

# ISLA LINK



**November 2023**

Bendochy Parish  
linked with  
Coupar Angus Abbey  
Church



## **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)

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## **Upcoming Events and Services\***

### **Abbey Church Soup Lunches - Wednesdays 12.00noon -2pm**

8 November 2023

13 December 2023

10 January 2024 and 24 January 2024

Lunches will also take place on two dates in February and March.

### **Sunday 12 November Remembrance Sunday**

10.00am

10.45am

Short Service in Bendochy Parish Church

Service of Remembrance in the Abbey Church

Coupar Angus Abbey Church donated all Harvest Service goods and funds to the local Foodbank and a Retiring Offering will be donated to The Scottish Air Ambulance after the rescheduled October Communion Service. Remembrance Service Retiring Offerings from both Churches will be donated to Poppy Scotland.



### **Christmas Services\***

**Sunday 17 December**  
**7.00pm**

Carol Concert  
Coupar Angus Abbey

**Sunday 24 December**  
**10:00am**  
**11.15am**  
**7.00pm**  
**11.30pm**

Joint Christmas Eve Service,  
Bendochy Parish Church  
Coupar Angus Abbey  
Carol Service, Bendochy Parish Church  
Watch Night Service, Abbey Church



## ***Devotions***



***Answered!*** Psalm 17:6 (Written by Candace Cameron Bure, Joy and Strength devotional plan.)

I suppose that anyone who prays has done this, but I've sometimes caught myself thanking God for "answered prayer," when what I really meant was, "Thank You, God, for answering the way I wanted!" What I see in Scripture though, is that whenever His sons or daughters pray, God answers; it's just that sometimes it's "no" or "not now" or "this instead" rather than "sure, here you go, child."

This has pushed me to examine myself and my reasons for praying in the first place. And it's been pretty convicting for me, to say the least. Is God solely my divine 999 - my emergency standby - or my Friend whom I take everything to? Am I coming to Him only for His gifts, or to know him better? Do I pray as a spiritual-sounding means of getting what I want, or to truly seek what God wants? And when He does answer, do I trust that He has me covered, no matter the answer?

The difference in my attitude matters more that I want to admit sometimes. And the litmus test is this: I'm actually relating to Him when I not only desire His will above my own, but when I can respond, "I trust You, Lord," to any answer of His.

I repent of being shortsighted in my relationship with You. Draw me deeper and deeper into our Friendship, teaching me to seek You and Your will above all.

***Make Rest Your Friend.*** Genesis 2:2-3 (from Finding Rest by YouVersion.)

**Rest** - to relax, pause, breathe, and be at ease.

Rest is a gift that we too easily tend to push aside. But life without rest is not sustainable. Rest refreshes our bodies, giving us the energy we need to honour God and to love others. Learning to practice rest is a spiritual discipline that helps you enjoy God's presence and realign your priorities.

God himself modelled rest for us from the very beginning. Immediately after He finished creating the universe - and everything in it - he gave Himself a day to look back on the goodness of all the work that He had just completed.

**Reflect** - When was the last time you slowed down, unplugged and relaxed? Close your eyes, take a few deep breaths, and think back over your last few days.

***Joan Jones***

## ***Coupar Angus Abbey Church—Soup Lunch***

We held our first Soup Lunch on Wednesday 11 October. We were both delighted and encouraged by the attendance.

A huge thank you to everyone who donate their delicious soup, plus everything else we require to give outreach to our community.

**Soup, bread/rolls, biscuits,tea/coffee  
Will be served between 12 noon and 2pm.**

***Dates for your diary:***

Wednesday  
Wednesday  
Wednesday

5 November  
13 December  
10 & 24 January

Dates for February and March to follow.



If you are looking for a snack lunch, do come along and enjoy the food and fellowship. Everyone is very welcome and this is also a warm space, therefore you can get cosy inside and out!! There is no charge for our lunch. A basket is available for any donations from those who wish to contribute. All donations are given to church funds to help with heating costs.

