

Inside Out

News from Queensferry and Dalmeny Kirks

Welcome to Inside Out...

Welcome to the fifth 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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Summer Holidays calling!

From the 21 July – 2 August I will be off on a staycation holiday and anyone requiring the services of a Minister over this period please contact Ann or Esther in the first instance. Blessings, David.



The times they are a changin'...

Last week the First Minister announced that we were moving into the third phase of the Scottish Government's Route Map through, and hopefully out of, this pandemic. Along with the possibility of Churches opening for Private Prayer made permissible during the second phase, it is in this third phase that we read of proposals that begin to impact on the life of our congregations as the opportunity to meet together is afforded to us.

Following discussions with both our Kirk Sessions the sense we had was not to rush too quickly to a return to what we once knew as 'normal'.

Nonetheless, after due consideration, **we are proposing to open Dalmeny Kirk for Private Prayer on Wednesday afternoons from 2.00 - 4.00pm beginning on the 22nd July.** Should we find that demand is greater than we anticipate then we will increase the opportunities for access.



By this time we will have ensured that all the safety and signage measures are in place and all the necessary approvals received from the Presbytery following completion of the appropriate Risk Assessments.



As to opening up for additional events and services, as permitted under Phase 3, we still have some way to go in understanding the constraints upon us and further discussions are going on this week between the Church of Scotland and the Scottish Government in order to get some clarification on what is allowed. Once these conversations have concluded, further direction shall be published by the Kirk and this in turn will allow us to arrive at a decision locally.

Until such times as we feel it both safe and wise to consider a return to our Church buildings for something resembling worship as we once knew it, it is our intention to continue to provide the present provision of online worship. That said we do recognise that there are many folks who haven't been able to access this and as part of our decision making process in August we will be looking into providing something that might address this lack of access.

Given that these opportunities are being extended to us during the heart of the Summer holiday season it may be mid August before we reach a mind on the way forward.

Your prayers for us as Kirk Sessions would be greatly appreciated as we seek to balance the many facets of this process.

A warm welcome awaits you at Dalmeny Kirk.

The church is open for Private Prayer on Wednesdays between 2.00 and 4.00pm beginning 22 July 2020.

As with the national guidance on entering relatively confined spaces, we would invite you to wear a mask and to follow the guidelines regarding distancing and hand sanitizing.

A booklet to assist you in your prayers and reflections is freely available to all and we would be glad if you would take it away with you on departure.

DALMENY KIRK PLANT & PRODUCE STALL and the incidence of flying jam!

The Plant and Produce Stall outside the Church Centre in Dalmeny is doing a roarin' trade selling on surplus plants and garden produce. If you have anything you can offer just put your contribution on the table at any time with a note saying what it is if not obvious!



So far the stall has gone really well and a big thank you to all who have donated plants and produce. We are hoping it will continue for a little while yet assuming donations continue: jams, salad leaves, bulbs and winter vegetable plants, etc. etc. Jam, we have discovered, just flies away (!) so any donations of jam or chutney would be especially welcomed.

It has been so popular and has encouraged little gatherings and an opportunity to meet villagers, cyclists and walkers (at a social distance) who make their way to the stall.

Thanks must go to Pamela and Merrill who put the table out around 10 am and back late afternoon. Only exception is if it is very wet or cold. All payment is by donation into the honesty box and already we have raised around £150 so a special thanks must also go to our purchasers. **Thank you** one and all.

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  sanctuary in SQ

With the current restrictions, our Fresh Expression of Church called 'Sanctuary', continues to gather online at our 'Virtual Gathering' at 3.30pm on every second Sunday from 12 July. 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 continue to look at some exciting biblical journeys with Joshua, Ruth, Cleopas & Paul and the lessons they learned that may help us on ours.

TRAVELLING
how to journey well



join us for gatherings in
June, July & August


the gathering

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 app with commentary by Nicky and Pippa Gumbel.

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

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.

