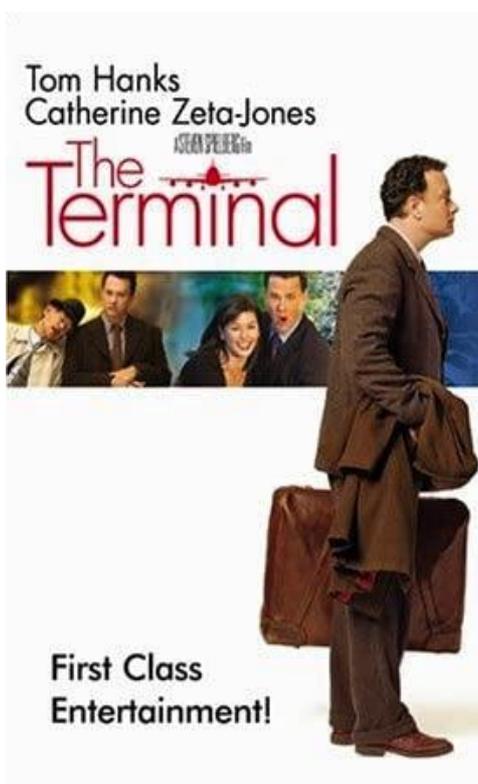


Kempston Place off Stewart Clark Ave .

5.



## The Terminal – Part 3



During one of our early online services, just as we were heading into the first week or so of limited movement, I referred to the moment Lesley and I found ourselves captivated one night as we watched Tom Hanks and Catherine Zeta-Jones in the movie : ‘The Terminal’.

The basic premise of the plot is Tom Hanks plays the part of someone travelling from Eastern Europe into the States. As he arrives in JFK airport he discovers that during his flight his country had been the subject of a terrorist coup. As a result he finds himself without a national identity, his passport is therefore invalid and he cannot depart into the States.

He is on effect on ‘lock-down’! Now a familiar scenario for all of us.

So what might our Tom have to teach us during his time on lock-down? So far, in our first two issues, we discovered that he became incredibly *creative* by making a beautiful mosaic fountain no less and then we discover he seeks out, and becomes part of, a wee *community*.

Spending time as he is with a worldview somewhat diminished by his circumstances, he soon begins to notice things around him. He begins to SEE things that, in the normal scheme of things, might well have passed him by. In this image he runs to the aid of someone who had happened to slip on the wet floor left by his cleaning buddy. This encounter leads to an unfolding friendship with a certain Catherine Zeta-Jones.

As well as expressing his Creativity, and then his in-built need for Community, we also see our lockdown traveller having time and eyes that reveal his Compassion.



**Creativity.**

**Community.**

**Compassion.**

His compassionate side comes out as he discovers that he had time to SEE the needs of folks around him.

Did you notice this as we as a nation moved into this challenging season. The call went out for help and within 24 hours over 600,000 volunteers stepped forward even although they weren't clear what they were volunteering for and all this in the midst of a coronavirus pandemic!

He and we had time for people – he and we had time to 'see' the needs, something captured magnificently by Captain Tom Moore who, to date, has raised £38,970,210 for NHS Charities to mark his 100<sup>th</sup> birthday!

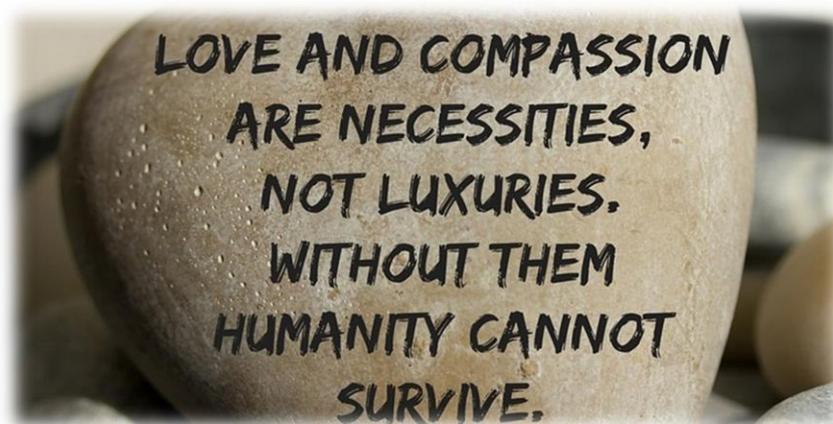


Despite facing an uncertain and challenging future, the desire by people to respond with compassion is just one of the silver linings to emerge during this testing season we are going through.