***Kathleen Godfrey***

## ***Interim Moderator***

We are wishing Andy a speedy return, but in the meantime, we shall welcome Rev Brian Dingwall as our Interim Moderator.

## ***Coupar Angus Abbey Church—Friendly Fridays***

Our Friendly Friday afternoons continue to be a great success with a real sense of fellowship taking place as folk come together for tea/coffee and tasty bites. The friendly chatter and laughter is wonderful to hear. Thank you to all who contribute to make this such a happy time and to all who support it.

**1.30—3.30 pm**

**Coupar Angus Abbey Church**

***Dates for your diary:***

Friday 3 November  
Friday 1 December  
Friday 2 February



Please note that there is no Friendly Friday in January.

## ***Leprosy***

I have been reading a recently published book on 'Outbreaks and Epidemics' (as you do). It contains a chapter on Covid 19 that I was interested in, but I was surprised to see a section on Leprosy. Perhaps naively, I had assumed that, with modern medicine leprosy was less of a problem nowadays. But I was wrong. I did some digging, so please read on.....

Leprosy was one of the most feared conditions in biblical times and is mentioned multiple times in the Bible. The Hebrew for 'leprosy' was used for various diseases affecting the skin. Priests were responsible for examining a person with a skin blemish, such as a sore or a burn, using Moses' criteria in Leviticus 13: 1 - 46 to decide if the person had a simple rash or a 'defiling skin disease'. If the latter, they would be declared 'unclean' and be sent to live alone, outside the camp. However, if their skin condition recovered the priest had the power to declare them 'clean' in which case they could be readmitted to the camp.

Jesus touched a man with leprosy and healed him, telling him to tell no-one, but to go to the priest and offer the sacrifices that Moses had commanded for his cleansing (Mt 8: 2 - 4, Mk 1: 40 - 44, Lk 5: 12 - 14). At this time, it was thought that leprosy was spread by touch, so anyone who witnessed Jesus' action would have been aghast. Later, on his way to Jerusalem, Jesus healed 10 other men with leprosy, again telling them to show themselves to the priests, presumably so they may be declared 'clean' (Lk 17: 11 - 14).

Leprosy was considered a disease caused by sin, particularly lust. It was believed to be contagious, just as sin is considered contagious. In Europe it became epidemic during the dark- and middle-ages. Lepers were shunned and banned from entering any place where there were crowds. They had to carry bells and clappers to alert people of their approach. They lived in isolation or in 'leper colonies' also called Lazar houses. The first Lazar houses were established in the West in the fourth century AD. The Order of St Lazarus was established in Jerusalem in 1098 and was devoted to the care of lepers. Eventually, there were about 19,000 Lazar houses in Europe, the majority established during the 12<sup>th</sup> and 13<sup>th</sup> centuries following the Third Latern Council of 1179. Lepers were banned from entering a church so most communities had their own chapel, with some attached to monasteries.

But what of today? Sadly, leprosy is still prevalent with over 200,000 new cases every year, which equates to about 600 new cases a day, or one every 2 - 3 seconds! The disease affects adults, children, and infants with cases found in over 120 countries, though about 80% occur in just four countries - Brazil, India, Bangladesh, and Indonesia.

There are two main types of leprosy, 'white' leprosy, and the more serious lepromatous leprosy. It was not until 1880 that the causative agent was identified as a bacterium, *Mycobacterium leprae*, that affects the skin, mucous membranes, and nerves resulting in the development of lumps on the skin with thickening of the skin and nerves. In severe, untreated cases the infection can result in numbness of the skin, muscle weakness, paralysis, deformity, disfigurement, loss of fingers and toes, and a stumbling gait. This was the experience of sufferers in Biblical times and during the following centuries.

