

# ISLA LINK



September 2019

Bendochy Parish  
linked with  
Coupar Angus Abbey  
Church



## ***Who's who at the Abbey***

<b>Treasurer:</b>	Peter Godfrey	Tel: 01828 627028
<b>Roll Keeper:</b>	Ellen McGibbon	Tel: 07541009398
<b>Gift Aid:</b>	Ellen McGibbon	Tel: 07541009398
<b>FWO:</b>	Donna Hindmarch	
<b>Fabric:</b>	John Easson	Tel: 01828 628001
<b>Flowers:</b>	Helen Pithie	Tel: 01828 627365
	Sheila Robertson	Tel: 01828 627375
<b>Life and Work:</b>	Anne Richards	Tel: 01828 628138
<b>EPACTS:</b>	Anne Richards	Tel: 01828 628138
<b>Presbytery Elder:</b>	Jeff Brewer	Tel: 01828 628126
<b>Organist:</b>	Austin Wilkie	Tel: 01250 876104
<b>Isla Link Editor:</b>	Rachel Ewins	Tel: 01250 876638
<b>Children's Ministry:</b>	Irene Henderson	

<b>Safeguarding Co-ordinator</b>	Mrs Joanne Chinn	Tel: 01828 670454
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## ***Who's who at Bendochy***

<b>Treasurer:</b>	David Donaldson	Tel: 01828 640017
<b>Gift Aid:</b>	Graeme McNeill	Tel: 01828 627751
<b>Fabric:</b>		
<b>Presbytery Elder:</b>	Bill Pate	Tel: 01250 874548
<b>Flowers:</b>	Christine Pate	Tel: 01250 874548
	Margaret Donaldson	Tel: 01828 640017
<b>Bendochy Ladies:</b>	Judy Long	Tel: 01828 632515
<b>EPACTS:</b>	Susan Meldrum	Tel: 01828 628209
<b>Health &amp; Safety:</b>	John Morison	Tel: 01828 627223
	Dave Patterson	Tel: 01250 870398
<b>Organist:</b>	Austin Wilkie	Tel: 01250 876104

**Minister:**

Rev Andrew F Graham

Tel: 01828 627864

email: [andrew.graham@churchofscotland.org.uk](mailto:andrew.graham@churchofscotland.org.uk)



**Bendochy Church**

Sunday Service 10.00am

**Session Clerk:**

Mr Graeme McNeill

Tel: 01828 627751

**Abbey Church**

Sunday Service: 11.15am

**Session Clerk:**

Mrs Ellen McGibbon

Tel: 07541009398

Website: [www.bandcachurch.org.uk](http://www.bandcachurch.org.uk)



**Featuring in this edition of your Isla Link:-**

- ◇ Thoughts From the Manse.
  
- ◇ Fund Raisers
  
- ◇ Reply to “A View From The Pew” - June 2019
  
- ◇ A Riddle—”Who Am I?”
  
- ◇ Life And Work

## ***Summer Breaks***

*This issue of the magazine is often the most difficult to gather articles for as many people enjoy a break from their usual routine at this time of year; that may mean time off from work or school, time off from the groups that we attend or run, time away from home or just a bit of time to rest and recharge our batteries. Whatever type of break, it will have been hard earned and will no doubt be too short.*

*In modern society people are so busy being busy that a summer break can be desperately needed by the time it comes around. Diaries are fully booked up months ahead and children's days are filled with many organised after-school activities. Indeed our lives are often filled to bursting point and we are a bit like a rush hour double decker bus that is jam packed with people, heading along at full speed and not taking the time to stop and admire the view.*

*During the summer months we often see the open top buses around large towns and cities, providing tourists an opportunity to see as much of the area as possible in the short time available to them. These buses have stops at the various points of interest along the route, allowing people to get on and off at the places where they would like to see a bit more, have a leisurely stroll or stop for a cup of coffee. Wouldn't it be nice if everyday life was lived more in this style. Rather than rushing around at full speed.*

*Sometimes we just need to say "Stop the bus, I want to get off." so we can take time for ourselves and our families. Time to play in the park with our children, have coffee with a friend, enjoy a day doing whatever leisure activity that we enjoy most or enjoying some relaxing scenery. Normal life will resume all too quickly, so take the time to recharge your batteries as often as you can.*

***Rachel Ewins***

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## ***Magazine Deadline***

***Deadline for the next issue: 10 November 2019.***

Please send articles to:-

Rachel Ewins - 01250 876638 - [rachel.ewins@btinternet.com](mailto:rachel.ewins@btinternet.com)



## ***Thoughts From The Manse***

Where have the last few months gone, I found myself asking when I got the intimation from Rachel for the newsletter. It has been a busy few months! At Bendochy the new organ has been well received and makes a wonderful difference in our worship. We had a visitor from Texas, over to research his Family Tree, who was enthralled by the church and it's history. And Rob's bench has been well used, and not just on a Sunday, as people stop to have a seat and take in the magnificent view over the river.

