

Inside Out

News from Queensferry and Dalmeny Kirks

Welcome to Inside Out...

Welcome to the fourth 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.

If there are folks you know who would like a copy – just contact the church office by email or phone and let us know of their contact details.

A warm welcome to you all.

Rev David Cameron

First things first...

Pastoral Support and Practical Help:

With our Church buildings closed, Esther Conner, our Church Secretary, is still working from home and is able to provide the usual services provided by the Church office. Should there be anything she can help you with please just phone or email Esther at the Church Office and she'll respond appropriately.

Likewise, myself and our Associate Minister, Rev Ann Inglis, are also available to help you with anything that might support you through this time, so please just call or contact us as we have a great team of people able and willing to offer whatever help might be appropriate.

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The times they are a changin'...

With the passing of the weeks it won't have escaped your notice that an easing in the restrictions upon many people has begun to take place. Tearful garden reunions with families are now making way for the second phase in the Scottish Government's Route Map through this pandemic. A copy of the document can be found here: <http://www.qpcweb.org/assets/documents/covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-1-update-29-2020.pdf>. It is in this phase that we read of proposals that begin to impact on the life of our Churches, in that, the suggestion is made, that Churches might be re-opened for private prayer and for other occasional events such as small weddings. In order to ensure that we respond appropriately to these permission giving opportunities, a number of initiatives are being taken.

At a national church level, the Principal Clerk, the Solicitor to the Church, the Safe Buildings Officer from the General Trustees, the Heads of Communications and of the Faith Nurture Forum as well Presbytery Clerks from Lanark and Aberdeen, have been working on the provision of a guidance document to assist Presbyteries and Kirk Sessions to respond to the opportunities opening up before us.

At Presbytery level, meetings are due to be held this week exploring how best we might respond to these guidelines across the churches of Edinburgh and the surrounding areas. This may bring forward suggestions that we might open up a limited number of churches across the geographical area and in time learn from our experiences in order to extend the openings of our buildings. What has been stressed throughout this process is that each congregation and those responsible for decisions within it are free to select their own level and timing of re-engagement.

At a local level, whilst we have had conversations regarding the practicalities of re-opening our buildings, we will be meeting over the coming weeks once we have an opportunity to digest the implications of the guidelines and direction being offered by the national and Presbytery groups.



DALMENY KIRK PLANT & PRODUCE STALL

We would very much like to erect a stall outside the Church Centre in Dalmeny where we could offer surplus plants and garden produce. However, we can only do this if there are enough gardeners who have surplus plants or produce to offer. If you have anything you can offer can you please call Pamela on 07770641878 or Sandra on 01506 845476 for instructions on how and where to deposit your gifts.



sanctuary
come to life



the gathering
Sundays at 3.30pm



life groups
don't do life on your own



service squad
get involved

Everyone is welcome

www.sanctuarysq.org f sanctuary in SQ

TRAVELLING
how to journey well



join us for gatherings in
June, July & August



the gathering

With the current restrictions, our Fresh Expression of Church called 'Sanctuary', is planning to gather online at our 'Virtual Gathering' at 3.30pm on every second Sunday from 14 June. We'll meet via Zoom and to access this simply email or call Rebecca on: info@sanctuarysq.org or 07799637219.

Join us over the summer as we look at some exciting biblical journeys with Jacob, Moses, Joshua, Ruth, Cleopas & Paul and the lessons they learned that may help us on ours.

the prayer course

An eight week journey through the Lord's Prayer

prayercourse.org

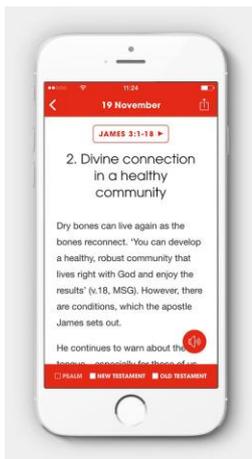


With many people around the world turning to prayer through this time, the team at Sanctuary are hosting 'The Prayer Course'. Now almost half way through feel free to join us on Thursdays at 8pm via Zoom.

To sign contact : info@sanctuarysq.org or text 07799637219 or facebook : Sanctuary in SQ or instagram: sanctuary_sq

SOS

Watch this space for a special campaign coming soon...