:

Perhaps you would sooner wait until we can move about freely again to undertake a retreat - after sharing news of 'The Bield' - a Christian retreat centre near Perth in our last newsletter, we have just learned that they are opening again soon! Check them out here: <https://www.bieldatblackruthven.org.uk>

On their website the following announcement appeared:

GOOD NEWS : We are delighted that the Bield reopens **AUGUST 4TH to RESIDENTIAL AND DAY GUESTS.**

Please confirm your existing bookings or make a new one by e-mailing info@bieldatblackruthven.org.uk Give us your phone number so we can firm up your booking.

To keep everyone safe, appropriate anti-Covid19 measures will be in place and guests will be given information and guidelines before their visit.

Blessings

The Bield Team



SOS

Support Our Shops

One of the great things about living in South Queensferry and Dalmeny is the access we have to some amazing local shops. Many of them have been closed over this season and as a result will be finding it a challenge to achieve the turnover necessary for their survival.

So in order to ensure the flourishing of the businesses across our town might anyone be interested in joining me in a campaign to put them back on the map and to see them not only survive but thrive and exceed their expectations!

Such a campaign begins with each of us - we think local and shop local and maybe as Church we might be a special blessing to the folks who throughout this season have had to put not only life on hold but business on hold - call me on 0773 791 0018 and ask for the meenister :)

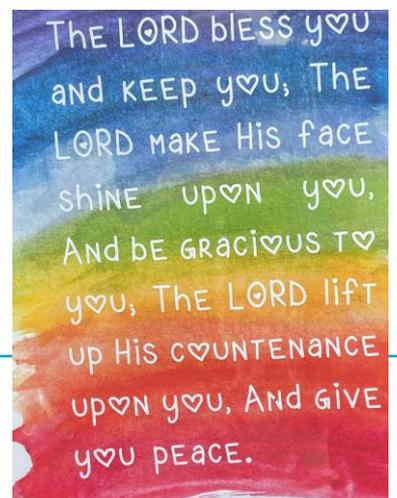
HEALTH AND WELLBEING UPDATE

IMPROVING THE
MENTAL HEALTH
& WELLBEING
OF ALL CITIZENS
IN EDINBURGH



This month's update to help support us through this time can be found here :
https://www.qpcweb.org/assets/documents/13_July_issue_14.pdf

Of special note this month is access to a free kids downloadable book entitled: 'My Hero is You!'. How kids can fight Covid-19 and also 5 ways to wellbeing whilst being at home during this season.



No word yet on the story behind the big stones dotted throughout the Scotstoun area...



Suggestions to the office would be great – maybe they were just unearthed during the construction time and rather than pay to take them offsite, they simply became a feature?!



Looking for some Hope this summer?

Then look no further than the Keswick Convention 2020.

Because of Covid 19 this year's Keswick Convention is going online for the week 27 - 31 July on the theme of "Hope".

There is a packed online programme for everyone this week. Based on the usual Convention programme for adults, youth and children, there's something for everyone.

The theme is hope – chosen because at this time of great uncertainty, in the midst of a global pandemic, there is hope in Jesus Christ.

Do check out outline programme below and explore the site to see what's happening. Don't forget to put dates and times in your diary!

During the Convention, sessions will be live streamed here on this Homepage:

<https://vkc.keswickministries.org>

Daily Programme:

- 09:00 [Prayer](#) (Tuesday – Friday)
- 10:00 [Bible readings](#) by Christopher Ash on 'Hope in Jesus' from the Psalms.
- 11:00 Coffee break !
- 11:15 [Seminars](#) / [Keswick 4 Kids](#) / [Keswick Youth](#)
- 12:00 [Count Everyone In](#) – a devotion for adults with learning disabilities
- 20:00 [Evening Celebration](#): Various speakers
- 20:00 [Keswick Youth](#)





QUEENSFERRY HIGH SCHOOL

On the move !

This is the week when the plans to move from one school building to another is scheduled to take place.



After a couple of terms like no other, the opportunity to begin anew in the High School will hopefully take place after the school holidays as the contractors depart and the staff and pupils move into their new home on Station Road.

We wish them every blessing in their new home.

Catch up on the latest news from the school in their newsletter found here...