At the Abbey the charity shop was again a great success and as it began so did the work under the gallery. As I write this we are only a few weeks from completion and my heartfelt thanks go out to all who have been involved in the work and in seeing this shared vision come to fruition. We have been very fortunate with the grants we have received from The General Trustees, The Gannochy Trust and The Garfield Weston Foundation totalling £20,000. We also thank all those who have organised, been part of and donated to the many fundraising activities over the past year. It's an amazing transformation as I'm sure you will all agree. Our challenge now will be how we use the space to glorify God and to further His work here in Coupar Angus.

Writing to the Church in Corinth, Paul said, '***...you are the body of Christ and each one of you is a part of it...***' (1 Cor. 12:27 ) It's only by playing our part in that body, using the gifts and talents that God has given us, that, together, we can achieve what He has in store for us and bear witness to the love of His Son.

So as summer comes to an end, let's look forward to autumn with great anticipation as to what God has in store for us, both in Bendochy and Coupar Angus, and let us use the gifts and resources He has blessed us with to bear witness to His love and bring Him the honour and glory that He, and only He, deserves.

With Every Blessing,

**Andy**

## ***Prayer Meeting***

The prayer meetings will begin again in the Abbey Church on Wednesday the 4th of September at 2.00pm. Prayer is essential in our faith lives as we seek to serve our Lord, so if you can join us please do so and together we can come before the Lord in prayer.

## ***Bible Study***

The Bible Study group will also restart in September and more information will be given on that in upcoming intimation sheets and on the website.

## ***Friendly Fridays***

Our Friendly Friday afternoons continue to take place on the first Friday of each month and it is so good to see and hear so many having such a good time over a cup of tea or coffee. If you haven't come along yet, why not come and join us at our next one on Friday 6th of September, anytime between 1.30 - 3.00pm, and enjoy a great time with friends old and new.

## ***Abbey Under Gallery Project***

By the time you read this the work under the gallery will be almost complete and we will be looking forward to using our new meeting / café area. We have been asking for suggestions for a name for this and have had one or two ideas put forward. Thank you to all who have been involved in any way in supporting this development - for your time, energy, hard work and financial support - without all of this, things may not have gone as smoothly as they have.

## ***Hospital Visits***

If you are going into hospital or know of someone in hospital who would like a visit, please let the Minister know.

## ***Bible Study – Ruth***

### **Background Information:**

The book of Ruth was written during the period of The Judges of Israel, sometime between 1350 and 1050 BC. We do not know who the author is, but many believe it to be Samuel. It was a dark period in the history of Israel when society was crumbling apart and when many were living simply to please themselves. God had been abandoned and forgotten by many, as worship of other foreign gods and idols swept through the land. The aim of this book is to show how three people, and in particular Ruth, remained faithful to God throughout this period. Of Ruth herself, very little is known other than what we read of in these chapters, but as they unfold, we are presented with the story of an astonishing woman of faith.

## Chapter 1

What are the over-riding themes of this opening chapter?

- The faithfulness of Ruth as she shows great loyalty and love towards Naomi.
- The kindness of Ruth towards Naomi.
- The importance of family relationships and community, especially in times of adversity.
- The faithfulness of Ruth towards God.

## Chapter 2

What are the over-riding themes of this opening chapter?

- The faithfulness of Ruth as she shows great loyalty and love towards Naomi.
- The kindness of Ruth towards Naomi.
- The importance of family relationships and community, especially in times of adversity.
- The faithfulness of Ruth towards God.

## Chapter 3

What strikes us as being significant in this chapter?

- Her obedience in following the advice of Naomi.
- Her faithfulness as she once again puts her trust in her Mother-in law and in God.
- Her humility in presenting herself to Boaz as she did.
- Again her love for and kindness towards Naomi shines through in her behaviour.

## Chapter 4

In this chapter we see Boaz redeem Ruth as he promised he would and take her as his wife. The love, kindness and faithfulness shown by Ruth throughout are now rewarded in full.