Such compassion is a quality we find not only in the heart of Jesus but also something he challenged each of his followers to have in abundance. In Matthew 25 verses 31-46 we find Jesus telling the powerful story of the sheep and the goats. The message of it is clear for all who have ears to hear it – show compassion when you SEE those who are hungry, thirsty, strangers, needy, sick or in prison for, at the end of time, we'll be judged in keeping with how well we responded with compassion to

such folks.

So let's go for it – open our eyes – what do we SEE and then in response to what we



# INSIGHTS TO COMFORT & INSPIRE:

## I S O L A T I O N - 1

**I AM ALONE.**

**STILL, I AM NOT ALONE.**

**OH,**

**LORD, MY HEART CRIES OUT**

**AND I TRY TO BELIEVE THAT YOU ARE HERE WITH ME.**

**TRUST. TRUST IN THIS TIME OF ISOLATION.**

**I NEED YOU TO RESTORE ME, REFRESH ME, REASSURE ME.**

**OPEN MY HEART, LORD. BE**

**NEAR. AMEN.**

*21<sup>ST</sup> CENTURY PSALM BY ALISON*

## I S O L A T I O N - 2

My life leaks away, groan by groan;  
 my years fade out in sighs.  
 My troubles have worn me out,  
 turned my bones to powder.  
 To my enemies I'm a monster;  
 I'm ridiculed by the neighbours.  
 My friends are horrified;  
 they cross the street to avoid me.  
 They want to blot me from memory,  
 forget me like a corpse in a grave,  
 discard me like a broken dish in the trash.  
 The street-talk gossip has me  
 "criminally insane"!  
 Behind locked doors they plot  
 how to ruin me for good.

Desperate, I throw myself on you:  
*you* are my God!  
 Hour by hour I place my days in your hand,  
 safe from the hands out to get me.  
 Warm me, your servant, with a smile;  
 save me because you love me.

*Part of Psalm 31 in 'The Message' - a Psalm of David, a raw but real lament expressing the reality of his feelings of both isolation and trust*



## INSIGHTS TO COMFORT & INSPIRE: cont.

### Part of a Message from Rev Dr Richard Frazer – Moderator of Edinburgh Presbytery

The Lockdown is a kind of vigil, a time of waiting. Our faith and Biblical tradition speak of such times and teach us that waiting is never passive, for perhaps it is in our stillness that the Spirit speaks more clearly than at times when we are too caught up in our own concerns and preoccupations really to listen.

For some people this Lockdown is welcome, a slow-down in the pace of life.

I've had at least three conversations in the last week with people who said that the Lockdown is really suiting them. For many, the stress of having to go out, interact and socialise can be quite emotionally disabling. The idea of government sanctioned isolation feels like permission to stay in the safe zone of home. They have an excuse for doing what they'd always like to do anyway, but under normal circumstances feel forced into engaging with a world that can be enormously stressful. And so, for some, anxiety levels are reducing.

But I am aware that this is not the case for all and this Lockdown is producing a whole range of emotions.

For some it can feel like nothing is amiss, we are enjoying beautiful weather, we are keeping safe, we are relishing an increase in birdsong as we watch the Springtime burst forth. But, then, then the virus suddenly erupts, for us or someone close and the world can begin to unravel and we can be gripped by the fragility of life.

Another kind of fear is the fear of leaving home, even after we are told it is safe to do so. So many people have become, whether they want to or not, emotionally locked in. It will be hard for some to transition back to what we have been used to, and attending church services again will be a challenge for many for a long time, even when it is declared safe to do so.