The ideal companion to our Journey through the Bible in 2020: A free to download app called: 'BIBLE IN ONE YEAR'.

Simply go to : www.bibleinoneyear.org and then start your day with the Bible in One Year, a free Bible reading app with commentary by Nicky and Pippa Gumbel.

Nicky Gumbel is the Vicar of HTB in London and pioneer of the Alpha Course.

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>

essential christian presents

SPRING HARVEST Frome

#SH2020

13TH TO 17TH APRIL



TIME TO RETREAT... ?

One of the unique things about this season for many people 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 14th & June 11th;
Saturdays June 6th & July 4th

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 Or visit 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 12th & June 9th; Saturdays May 30th & June 27th
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

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

Perhaps you would sooner wait until we can move about freely again to undertake a retreat - why not keep an eye on the re-opening dates of 'The Bield' - a Christian retreat centre near Perth. Check them out here: <https://www.bieldatblackruthven.org.uk>



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 or call 0131 331 1100.



HEALTH AND WELLBEING UPDATE

Once again we have received over this last month a great variety of very helpful Bulletins produced by Elaine Lennon, the North West Lifelong Learning Development Officer at the City of Edinburgh Council. In these 3 editions you'll be amazed at the variety of opportunities available to us across our wider community – even during a season of restricted movement! Do browse and see what might inspire you or catch your interest.

You'll find the links here:

1. [22nd May 2020 – News and Events in North West Edinburgh](#)
2. [29th May 2020 – News and Events in North West Edinburgh](#)
3. [5th June 2020 – News and Events in North West Edinburgh](#)

As we begin to prepare ourselves for the opportunities afforded by less restrictions on our movements, many people may not find this an easy thing to embrace. Support and help is at hand from the group 'Health in Mind' working in our community – find out more here in their leaflet : ['Coping with the new normal'](#) :

Should it be 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... well done to all of you who guessed correctly the various locations around the town of some unfamiliar landmarks featured in the last issue – a couple of our members, Alex and Sheena Adams, even went in search of them all on their daily walk! And recommend the walk they did, writing to say: “after 5 years in Queensferry we found ourselves in places we had never visited before!”

They did contact us afterwards wondering if anyone had any further insights on this big stone found in Kempston Place off Stewart Clark Ave. Contact us at the office if you know more...



Without doubt this edition of Inside Out had two particular meandering photographers who provided a great range of local images from about the town – Big thanks to Moira Sinclair and Joyce Slee for the photos beginning at the amazing mosaic mural at Hawthorn Bank and then the sights, all in walking distance from there...



And a bit further afield the draw to the magnificent Loch up on the Dundas Estate continues to inspire our roving photographers:



For a bit of musical accompaniment to this bonnie Loch have a listen to Phil Cunningham's wonderful piece 'Dundas Loch'.



David Ritchie was similarly inspired to take this photo of the Loch whilst on walkabout with his dad. When he sent it through he wondered if anyone had an old 110 camera they no longer needed – he could give it a good home and fill it with some old spools. Just contact the office if you have one to spare...



The Summer Newsletter of Edinburgh Churches together is just released and has a wide range of insights. Of note is an article by Iain Stewart on the current issues of racism and our response to it.

Right at the end of the newsletter is a link to a humorous take on the challenges of getting back into our buildings.

Just follow the link here to access:
http://www.gpcweb.org/assets/documents/Summer_2020.pdf

A BIG THANK YOU from the Girls' Brigade:

The Girls' Brigade held their Open night on Wednesday 3rd June – but of course it was a little different to normal. Because it was via Zoom we missed the chance to thank everyone who has supported us this year – so this is our chance to say THANK YOU to you all!



The Open Night was a great success, with the girls able to showcase some of their work virtually as well as catch up with friends that they might not have seen for weeks!

Girls' Brigade will now take a break for the summer as usual, and return in September either virtually or in person depending on the current regulations. If you are interested in joining Girls' Brigade next year then please email 46edinburgh@googlemail.com at any time.

Girls' Brigade is for any school age girl and of course we would also welcome new leaders to help support the work that we do.



Congratulations to QPC's very own Bob the Builder – our Jack of all trades handy man + Laurie Brown who was a mere 75 on Sunday 14 June.



And also Birthday Congratulations to one of QPC's pianists (and so much more): David Ritchie who turns 36 on the 23 June.