### Lessons From Ruth:

In the story of Ruth, the widowed foreigner who went on to become the wife of Boaz and the Grandmother of King David, we see a picture of how we all come to faith in Christ.

The story begins with a dire, hopeless situation where, on the surface at least, there is nothing at all to look forward to. Yet through an acceptance of her situation, a desire to change it and the faith to do so, Ruth effectively re-builds her life. This is exactly what God can and will do for us through Christ, when we act in the way that Ruth did. The ending where Boaz redeems Ruth looks forward to Christ redeeming us.

Although we tend to focus on Ruth, we also see in Naomi and Boaz tremendous faith in God and a willingness to follow Him and His ways. This is a story of God's grace in the midst of difficult circumstances, of hope where there is despair, and serves to remind of how God can and will act in our lives if we allow Him to do so.

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Kathleen Godfrey and Ellen McGibbon would like to most sincerely thank all those who sponsored them for the 11 mile Dundee Kilt Walk on 18 August 2019.

At the time of going to print, the total raised has not been confirmed, but we will let you know once we complete the walk.

The organisers of the "Kilt Walk" have advised us that the Hunter Foundation will be adding a further 40% on to each and every walker's total which will help boost any funds we raise for the Under the Gallery Development.

Many thanks again from Kathleen and Ellen.

***Abbey Church Fabric.***

The cafe area under the gallery is progressing well and should be finished shortly. Bill Pattullo has been putting in an enormous amount of work on the painting (above and beyond what I originally envisaged being done) as well as getting the paint all donated free by Dulux. The result is a considerable reduction in what the cost might have been, as well as a really lovely fresh and bright look.

The faulty main lighting units have now all been replaced (under warranty) by the manufacturer.

***John Easson***

## ***A View From The Pew***

Recently I came across a brief history of Charles Haddon Spurgeon, probably the most well known and effective preacher in London and may be the whole of the UK, during the 19th century.

Born in 1834, by the age of 19 he was pastor of New Park Baptist Church, one of London's best attended Churches. Within a few months of his ministry, the congregation had now outgrown this building and moved to the huge Exeter Hall. Then in 1861 they had to move again. This time to the newly constructed Metropolitan Tabernacle and, the now 27 year old Spurgeon, ministered to the 6000 congregation for the next 30 years!

He was once asked how he chose his text for the Sunday. He replied that he prayed for the Sunday. He replied that he prayed through the week, did his daily Bible readings, even discussed it with friends and fixed on the text by Saturday evening. Then with the text in mind he "headed straight for the cross".

Sunday morning with the outline now in mind he preached with great freedom and power for 40 minutes to one hour. No-one ever left the Tabernacle without knowing why Jesus had to die on the cross for us.

Paul of Tarsus, writing to the Corinthians said: "I resolved to know nothing while I was with you except Jesus Christ and Him crucified", and, "For the message of the cross is foolishness to those who are perishing but to those being saved it is the power of God".

I believe we, too, also need to be constantly reminded of this essential basic truth of our Christian faith, for its only at the Cross our sins can be forgiven.

***Author's Name Withheld***

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## ***Congregational Roll***

### **New Member**

Mrs Edwina Christie  
Mr Colin Christie

Bendochy Parish Church  
Bendochy Parish Church

### **Deaths**

Mr Alistair Stewart  
Mrs Margaret Nicoll.

Coupar Angus Abbey  
Coupar Angus Abbey

## ***Coupar Angus Abbey Treasurer's Report***

It has been a busy period with the development under the balcony proceeding at a pace. Alan and Sheila running the charity shop which was a great success, bringing a grand total of £4,726.58. Many thanks once again for such a sterling effort.

I must also thank the various people who have kindly given donations. The funds held at present are as follows:

General Account £8,315.12

Fabric Account £1,370.40

Reserve Account £2,790.85

Development Account (ACRE) £36,734.97

Children's Ministry £3,213.45

Once again thanks to everyone who helps keep the income flowing.

***Peter Godfrey***  
***Treasurer***

## ***Abbey Church Rotas***

It will soon be time to refresh the Abbey Church Beadle, Readers, and Welcome Team Rotas. Anyone who would like to join these Rotas which help with the smooth running of the Church, please speak to Ellen at the Abbey or tel 07541009398.

***Ellen McGibbon***

## ***Communion Tokens***

Nineteenth Century Communion Tokens are being offered for the price of £5 per token, the proceeds of which will go towards helping finance the Under the Gallery Development in the Abbey Church. If you would like to purchase a token please speak to Peter Godfrey or Ellen McGibbon.