<https://sway.office.com/oyZGBgOdr4SHzy3E?ref=Link>

and good to see that through it all, Head Teacher, Mr Wood, hasn't lost his sense of humour. No sooner had he received a copy of the last issue of Inside Out in which there was a few cheesy B & Q jokes that he sent us in his own favourite one:

"I was helping a friend put a new kitchen in his house through in Alloa. We ran out of screws so I volunteered to drive around and find a DIY store.

Having no luck, I saw a teenager leaning against a wall. I wound down the window and asked "is there a B&Q in Alloa, son?"

He replied " Naw, there's two As, two Ls and a O!"



A big thanks to Moira Stephen for not only these few funnies but also the wonderful images from her walkabouts of late...





Digital Discipleship

What with one thing and another over the last few months, many of us have found an opportunity to brush up on our 'digital skills', be it through tuning into church on our computers, catching up with relatives via Zoom or digging into Netflix from the sofa! Our changing habits have encouraged the discipleship team to think about our spiritual needs in a new way, and with this in mind we have begun to compile a list of free online resources to help us on our Christian journey.

The options are many and various – there are apps you can download to your phone to aid in structuring prayer time or bible study, websites to explore Christian topics in more detail, podcasts to listen to around the house or out on a walk, and more in-depth courses which can be followed online.

If you're eager to flex your digital muscles and see what's available, the growing list can be found on the discipleship team page of the church website. Follow the link

here: <http://www.qpcweb.org/pages/discipleship-ministry-team>

If you yourself have come across resources online that you have found helpful and would like to share, do get in touch with the discipleship team at discipleship@qpcweb.org

SMILE

Smiling is infectious
You catch it like the flu

When someone smiled at me today
I started smiling too

I walked around the corner
And someone saw me grin

When he smiled I realised
I'd passed it on to him

I thought about the smile
And then realised its worth

A single smile like mine
Could travel round the earth

So if you feel a smile begin
Don't leave it undetected

Start an epidemic
And get the world infected



Attributed to Spike Milligan
and contributed by Annette Carrie.

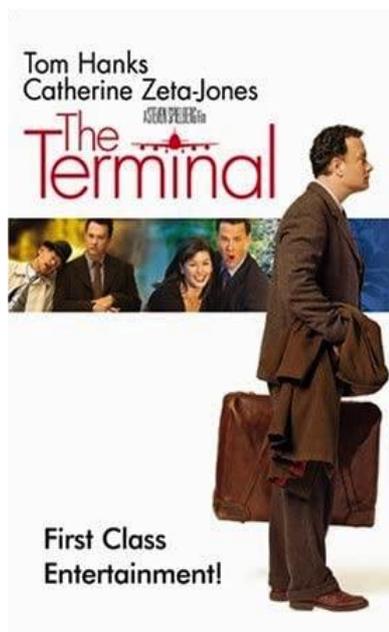
Perhaps, Annette suggests, it might be an
antidote to the Coronavirus glooms 😊

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

We have had great success and fun with this initiative. Donations so far total over £600 and are still coming in. The pledges have been many, varied and fun; from a month's worth of Costa Coffees and more coffee events not quite so specific, Pilates Fees, 2 cocktails and packet of nuts at Antico, a month's gym membership, numerous hairdresser appointments missed, "bits & bobs", Dally Men Fee, 10 bars of Fairtrade chocolate and much more. So before life gets back to 'normal' what have you GIVEN UP?

The plan is, that 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 artists amongst you? Can put your hand up to make this creation? Just give me a call: Sandra Mackay – 07808 951280.

The Terminal – Part 5



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 in effect on ‘lock-down’! Something that will very soon become but a memory – we pray!

So what might our Tom have to teach us during his time on lock-down? So far, in our first four 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 and yet through it all, when the opportunity came he hadn’t forgotten why he was there in the first place – his original calling emerges as *he* emerges from his season of lockdown.

Creativity.

Community.

Compassion.

Calling.

Once his calling had been fulfilled we come to the best bit of all on such a journey - the moment of return and embrace when he gets back home - mission accomplished – the moment of re-connection...