'GIVE IT UP PLEDGE' – A special fundraising initiative for Dalmeny Kirk.

Having had to call a halt to two concerts and our annual Summer Fayre in Dalmeny Kirk we have had to come up with some creative ideas for Fun(d) Raising over lockdown. This time is difficult for all sorts of reasons, especially not being able to spend time with each other and not being able to meet socially, although with the state of some of our hairstyles it may be better we are behind closed doors! It was the NOT being able to do these things that led to the GIVE IT UP PLEDGE fun(d) raiser. Can you pledge an amount of money for something you have HAD to give up over Lockdown? Donations could range from the cost of a cup of coffee in our Kirk Café, a hairdresser's appointment missed, a keep fit class, maybe even what you have NOT spent on petrol, the more bizarre the more fun. Once all the pledges are in and Lockdown comes to an end we are going to make a piece of artwork showing all the pledges. Any artist amongst you can put your hand up to make this creation. Our target is to get to £1,000 and as of last Tuesday we were already at £389 so many thanks to those who have kicked things off.

Sandra Mackay

The Terminal – Part 4



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 from the airport 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 three 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*. Having time to observe life around him in his now limited world, we soon begin to see his *compassionate* side coming out as he discovers that he had time to SEE the needs of folks around him.

Creativity.

Community.

Compassion.

As time passes and, with the prospect of an end coming to his time inside we soon discover, that even after the months spent in the Terminal his *calling* to the States in the first place hadn’t left him – if anything it was stronger!



Calling – Tom Hanks character had gone to the states for a reason – now you’ll be glad to know that I’m not going to spoil the ending for you– but both the character in the movie AND the guy who inspired the movie in the first place never lost sight of their reason for going there... “what - a true story!” I hear you say ...

Yes - the movie was based on a true story! And wait ‘til you hear the story of ...



Mehran Nasserri

Nasserri alleges to have been expelled from Iran in 1977 for protests against the Shah and after a long battle, involving applications in several countries, he was reputedly awarded refugee status by the United Nations High Commissioner for Refugees in Belgium.

Having one British parent, he decided to settle in the UK in 1986, but en route here

in 1988, his papers were lost when his briefcase was allegedly stolen. Despite this setback, he boarded the plane for London but was promptly returned to France when he failed to present a passport to British immigration officials. He was initially arrested by the French, but then released as his entry to the airport in France was legal and he had no country of origin to be returned to; thus began his residency at Terminal 1 of Charles de Gaulle airport. Mehran was there for some 18 years not being released until 2006!! Honest – 18 years ! (puts our season of lockdown into perspective – hopefully:)

Through it all, neither of these characters ever lost hope or sight of why they had come – their calling was core and they held on to that over the whole of their lock down time.

Deep within us all it seems there is something called hope and hope is, I’m glad to say, something that is all the stronger when the calling is stronger. Take Joshua ...when we entered into this season of lock down, the opening words I spoke over our congregations was from Joshua 1 verse 9 – “ Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Courageous words that God spoke into the core of Joshua’s being as he, after 40 years of waiting, was finally about to see his destiny fulfilled and his calling realised... to enter the promised land.

How many times over the years would he have wondered – will the calling ever come to pass ... he waited and waited and waited and never let go of the dream and vision at the heart of his calling.... the season of waiting he was going through would come to pass.

So friends we too need to hold on to such hope and such a view that though the end may not be fully in sight it will surely come.

Lets pray we’ll not have to wait 18 years like Mehran! Be strong and ...

INSIGHTS TO lament, COMFORT & INSPIRE:

GENERATION LOCKDOWN ACROSTIC POEM

'I HATE LOCKDOWN' by Micah Saunders

Impatience with family

Having no football

Annoying brother

Tired of chores

Eating too much

Learning to cooperate with my family

Online school work

Can't see my friends

Keeping distant from others

Doing socially distanced walks

Over-queuing for shops

Wearing masks

No toilet paper in shops!!

Psalm 142

I cry aloud to the Lord; I lift up my voice to the Lord for mercy.

I pour out before him my complaint; before him I tell my trouble.

When my spirit grows faint within me, it is you who watch over my way.

In the path where I walk people have hidden a snare for me.

Look and see, there is no one at my right hand; no one is concerned for me.

I have no refuge; no one cares for my life.