## ***The Total Healing Prayer***

Father God, thank you for your unconditional love, for sending Jesus to save me and to set me free. I surrender myself to your power and grace to sustain and restore me. Loving Father, touch me now with Jesus healing hands as I believe that your will is for me to be well in mind, body and spirit.

Cover me with the most precious blood of Jesus from the top of my head to the soles of my feet. Cast out anything that should not be in me. Root out any unhealthy and abnormal cells and multiply the healthy ones. Open any blocked arteries or veins, rebuild and replenish any damaged areas. Remove all inflammation and cleanse any infection by the power of Jesus precious blood. Let the fire of your healing love pass through my entire body enriching its function. Touch also my mind and my emotions even the deepest recesses of my heart.

Saturate my whole being with your presence, joy and peace and draw me ever closer to you every moment of my life, confirming that the Holy Spirit dwells in me, telling me what to do.

*Amen*

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### ***Prayer Request***

Please pray for

.....

Name.....

Name.....



## ***Bendochy Church Ladies Group***

<b>Dates for the 2019/2020 Session</b>	<b>Hostess</b>
9 October 2019	Judy Long
13 November 2019	Nora McLellan
11 December 2019	Christmas Lunch
12 February 2020	Marie Cormack
12 March 2020	Bridget Lithgow
8 April 2020	Christine Pate

All meetings will begin at 2.15pm apart from the April meeting which will be held at 10.30am.

Annual Subscription remains at £6.00 and we give a donation of £2.00 at each meeting.

On November 7, 2019 and May 14, 2020, the Coffee Mornings will be held in the Coach House from 10.00 -11.30am.

For further information contact Judy Long: Tel No. 01828 632515

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### ***Whats On***

3/9/19	Lunch Club	12 noon	St Anne's Church
4/9/19	Kirk Session Meeting	7.30pm	Abbey Church
5/9/19	Children's Ministry		
	Groups Resume	5.30-9.00pm	Abbey Church
6/9/19	Friendly Friday	1.30-3.00pm	Abbey Church
7-15/9/19	Perthshire Open Studios		
29/9/19	Harvest Thanksgiving	11.15am	Abbey Church
4/10/19	Friendly Friday	1.30-3.00pm	Abbey Church
12/10/19	Autumn Fair	10.00am-2.00pm	Abbey Church
27/10/19	Communion Service	11.15am	Abbey Church
7/11/19	Coffee Morning	10.00-11.30	Bendochy Church

## *Dear “Author’s Name Withheld”*

You say in the June 2019 “View From The Pew: How often do I fail to take the opportunity to tell someone of the love that God has for them. Why do I keep my mouth shut? .....it’s my pride, nothing less.”

Some points to think about:

- 1 It’s our job to be accessible – of course talk about the weather, current events, anything of common interest. But look at how the apostles opened up a conversation using ‘common ground’. Paul in Athens says [Acts 17:23] For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: TO AN UNKNOWN GOD. So you are ignorant of the very thing you worship—and this is what I am going to proclaim to you. He builds on an opening and the gospel develops.
- 2 Peter in Acts 2 says “Fellow Jews and all of you who live in Jerusalem, let me explain this to you., listen carefully to what I say <sup>15</sup>**These people are not drunk** as you suppose. Its only nine in the morning! <sup>16</sup>No, this is what was spoken by the prophet Joel: .....” from an earthy start – not drunk!

In his response, Peter says: “you, with the help of wicked men, put him (Jesus) to death by nailing him to the cross. But God raised him from the dead.” Peter’s words were so convincing the people said to the apostles “Brothers, what shall we do?” Peter replied, “Repent and be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.” And that conversation began with a smirk and a jibe!

- 3 In Acts 16:23 Paul and Silas upset the crowd by casting out an unclean spirit. They were severely flogged and imprisoned with the instruction to the jailer to **guard them carefully**. When there was a violent earthquake that freed the door locks the jailer was suicidal and asked Paul, (v30) “Sirs, what must I do to be saved?” meaning presumably saved from his Roman bosses. But Paul takes the opportunity for the gospel in one sentence (v31) “Believe in the Lord Jesus, and you will be saved—you and your household.”
- 4 We’ve noticed how Jesus and the apostles use different language according to the audience. Jewish or Gentile, genuine seekers or cynical attackers. So with us. Our friend in Blair, who the Abbey Church has graciously accepted, reports how he sometimes simply walks away when under fire.