What we might well describe as a precious communion.

One of the inspirational things that has encouraged and sustained many folks through these days has been the variety of little videos and insights that both lift the spirit and bring a tear to the eye. Some time back I stumbled across a wonderful wee video entitled – ‘when it’s all over’. It featured 4 wee toddlers in their babygros who obviously hadn’t seen each other for some time and without a second thought, as they met again, they simply began hugging one another – it was both beautiful and powerful given that at that time we were a long way off of such an act.

Now I know hugging isn’t everyone’s cup of tea – one of my ministerial colleagues (in Fife 😊) posted this on her twitter feed some time back:

To my friends saying they can’t wait to hug everyone when this ends: *I didn’t hug you before this started and I’m not hugging you after.

That said, the longing for that first hug with those who are an integral part of our family and friends circle is one I’m sure we can all readily recognise and identify with – I mean... to have a new granddaughter born in the midst of lockdown and then having to wait for that first hold – it was interminable !

This has perhaps been one of the biggest things we’ve all missed during this season, the chance to connect 1-1; to have those ‘how’s life’ conversations; to pass the time of day as well as connect with friends at that deep level.

When its all over we, like Tom Hanks character, will be able to go back to that place we consider as ‘home’ – the familiar and comfortable place and space where we can be fully ourselves. A place where we can connect and commune with folks who know us, love us, understand us and get us!

Many years ago Jesus told what has often been described as the ‘greatest story ever told’. It was the story of the prodigal son or the forgiving father, found in chapter 15 of Lukes’s gospel. It is a wonderful story of homecoming, of re-connection, of communion. At the heart of it all, making such a re-connection possible, is an amazing thing called grace – seen most powerfully in the unconditional love extended by the father towards the son. Oh how our world today needs such grace. Our mission and calling, should we chose to accept it, is to go to this world crying out for grace and love and not only speak of such amazing grace but offer it freely, unconditionally and without reservation or hesitation – go for it – go give it and watch the difference it makes!

Such connections/communion may take time to rebuild - just think in our world today we cross the road as people approach us! Normally folks get upset with us when we do that ... so however long it takes let me encourage you to connect – connect - connect!

PS (don’t forget the grace 😊).

Reflections on lockdown....

Recently Richard Lloyd wrote of an experience he had had with a group of folks from across the national church in his role as a member of the newly formed Faith Nurture Forum (the group recently established by the General Assembly to cover the work previously undertaken by the Ministries Council and the Mission and Discipleship Council). Richard writes: 'I recently had the privilege of hosting some 'Conversations for a Season of Complexity' or, less formally 'What Next? conversations'. Promoting these events generated a very strong response, and they were oversubscribed to the extent that some of the topics were run for more than one group. The groups were limited in size to a facilitator plus nine people.

I hosted two sets of 90 minute conversations, one on Worship, and another on Children and Young People. The whole thing felt like a voyage of discovery, and I know we were all excited and motivated in our roles.

After personal introductions, we heard from each person on how they were experiencing lockdown and coping with it. We then moved on to talk about the future, what it might look like; what changes had been made; what we'd keep and what we'd stop doing; how we'd deal with situations where some engage happily with technology, and others not so and just what that might mean for the long term.

The second group was very different, in both tone and substance. The conversation was structured similarly to the first one, but participants were much more concerned about losing people with whom they have, in the main, had much less frequent or in-depth contact with.

The meetings were intrinsically interesting. In general, people are pretty tired. At the same time, many have been very energised. Coping has been a challenge for some. Context, as always, has a massive influence in how people have managed their own situations, technology, their Kirk Sessions and congregations. There is much concern about a how 'blended' solution might work when all this is over. There was little enthusiasm for a phased return. The new normal will be different for everyone. Where there was enthusiasm for 'digital' church, there was also a desire not to lose it. People did not like the phrase 'going back'! In future more collaboration should be encouraged; within Presbyteries and with other denominations. Several Ministers said they would be using this process with their own congregations, and that it could be beneficial for Presbyteries.