In the past it was thought the disease was spread by simple touch alone. But this was wrong as it is now believed that the bacterium is spread via air droplets through coughing or sneezing, and through only prolonged physical contact. The disease has an incubation period of 9 months to 20 years, so people can be infected without knowing it for many years during which time they may be contagious. Fortunately, nowadays, leprosy is treatable with a combination of three antibiotics, the cost of which is met by the World Health Organisation.

Leprosy is curable if caught early and the challenge is to find those infected early so they can be treated. Reconstructive surgery can be helpful for sufferers who have disfigurements. Many health screening programmes are underway across the world and a vaccine is under development.

Leprosy has been around for possibly 4000 years and is one of the oldest diseases affecting humanity. Jesus met lepers 2000 years ago and you might be excused in thinking that leprosy had been eradicated by modern medicine, but you would be wrong, it is very much still with us affecting countless millions of people. The level of physical suffering may be less today than in the distant past but the number of new cases worldwide is still of concern. According to the World Health Organisation, leprosy programmes have been badly affected by the Covid pandemic with fewer new cases being detected in 2020 and a greatly reduced number of sufferers receiving treatment. Hence, the problem has been getting worse and there is much yet to be done to reduce the number of new cases and the burden of suffering.

There are various UK charities devoted to the fight against leprosy. For example, Lepra ([Lepra.org.uk](http://Lepra.org.uk)), St Francis Leprosy Guild ([Stfrancisleprosy.org](http://Stfrancisleprosy.org)) and The Leprosy Mission ([Leprosymission.org.uk](http://Leprosymission.org.uk)), which is a Christian organisation working in 10 countries in Africa and Asia. If interested, please check out the websites for further information.

Perhaps prayer, increased surveillance, and the development of a vaccine, is our best hope of stamping out this disease in the long term. Finally, watch out for the next World Leprosy Day on Sunday 28th January 2024 for news on progress.

## **Carol Concert**

A Carol Service led by our Organist, Alison Malcolm and the Multi Church Choir, will take place in Coupar Angus Abbey at 7pm on Sunday, 17 December.



Choir practice takes place in the Abbey at 6pm on Friday evenings. A warm welcome is extended to anyone interested in being a member of the Choir.

## **Christmas Prayer**

Jesus Christ, You are amazing, and You love us so much.  
Thank you for Christmas, for family and friends,  
good food and presents.  
Christmas gives us so many good things, but the very best is You!  
You give us so much every day,  
I hope that what we give back to You is always our best.

Remind us that all good and perfect things come from You.  
Help us to follow Your will, love You,  
and always pray and read Your Word.  
Show me how I can bring joy to You,  
and never miss a chance to share my faith with others.  
In Your precious Name I pray.



**Amen**

## **Christmas Letter from Jesus**

When you look for Me at Christmas  
You won't need a special star,  
I'm no longer just in Bethlehem  
I'm right here where you are.

You may not be aware of Me  
Amid the celebrations,  
You'll have to look beyond the stores  
And all the decorations.

But if you take a moment  
From your list of things to do,  
To close your eyes and say a prayer  
I'm waiting here for you.

You're the one I want to be with  
You're the reason that I came,  
And you'll find Me in the stillness  
Where I'm whispering your name.



**Kathleen Godfrey**

## ***Churches Together Group***

On Sunday 1<sup>st</sup> October the Churches Together Group held a Songs of Praise Service in the Abbey Church with over fifty people in attendance.



The service was arranged by Olivia Robertson from Alyth and had a harvest theme. Alison Malcolm played the organ accompanied by Geoffrey Bridge on the oboe.

The singing was wonderful and the socialising among all the different congregations afterwards was greatly helped along by the home baking provided by the ladies of the Abbey Church.

There was a collection taken for the Foodbank totalling £110.

***Anne Richards***

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



### ***A Special Poem For Senior Citizens***

A row of bottles on my shelf caused me to analyse myself,  
One yellow pill I have to pop goes to my heart so it won't stop.