5 Finally, we may have communication problems—it’s hard to get close to someone from a different background—to get on the same “wavelength”. But the Church has a real asset in the friend I referred to. He speaks to the people who most need the gospel, especially in time of grief or bereavement. Flowers, a card, even a visit.

When we tramped through the streets in Rattray in a cycle of 6 areas, praying—eyes open, informally, thinking of needs and assets—we often were surprised at outcomes. Two of our number called in at a drop-in centre and came back out beaming! As chair of the Community Council, I had met the supervisor of this outfit in a secular capacity but it turned out she was also a larger than life active evangelical Christian from the Southern States, having her own gospel music group and full of a sense of the Holy Spirit’s reality.

So worry not about failing to get a gospel message in when it may not be appropriate! Let the Spirit guide.

*John Wilson*

### ***The Abbey Church Charity Shop***

Sheila and Allan Legge, and all members of the Abbey, would like to thank everyone who supported the recent charity shop by donating and purchasing goods. A special thanks is extended to the members who donated monies for the rent, and a big thanks to Joe and Kenny for always being about to collect and deliver goods.

A grand total of £4,728 00 was raised.

Again thanks to all.

*Sheila Legge*

### ***Children’s Ministry***

The Children’s Ministry groups recommence on Thursday 5th September as follows:-

Stepping Stones	5:30 - 6:30pm	P1-P3
Compass and Crossover	6:45-7:45pm	P4-S1
Youth Fellowship (YF)	8:00. -9:00pm	S2 Upwards

We look forward to starting back and hope that we have lots of children and young people returning and new ones starting with us

*Irene Henderson*

## ***Who am I?***

I am your constant companion, I am your greatest helper or your heaviest burden. I'll push you onwards or I'll drag you down to failure.

I am completely at your command; half the things you do you might as well turn over to me anyway, I'll be able to do them quickly and correctly.

I am easily managed; you must be firm with me; show me exactly how you want something done and after a few lessons I will do it automatically; I am the servant of all great people and, alas, of all failures as well.

Those who are failures, I have made them failures; I am not a machine though I work with the precision of a machine and the intelligence of a man.

You may run me for profit or for ruin; it makes no difference to me. Take me, train me, be firm with me and I'll place the world at your feet.

Be easy with me and I will destroy you.

Who am I?

*Author Unknown  
(The answer will be in the next issue)*

### ***St Anne's Ecumenical Lunch Club***

The Lunch Club resumes

Tuesday, 3 September 2019,  
and will continue on a fortnightly  
basis.

Lunch is served from 12 noon  
onwards

Soup, cheese toastie, biscuit tea/  
coffee.

£2.50



If you are looking for a snack lunch, do come along and enjoy the food and fellowship. Everyone is very welcome.

**Anne Richards**

## ***Life And Work***

In the last issue of the Isla Link I wrote about radical changes to be made in the Church of Scotland and reports to be discussed at the General Assembly in May.

Well, the reports were duly presented and accepted by the Assembly and they COULD radically change the future of the Church. There will now be a new central organisation aiming to reduce costs by 20-30% in the face of declining membership and shortage of ministers. You can read about all the changes in the July issue of Life and Work (I have a copy if required). They are a bit complicated and we must pray that the recommendations are carried forward.

However, this is all about the Church as it stands but how does it survive, like the rest of the world, in the face of the Climate Change Crisis?

In that same issue of Life and Work is a profile of the Reverend David Coleman who has been appointed as the Eco- Congregation Chaplain. I was intrigued by this title and as I tend to be drawn towards stories of peoples' lives I read on to find out what this is all about.

The profile describes David's journey to becoming a minister and interestingly he describes the selection process as being "horrible" and he says "I hope I do not ever feel called to inflict pain for the sake of process". This is not encouraging considering we have a great shortage of ministers!

Anyway, that is well in the past and his new post is classed as a special category ministry, brought about by the climate change crisis. It is resourced jointly by the United Reform Church, the Church of Scotland and the Scottish Episcopal Church and the Chaplain's job is to visit and encourage some 450 eco-congregations registered.

According to David "Christianity engaged with the environment becomes untamed". He goes on to say "Out of loyalty to God and the wider Church, Eco-congregations find the confidence to stick their heads above the parapet and disagree with the way the Church deals with resources. The gloomy preoccupation of Western Churches with decline and maintenance has become a trivial luxury in the face of what lies ahead environmentally".

Maybe he is right. Are all the worrying scenarios discussed at the Assembly not so important after all?