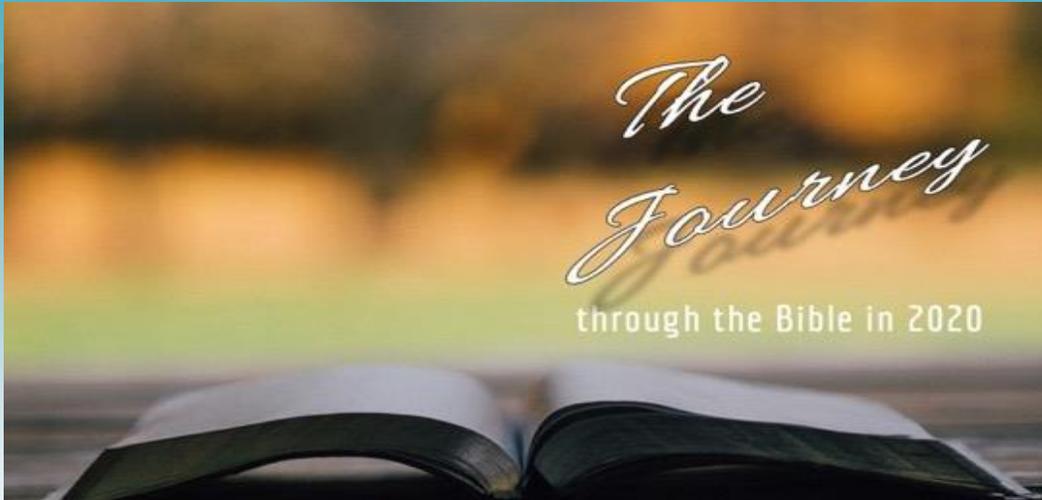
There are important lessons for us to take on board as we navigate our way through this time of vigil and waiting, for we will have to re-imagine our mission and outreach in the days to come, just as so many have done in the midst of this emergency.

I think what I have come to realise is that over these last 7 weeks I have rarely been as busy. Re-inventing how we can be the church in these strange times has been a busy task. But, thinking about the future and realising that we are going to be different after this requires time to reflect and pray.

So do also take some time to pray, reflect and wait. For I believe that the Spirit is prompting us through these times. Many of you may read the reflections of Richard Rohr, the Franciscan theologian. He speaks a lot about 'liminal' space, about the untidy, uncertain moments in life, of which this Lockdown is one, when the Spirit can work a radical newness in us. So, please take that time and listen to the Spirit in this space between two worlds.

With blessings and good wishes, Richard





## THE JOURNEY CONTINUES....

By now you'll doubtless have recognised that to undertake a 'journey' through the bible in a single year, as we are at our weekly services throughout 2020, inevitably means that we are having to cover huge areas and stories in a single week. No doubt for some of us our favourite tales won't, alas, be told!

Perhaps however, you might find some consolation in using the programme to read the allocated chapters week by week.

To help you keep up we've provided the allocated chapters and themes up until the beginning of July and as you'll see, towards the end of May, we're stepping back from our journey through the Old Testament to make sure that we don't miss out on the national opportunities to celebrate and explore Pentecost – more news to come!

You'll also notice 3 key headings:

1. Creation and Covenants
2. Acts and the Church
3. Exodus and the Promised Land.

These overarching themes are part of an exciting Course we are planning to offer you over the period being explored. The course is provided by the Bible Society and is called: 'The Bible Course'.

17 <sup>th</sup> May	<b>Creation and Covenants</b>	Joseph: Genesis 37-38,
24 <sup>th</sup> May		Joseph: Genesis 39-50,
31 <sup>st</sup> May	<b>Acts and the Church – Acts</b>	Acts 1 and 2: The church is born
7 <sup>th</sup> June		Acts 3-28: The Church expands
14 <sup>th</sup> June	<b>Exodus and the Promised Land – Exodus - Joshua</b>	Exodus: Moses I
21 <sup>st</sup> June		Leviticus and Numbers: Moses II
28 <sup>th</sup> June		Deuteronomy 1-38: Moses III



Join us throughout the rest of the year as we offer these timely insights into the key areas of the bible – check out the website for the when and how of joining in.