I cry to you, Lord; I say, 'You are my refuge, my portion in the land of the living.'

Listen to my cry, for I am in desperate need;

rescue me from those who pursue me, for they are too strong for me.

Set me free from my prison, that I may praise your name.

Then the righteous will gather about me because of your goodness to me.

Permission

Permission to hurt, permission to hope

Permission to feel, permission to anger

Permission to weep – when it just never ends

Permission to need to breathe when everything is being balanced

Permission to just not do things

Permission to feel frustrated, annoyed and perplexed

Permission to not know how exactly to feel right now

Permission to hide under blankets

Permission to need time

Permission to ignore

Permission to see the beauty, permission to not

Permission to reject expectations

Permission to change, permission to not to

Permission to keep going our way, just to survive

Permission to be human

Permission to say; you are doing ok

**"In times of war and
not before,
God and the soldier
we adore.
But in times of peace
and all things
righted,
God is forgotten and
the soldier slighted."**

-Rudyard Kipling"

Thanks to Matt Purdie for this timely insight and reminder – in our current context he noted that for the 'soldier' we might read the 'NHS'.

INSIGHTS TO lament, COMFORT & INSPIRE: cont.

May this day bring Sabbath rest to my heart and my home.

May God's image in me be restored,
and my imagination in God be re-storied.

May the gravity of material things be lightened,
and the relativity of time slow down.

May I know grace to embrace my own finite
smallness in the arms of God's infinite greatness.

May God's Word feed me and His Spirit lead
me into the week and into the life to come.

Insight from Lectio 365 - 24 May 2020



The Fruit of the Spirit (from Galatians 5)

*A poem or perhaps a new hymn written by Richard Lloyd
– and as for a tune – any suggestions ?*

Jesus said to live by the Spirit,
and be guided by it too.
Inspire us Lord with love for all,
and with our love for you.
And the fruit of the Spirit shall be ours

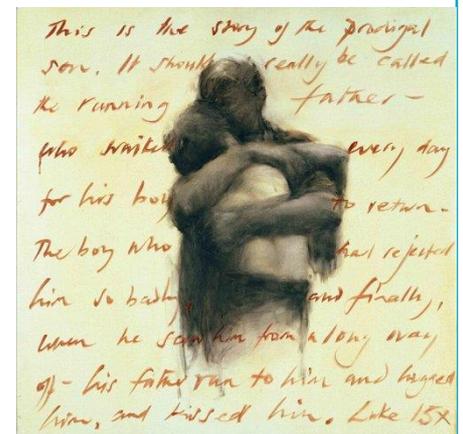
Jesus said to bear other's loads;
fulfil his sacred law.
Inspire us Lord with joy and peace,
as your disciples saw.
And the fruit of the Spirit shall be ours

Jesus said to share the good things
given freely for us all,
so make us kind and giving now,
and let us hear your call.
And the fruit of the Spirit shall be ours

Jesus said to be like Him
and trust Him 'til the end.
Give us faith we pray to you,
our Saviour and our friend
And the fruit of the Spirit shall be ours

Jesus Christ is gentleness;
which to His flock He showed.
Give us, O Lord, that same good gift,
that from his Spirit flowed.
And the fruit of the Spirit shall be ours

Jesus loves us for all time;
controls our wilful ways.
So, make us patient as we serve
through all our earthly days.
And the fruit of the Spirit shall be ours



BUT THE FRUIT OF THE SPIRIT IS
LOVE, JOY, PEACE,
PATIENCE, KINDNESS,
GOODNESS, FAITHFULNESS,
GENTLENESS AND SELF-CONTROL.
AGAINST SUCH THINGS
THERE IS NO LAW.

GALATIANS 5:22-23



Prayer focus...

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

We have kept ourselves safe, Lord,
so far, anyway,
and we rejoice in that,
we celebrate and give thanks for it,
but we would think also of those who have not been
so fortunate;
those who, in different ways, have already been
victims of this pandemic.

We remember especially those who have died,
often alone save for a nurse by their side.
We think of their loved ones,
reeling with shock,
numbed by grief,
struggling to come to terms with someone whom they
treasured beyond words
suddenly and cruelly being plucked away from them.

We pray for those who are ill in hospital at this time,
facing their own battle against this disease,
enduring the fear,
the mental trauma,
the emotional anguish of knowing that they may not
pull through.