***Anne Richards***

## ***Pride of Place***

Pride of Place have been extremely busy these last few weeks, working frantically to get the town ready for judging. It has been very hard as we definitely have a shortage of 'feet on the ground'. Just recently Joanne and David Chinn have been joining us on a Tuesday evening which has been so helpful but PoP very definitely need more folk to help keep our town up to Gold Standard. We do know there are a few folk who help out litter picking and only last week two elderly gentleman joined Marie Bee, a Popper, clear the mess around the road islands by the Red House. This was left after the Turbines went through last year and burst all the sandbags that had been placed there to cushion the load for the lorries as they drove over the islands. The Community Council were told that the resulting mess could not be removed now as it was contaminated!!! So after emails sent and some tidying done by PoP, it was 3 senior citizens who had finally had enough of the mess and cleared it away. Words fail me. A big thank you from PoP to you. The town was tidy and clean, floral displays all looking good in time for the judges visit, but only just.

We certainly had problems along the way this year. Our plant order was 'over looked'. We order through PKC and all the orders go together to Edinburgh, this way we receive a discount. The order was there, it was read back to me but, as a consequence we had to have what plants they had left, which was not all that we had ordered. We coped with the help of PKD nurseries but it did cause a great concern.

We were successful in receiving a grant from the Community Fund to revamp the Skate Park and local artist, Wayne Rodgers, master-minded this for us. Together, with a number of local youngsters, Wayne had the Skate Park looking great for the Skate Jam, which was held on 29th June as part of the Cycle Hub Festival. The park was buzzing with people and it was certainly a good time to hold it and the youngsters had a great time. Sadly a short time afterwards offensive graffiti appeared on the Skate Park, which, I am delighted to report, Wayne quickly removed.

The Willow project in Larghan Park is being very successful and well used by the younger children. This has been in progress since March, PoP working with PKC Rangers, Young Police Scotland and Wisecraft, from Blairgowrie, also helped. The circle of Willow trees close to the play equipment were pollarded; the willow branches cut and sorted to form the structure of a dome and tunnel. Hurdles (fences) were also made. Some willow from the pollarded willow trees along the burn was also used. We have already had a request for more tunnels which we will be constructing in March next year when the wood is then pliable.

Judges from Take a Pride in Perthshire and Kinross came to visit Coupar Angus on Wednesday 7th August and on Thursday 8th Judges from Beautiful Scotland visited the town. We will not know the results until the middle of September.

***Anne Easson***

## *The Mayonnaise Jar*

A professor stood before his class of University students who were about to graduate. He had some items on a desk before him. He picked up a very large and empty mayonnaise jar and began to fill it with golf balls. He then asked the students if the jar was full. They all agreed it was. He then picked up a box of small pebbles and poured them into the jar. He shook the jar gently. The pebbles rolled into the open space between the golf balls. He then asked the students again if the jar was full. They agreed it was. He next picked up a box of sand and poured it into the jar. The sand filled the available space between the pebbles and the golf balls. He asked once more if the jar was full. The students agreed unanimously that this time, it was. The professor then produced two cups of coffee from under the desk and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

Now, said the professor, as the laughter subsided, “I want you to recognise that this jar represents your life. The golf balls are the important things - family, children, health, friends, favourite passions - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like you job, house, car. The sand is everything else - the small stuff. If you fill the jar with sand first there is no room for the pebbles and golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. So, pay attention to the things that are critical to your happiness. Play with your children, look after your health, spend time with your partner doing the things you enjoy. There will always be time later to clean the house and put out the bins! Take care of the golf balls first - the things that really matter. Set your priorities; the rest is just sand.

One of the students asked “What does the coffee represent?” The professor smiled, then said, “I’m glad you asked. Remember, no matter how full your life may seem, there’s always room for a cup of coffee with a friend.”

So, when things in your life seem almost too much to handle, when 24 hours in a day is not enough, remember the mayonnaise jar and two cups of coffee.

A friend sent me this philosophical tale which has resonance for all of us and is worth sharing with friends.

**David Chinn**

***Dust If You Must***  
*(Written by Mrs Rose Milligan)*

Dust if you must, but wouldn't it be better  
To paint a picture or write a letter,  
Bake a cake or plant a seed,  
Ponder the difference between want and need.

Dust if you must, but there's not much time,  
With rivers to swim and mountains to climb,  
Music to hear and books to read,  
Friends to cherish and life to lead.