# Prayer focus...

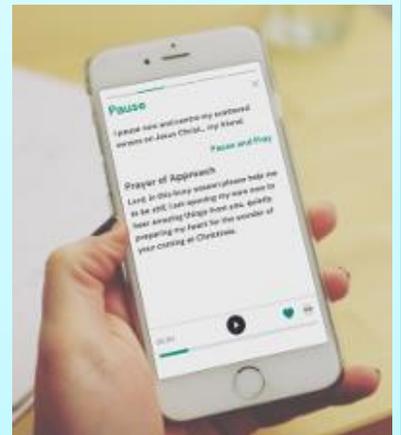
Lectio 365 is a very helpful prayer resource that helps Lesley and I set the focus of the day before we engage with the news and the forthcoming challenges and opportunities of the day ahead. Written by leaders from the 24-7 Prayer movement, led by Pete Greig, and produced in partnership with CWR, this resource helps you engage with Scripture to inspire prayer and shape your life.



Lectio 365 is inspired by Lectio divina, an ancient way of meditating on the Bible that's been used by Christians for centuries.

Each day, you begin by **Pausing** to be still. Rejoicing with a Psalm and **Reflecting** on Scripture. Moving on to **Ask** for God's help, and closing by **Yielding** to His will in our lives.  
**(PRAY)**

**For use on your mobile phone as an app, make sure that once you reach the start each day you press the 'play' button in order to listen to it – it's the wee black button on the picture on the right.**



**It's free and all you need to do is download it by searching in the app store for *Lectio365*.**

**And so to prayer:** Christian writer, Nick Fawcett, has written a number of prayers particularly for this season – let me invite you use his prayer specifically to pray into this coronavirus situation:

**Lord of all, hear our prayer** for those wrestling with coronavirus – enduring all the fear, confusion, tragedy and loss associated with that.

**Hear our prayer** for those in places where the disease is spreading, the death toll daily rising, and where measures to quarantine those infected, and control the epidemic, seem to be a losing battle.

**Hear our prayer** for those in hospital receiving treatment, those with underlying health issues for whom treatment may not be enough, those already mourning the loss of loved ones, those virtually imprisoned in their homes or town, those stuck in a foreign land finding it difficult, if not impossible, to get home.

**Hear our prayer** for those battling against the disease – doctors, nurses and care staff putting their own lives at risk to do so, governments searching for the best way to respond, scientists striving to find vaccines and a cure for the disease.

**Lord of all, give reassurance to those terrified they may have contracted the illness, strength to those who have done so, comfort to those it has left bereaved, support to those in hospitals at the front line in combating it, and wisdom to those entrusted with not only limiting its worst effects, but finally, somehow, defeating it.**

**Reach out, we pray, in love and mercy, to help and heal, sustain and deliver. Amen.**

Views from around the Parish – photographs welcome... just email the office with yours...

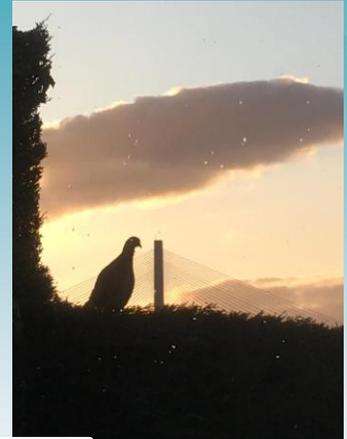


A glorious sight near Dundas Loch



Ever wonder where the wild garlic can be found...clues are:  
1. Sea going vessel  
2. A Scottish valley

Breaking news from local reporter David Learmond – giant pheasant threatens Queensferry crossing !



Our 3 bridges on perhaps the clearest night of the decade...



Farewell to the blossom and welcome the clematis and rhododendrons – and this just the start...



God's moss removal plan...



Join us on Sundays at 10.30am through the wonders of modern technology:

<http://www.qpcweb.org/live>

or catch up later:

<http://www.qpcweb.org/replay>

And for those unable to access events online why not tune in to the BBC on Sundays when on Radio 4 at 8:10 am. Then at 10.45am on BBC1 'Sunday Worship' comes from St David's Pembrokeshire and next week Bangor Cathedral in Wales.

On BBC Scotland at 11.15am there are 'Reflections on the Quay' and then on BBC1 at 13:15 pm Songs of Praise.



A free phone line of hymns, reflections and prayers