May I offer my encouragement to you in doing this? Getting others' views can only help us to better focus our efforts and may help in identifying expertise and talents of which we might be unaware. The conversations may also be way of getting consensus where difficult choices have to be made. There may be people on the fringes who are 'attending' our online output and with whom we wish to continue a relationship. This could be a good way of doing this. Guidelines for the meetings and a list of questions, many of which have been tried and tested in the process, are to be available on the Ascend website.

Altogether a very worthwhile initiative.'

Thanks Richard for your insights and it would be good to help us get the best from this time were we able, as we emerge from it, to reflect on the experiences we've been through. Just recently our Kirk Session in South Queensferry met to catch up and also to explore some of the issues that had arisen during this unusual season.

Reflections on lockdown....

Some suggested questions as we reflect on the lockdown experience:

1. How has lockdown been for you and yours?
2. What have been the **biggest challenges and the greatest blessings of this season?**
3. What stands out as **something that you have learned** and **something that you will continue to do** after lockdown?
4. As a church and with the benefit of hindsight, **is there anything that we could have done differently** to support and encourage our congregation and community through this time?

Some suggested questions for the coming out of the lockdown experience:

5. Given all we have been through **do you have any thoughts or ideas for us** as a church that will enhance our ministry and mission as we begin to move towards life beyond the pandemic?
6. **How do you feel about us beginning to consider the opening up of our buildings again?**

Perhaps you might wish to send your thoughts in to the Church Office – email or post we would love to hear from you...Thanks.



Prayer focus...



Because
He bends down
to listen I will pray
as long as I have breath
-Psalm 116:2 NLT

“Pray. Not
just with
your words,
but with
your actions.”

- Steve Maraboli



And a prayer especially for those across the world in countries now facing the full force of the Covid-19 crisis and who do not have the resources with which to respond:

**To those who face disaster,
their world stood on its head;
communities in turmoil,
left burying their dead;
give comfort in their trouble,
support in their distress.
Though all for now seems hopeless,
bring solace nonetheless.**

**To those now deep in mourning
and those who fear the worst,
those traumatised and injured –
the many being nursed –
those searching in the chaos,
still daring to believe,
give strength and consolation –
their agony relieve.**

**To those confused and frightened,
uncertain where to turn;
those seeking news of loved ones,
their fate at last to learn;
Lord God, give reassurance,
the help they need to cope;
amid the devastation
give reason still to hope.**

Nick Fawcett from his recent book:
'In A World Of Tears And Sorrow'.

**CORONAVIRUS
APPEAL**

SAVE LIVES. DONATE NOW AT [DEC.ORG.UK](https://dec.org.uk)





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 July, August and into September we continue to dig into the great adventure the people of Israel went on after their liberation from Egypt, including the discovery that they oft went their own way and God had to attempt to get their attention through some fairly charismatic prophets along the way.

All this before we explore some of the rich and inspiring insights from the New Testament.

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.

Watch this space for more info.

12th July	Judges and Kings – Judges through to 2 Chronicles	Gideon & Ruth
19th July		1 & 2 Samuel : Samuel
26th July		1 & 2 Kings : David
2nd August	The Wonder Zone	Holiday Club 1 : Psalms
9th August	The Wonder Zone	Holiday Club 2 : Proverbs
16th August	Judges and Kings – Judges through to 2 Chronicles cont.	1 & 2 Chronicles : Solomon
23rd August	Exile & Prophets Isaiah - Malachi	The Majors: Isaiah
30th August		The Majors: Jeremiah & Ezekiel

The Bible Course



Explore the BIG story



Thanks again to our roving photographers:

From Joyce Slee...

and Moira Sinclair ...



And from the manse : some welcome visitors !



Aria – our granddaughter – and yes we've had a hug !



And finally these magnificent perspectives of the bridges by David Ritchie – with a bit of a wait in between!



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 don't forget: a warm welcome awaits you at Dalmeny Kirk.

The church will be open for Private Prayer on Wednesdays between 2.00 and 4.00pm beginning 22 July 2020.

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