Dust if you must, but the world's out there,  
With the sun in your eyes, the wind in your hair,  
A flutter of snow, a shower of rain.  
This day will not come round again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go—and go you must—  
You, yourself, will make more dust.

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***The Abbey Church Choir***

It's a recognised fact that singing a chorus is more fun when we are surrounded by friends, belting it out at the top of our lungs. Humans are wired for rhythmic togetherness; from choral singers, musicians, dancers, to rowers, the science is coming in that we bond best when we are making music with each other.



Studies show that choral singing improves our mood, with a decrease in stress, depression and anxiety. These effects are often attributed to the deeper breathing associated with singing and the benefits are enhanced in a group setting, compared to singing alone.

If you want to experience these benefits for yourself, you should join the Abbey Choir when they return in September (date to be advised). Please contact our **Organist, Austin Wilkie on Tel: 07900517682** for further details. The Choir is open to all ages and abilities.

## ***Abbey Flower Rota***

### ***September***

***Co-ordinator: H Pithie***  
***627365***

- 1*** Mrs R Ewins
- 8*** Miss E Jack
- 15*** Mrs I Rodger
- 22*** Mrs A Farquharson
- 29*** Mrs H Pithie

### ***November***

***Co-ordinator: K Pirie***  
***627754***

- 3*** Mrs V Bruce Rolands
- 10*** Mr J Brewer
- 17*** Mrs K Pirie
- 24*** Mrs M Coull

### ***October***

***Co-ordinator: A Farquharson***  
***627251***

- 6*** Miss C McTavish
- 13*** Mrs A Richards
- 20*** Mrs L Norrie
- 27*** Mrs A Farquharson

### ***December***

- 1***
- 8***
- 15*** ***Christmas***
- 22*** ***Decorations***
- 29***



## ***Bendochy Flower Rota***

### ***September***

- 1*** Marjorie Scott
- 8*** Marjorie Scott
- 15*** Sheila Lindsay
- 22*** Sheila Lindsay
- 29*** Sheila Lindsay

### ***November***

- 3*** Christine Pate
- 10*** Christine Pate
- 17*** Marie Cormack
- 24*** Marie Cormack

### ***October***

- 6*** Margaret Donaldson
- 13*** Margaret Donaldson
- 20*** Christine Pate
- 27*** Christine Pate

### ***December***

- 1*** Marie Cormack
- 8*** ***Christmas***
- 15*** ***Decorations***
- 22***
- 29*** Ann Wilkie



## ***Bendochy Cleaning Rota***

<b><i>September</i></b>	Jane Davidson and Malcolm Davidson
<b><i>October</i></b>	Marie Cormack and Bernice Mackenzie
<b><i>November</i></b>	Christine Pate and Bill Pate
<b><i>December</i></b>	Jean Laburn and Graeme McNeill

## ***Coach House Hostesses***

<b><i>September</i></b>	Jean Laburn	Jane Davidson
<b><i>October</i></b>	Bernice Mackenzie	Margaret Donaldson
<b><i>November</i></b>	Erica Espley	Sheila Lindsay
<b><i>December</i></b>	Jean Laburn	Bernice Mackenzie

***Coffee is served in the Coach House  
at the end of the service  
on the first Sunday of each month.***

***All are welcome.***



### ***Used Stamps***

### ***2019 Marks 50th anniversary of the Stamp Appeal.***

A big THANK YOU to all the members of both Congregations who donate their **used stamps / postcards**. Your continued support is greatly appreciated.

Last year's appeal, for a day care centre for disabled children in the Ukraine, raised nearly £2500.

The 2019 appeal is in aid of a Women Training Centre in Blantyre, Malawi. It works with disadvantaged and unemployed girls and women. It is run by the Blantyre Synod of the Church of Central Africa Presbyterian.

Postcards with stamps (pre 1950) are also sought and should be left whole. **Please leave a ½ inch border round stamps.** Do not include damaged stamps - they have no value. If stamps are in an album, please leave in album. Boxes are at both churches. So, come on, bring your used stamps along.