We think of those who have recovered,
but whose health has been undermined by the virus,
perhaps never to be fully regained;
of those who are still haunted by their experience,
and of family members who have had to stand by
helpless
while their loved one battles for their life –
no option other than to wait,
hope
and pray.

We have kept ourselves safe, Lord,
but, of course, this isn't just about us;
it's about others too:
those who have been left bruised,
battered,
broken,
bereft,
by everything they have faced.

Uphold them,
uplift them,
embrace them in your loving arms,
and may light shine for them again.
Amen.

**And a prayer as we tentatively move out of this
confined season :**

**For signs of hope, Lord,
thank you.**

**For easing of restrictions,
thank you.**

**For greater freedoms,
thank you.**

**For indications of normality returning,
thank you.**

**For meeting again with family and friends,
thank you.**

**For shops reopening,
sports returning,
work restarting,
thank you.**

**For all the reasons we have to look forward with
optimism,
thank you.**

**Help us, though, to celebrate such things
cautiously,
rationally,
wisely,
recognising that the threat is still all too real,
and that it wouldn't take much to set us back into
turmoil.**

**Help us, then, to be grateful,
but not gullible;
hopeful,
but not irresponsible;
so that the progress made may be continued
and the battle against this virus slowly,
yet inexorably, be won.**

Amen.



THE JOURNEY CONTINUES....

As we continue on our ‘journey’ through the bible in 2020, we hope you are managing to keep up with the chapters we’re covering week by week. Looking forward through June and July we are digging into the great adventure the people of Israel went on after their liberation from Egypt.

Having explored, thus far, the Creation and Covenants as well as the early church as we find it erupting in the book of Acts, we now move on to the Exodus and the Promised Land and following this the season of Judges and Kings.

These overarching themes are part of an exciting Course we are planning to offer you later in the year. With the take up on The Prayer Course being good we will follow it up with ‘The Bible Course’, a course provided by the Bible Society.

21 st June	Exodus and the Promised Land – Exodus - Joshua	Leviticus and Numbers: Moses II
28 th June		Deuteronomy 1-38: Moses III
5 th July		Deuteronomy 31 through to Joshua 24: Joshua
12 th July	Judges and Kings – Judges through to 2 Chronicles	Gideon & Ruth
19 th July		1 & 2 Samuel
26 th July	The Wonder Zone	Holiday Club 1
2 nd August		Holiday Club 2
9 th August		1 & 2 Kings : David

The Bible Course



Explore the BIG story



One of the features that keeps popping up as we journey through this testing time is humour – a timeless method of helping us cope with difficult seasons. Recently a few lighter moments were had when these came in...



Mrs. Jones got a little too used to watching online worship from home.

Three gems on the topic of hair...



I would never have believed 8 weeks of uncut hair would weigh over a stone. But if that's what the scales say it must be right.



Take a look at the trainers – what colours would you say they were ?

Two with a B&Q theme... YES other DIY stores are available...

Just rang up B&Q and asked 'how big is the queue?'

He said, 'same size as the B'



The Proclaimers' lawn is getting out of control and they are blaming B&Q

They've been to Bathgate, no mower, Linwood, no mower, Methil no mower, Irvine, no mower.....



If the right brain is dominant then you see pink and white
 If the left brain is dominant then you see green and gray.
 Test your loved ones. Very interesting.
 The left brain is analytical, numerical, logical, scientific, systematic thinking
 The right brain is about creativity, music, art, subconscious mind, multi-tasking skill, synthetic thinking

Views of the Bridges ... and yes there are still 3. Any photographs welcome... just email the office with yours...



And an invitation from Colin Auld:
 "After many weeks "Inside",
 I am now ready to go back "Out" to
 my isolated little office.

Although I might be hard at work,
 should you be passing,
 do drop in. :-D



From the other
 side of the
 Forth – Fiona
 Kerr sent us
 this from
 Dalgety Bay...
 a calm and
 peaceful sight.

**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, to Radio 4 at 8:10 am.**

Then at 10.45am on BBC1 'Sunday Worship' can be found

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



A free phone line of hymns,
 reflections and prayers

**Dalmeny Parish Church - A Charity, Registered in Scotland,
 No: SC010971 and
 Queensferry Parish Church - A Charity, Registered in Scotland,
 No: SC002329**