A little white one that I take goes to my hands so they won't shake,  
The blue ones that I use a lot tell me I'm happy when I'm not.

The purple pill goes to my brain and tells me that I have no pain,  
The capsules tell me not to wheeze or cough or choke or even sneeze.

The red one, smallest of them all, goes to my blood so I won't fall,  
The orange ones, very big and bright, prevent my leg cramps in the night.

Such an array of brilliant pills helping to cure all kinds of ills,  
But what I'd really like to know, is what tells each one where to go?

***Anon  
Christine Hawkins***



## ***Church of Scotland Guild – Changing Lives***

Prison Fellowship Scotland is part of a global ministry of reconciliation and Christian outreach to prisoners, ex-prisoners, their families and victims of crime. It is a multi-denominational voluntary organisation offering new life and hope to offenders through trained volunteers, prison teams, prayer support groups and the mobilisation of local churches. With minimal resources, the Charity has been effective, right across Scotland, in taking Christ to men and women behind bars - in worship, reconciliation programmes and befriending. With the Guild's help, these programmes can be expanded; re-offending can be reduced and prisoners can be re-integrated into society --- when Christ changes their lives.

In Perthshire, volunteers from local Churches staff the Visitor Centre at Perth Prison and, in addition to providing refreshments during family visits, also provide hand-made baby blankets, childrens' knitwear and adult hats, scarves and gloves, which prisoners can use as gifts for family members. These items are received with genuine gratitude by the prisoners as many come from backgrounds where gifting may have been a foreign concept.

Should anyone from within the congregations of either Church, or in the local community, wish to make contributions to this programme, I would be happy to receive these and pass them to a local volunteer.

***Rachel Ewins***

## ***Flowers At The Abbey Church***



Fresh flowers have returned to the Abbey Church. Should you wish to dedicate flowers in memory of a loved one, or would like to nominate a recipient to receive a bunch of flowers one Sunday, please contact Margaret Pattullo.

## ***Foodbank***

Following Harvest Thanksgiving Services in both Churches in September, donations of 56kg non-perishable food from Bendochy Church in addition to 89kg and £110 from Coupar Angus Abbey, were donated to Blairgowrie Foodbank. A collection box remains in the Abbey for any additional donations.



***Deadline for the next issue: 21 January 2024.***

Please send articles to:-

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

# BIBLE

## EMERGENCY NUMBERS

 **ABANDONED**  
Rom. 8:38-39

 **AFRAID**  
Josh. 1:9

 **ANGRY**  
James 1:19-20

 **ANXIOUS**  
John 14:27

 **ASHAMED**  
Psalm 34:4-5

 **BETRAYED**  
John 15:18-21

 **BITTER**  
Eph. 4:31-32

 **BORED**  
Col. 3:23-24

 **CONFUSED**  
John 14:26

 **CRITICAL**  
Matt. 7:1-5

 **DEPRESSED**  
Psalm 34:17-18

 **DESPERATE**  
Psalm 91:14-16

 **DISAPPOINTED**  
Rom. 8:28

 **DISCOURAGED**  
Gal. 6:9

 **DOUBTFUL**  
Prov. 3:5-6

 **EMBARRASSED**  
1 John 4:18

 **EXHAUSTED**  
Matt. 11:28-30

 **GUILTY**  
Rom. 3:23-24

 **GRIEVING**  
Matt. 5:4

 **HURT**  
1 Peter 2:21-23

 **INDECISIVE**  
Matt. 6:33

 **INSECURE**  
Psalm 4:6-9

 **IRRITATED**  
Prov. 21:23

 **JEALOUS**  
Heb. 13:5

 **LONELY**  
Isaiah 41:10

 **MISERABLE**  
John 3:16-17

 **MOODY**  
Rom. 12:2

 **RESENTFUL**  
1 Cor. 13:1-13

 **SCARED**  
Psalm 23:1-6

 **SORRY**  
2 Chro. 30:9

 **STRESSED**  
Psalm 55:22

 **TEMPTED**  
1 Cor. 10:13

 **UNLOVED**  
1 John 3:1

 **UPSET**  
Eph. 4:26-27

 **WORRIED**  
Phil. 4:6-7

 **teach** SUNDAY SCHOOL

## ***Bendochy Church—Wednesday Coffee & Chat Mornings***

Anne and Paul Rice, Bendochy's new Presbetry approved Reader, would like to invite you to join them at Bendochy Coach House for tea/coffee, biscuits and a friendly chat.