***Harry Walker***



## ***Readers in the Abbey and Bendochy***

### ***2019 September***

<b>1</b>	A Richards
<b>8</b>	M Pattullo
<b>15</b>	E McGibbon
<b>22</b>	C Henderson
<b>29</b>	J Chinn

### ***October***

<b>6</b>	D Chinn
<b>13</b>	I Henderson
<b>20</b>	A Easson
<b>27</b>	J Easson

### ***November***

<b>3</b>	Rev A Graham
<b>10</b>	J Brewer
<b>17</b>	A Richards
<b>24</b>	M Pattullo

### ***December***

<b>1</b>	E McGibbon
<b>8</b>	C Henderson
<b>15</b>	J Chinn
<b>22</b>	D Chinn
<b>29</b>	I Henderson

### ***Bendochy***

G McNeill
J Davidson
J Laburn
J Morison
M Davidson

S Cumming
R Patterson
G McNeill
J Davidson

J Laburn
J Morison
M Davidson
S Cumming

R Patterson
G McNeill
J Davidson
J Laburn
J Morison

## ***The Abbey Beadle Duty***

	<b><i>Sunday Services</i></b>
<b><i>2019 September</i></b>	E McGibbon
<b><i>October</i></b>	K Godfrey
<b><i>November</i></b>	B Anderson
<b><i>December</i></b>	M Pattullo

<b><i>Other Services</i></b>
E McGibbon
K Godfrey
B Anderson
I Rodger

## ***Welcoming you at Bendochy today***

Will elders please note that the first named for each Sunday is responsible for ensuring that there is someone on Door Duty.

<b><i>September 1</i></b> J Morison G McNeill	<b><i>September 8</i></b> W Pate C Pate	<b><i>September 15</i></b> D Grant S Grant	<b><i>September 22</i></b> D Donaldson R Patterson
<b><i>September 29</i></b> B Mackenzie J Laburn	<b><i>October 6</i></b> J Morison D Patterson	<b><i>October 13</i></b> G McNeill C Pate	<b><i>October 20</i></b> S Grant D Grant
<b><i>October 27</i></b> J Laburn B Mackenzie	<b><i>November 3</i></b> R Patterson W Pate	<b><i>November 10</i></b> G McNeill D Donaldson	<b><i>November 17</i></b> B Mackenzie J Laburn
<b><i>November 24</i></b> J Morison C Pate	<b><i>December 1</i></b> D Patterson G McNeill	<b><i>December 8</i></b> D Grant S Grant	<b><i>December 15</i></b> W Pate D Donaldson

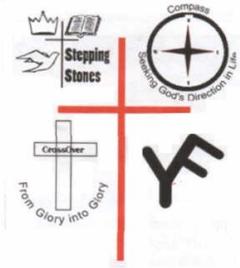
## ***Welcoming you at The Abbey today (subject to change)***

It is the responsibility of the people on Welcome Team rota to request assistance to ensure that there are 4 people for the Collection.

<b><i>September 1</i></b> K Godfrey P Godfrey	<b><i>September 8</i></b> J Easson A Easson	<b><i>September 15</i></b> B Anderson A Richards	<b><i>September 22</i></b> E McGibbon I Rodger
<b><i>September 29</i></b> S Turnbull J Brewer	<b><i>October 6</i></b> H Pithie E Jack	<b><i>October 13</i></b> S Robertson E McGibbon	<b><i>October 20</i></b> D Hindmarch I Jack
<b><i>October 27</i></b>  <b>COMMUNION</b>	<b><i>November 3</i></b> S Jack A Legge	<b><i>November 10</i></b> I Henderson J Rennie	<b><i>November 17</i></b> B Crighton R Ewins
<b><i>November 24</i></b> D Chinn J Chinn	<b><i>December 1</i></b> K Godfrey P Godfrey	<b><i>December 8</i></b> J Easson A Easson	<b><i>December 15</i></b> B Anderson A Richards

# COUPAR ANGUS AND BENDOCHY CHILDREN'S MINISTRY

We start back  
on  
Thursday,  
5 September



Group	Start	Age Group
Stepping Stones	5.30pm to 6.30pm	P1 to P3
Compass and Crossover	6.45pm to 7.45pm	P4 to S1
Youth Fellowship (YF)	8.00pm to 9.00pm	S2 upwards

Groups meet on Thursdays during school term time:

**COME ALONG AND JOIN THE FUN**



## *AUTUMN FAIR*



Craft stalls, raffle, tombola, home baking, face painting and activities

### *The Abbey Church*

10am - 2pm on Saturday, 12 October 2019

Entry £2.50 - Includes refreshments - accompanied school children free  
Soup and roll will be on sale at lunchtime.

Stalls: Crafts £10 Charity £5

Contact: Anne Easson 01828 628001

Bendochy Parish Church of Scoland ((SC004358) and Coupar Angus Abbey Church of Scotland (SC014438) are component elements of the Presbytery of of Dunkeld and Meigle (SC036630) which is itself a component element of the Church of Scotland (SC011353).