**10.30am —12 noon**  
**Bendochy Coach House**

***Dates for your diary:***

Wednesday 8 November  
Wednesday 13 December  
Wednesday 10 January  
Wednesday 14 February




*Welcoming You At The Abbey Church*

<b>2023</b>					
<b>November</b>	<b>5</b>	J Brewer	<b>12</b>	J Chinn	
	<b>19</b>	D Chinn	<b>26</b>	J Easson	
<b>December</b>	<b>3</b>	J Jones	<b>10</b>	A Richards	
	<b>17</b>	E McGibbon	<b>24</b>	Rev A Graham	
	<b>31</b>	J Brewer			
<b>2024</b>					
<b>January</b>	<b>7</b>	A Richards	<b>14</b>	A Legge	
	<b>21</b>	B Pattullo	<b>28</b>	B Crighton	
<b>February</b>	<b>4</b>	B Anderson	<b>11</b>	D Chinn	
	<b>18</b>	J Chinn	<b>25</b>	J Brewer	

*Readers in the Abbey*

<b>2023</b>					
<b>November</b>	<b>5</b>	J Brewer	<b>12</b>	J Chinn	
	<b>19</b>	D Chinn	<b>26</b>	J Easson	
<b>December</b>	<b>3</b>	J Jones	<b>10</b>	A Richards	
	<b>17</b>	E McGibbon	<b>24</b>	Rev A Graham	
	<b>31</b>	J Brewer			
<b>2024</b>					
<b>January</b>	<b>7</b>	J Chinn	<b>14</b>	D Chinn	
	<b>21</b>	J Easson	<b>28</b>	J Jones	
<b>February</b>	<b>4</b>	A Easson	<b>11</b>	E McGibbon	
	<b>18</b>	Rev A Graham	<b>25</b>	J Brewer	



*Abbey Church Beadle Duty Rota*

<b>2023</b>	<b>Sunday Services</b>	<b>Funeral / Wedding</b>
<b>November</b>	B Anderson	B Anderson
<b>December</b>	M Patullo	M Patullo
<b>2024</b>		
<b>January</b>	J Chinn	B Anderson
<b>February</b>	E McGibbon	E McGibbon
<b>March</b>	D Chinn	D Chinn

## ***Safety Measures Currently In Place***

In accordance with guidance provided by the Church of Scotland, measures continue in both Churches to reduce health risks to our Congregations. Please make contact with a member of your Kirk Session to discuss any issues that may be impeding your return to Sunday Service.



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

<b>Treasurer:</b>	Peter Godfrey	<b>Tel:</b>	01828 627028
<b>Roll Keeper:</b>	Ellen McGibbon	<b>Tel:</b>	07541009398
<b>Gift Aid:</b>	Ellen McGibbon	<b>Tel:</b>	07541009398
<b>Fabric:</b>	John Easson	<b>Tel:</b>	01828 628001
<b>Flowers:</b>	Margaret Pattullo	<b>Tel:</b>	07763009778
<b>Life and Work/:</b>	Anne Richards	<b>Tel:</b>	01828 628138

#### **Churches Together**

<b>Presbytery Elder:</b>	Jeff Brewer	<b>Tel:</b>	01828 628126
<b>Organist:</b>	Alison Malcolm	<b>Tel:</b>	01382 320287
<b>Isla Link Editor:</b>	Rachel Ewins	<b>Tel:</b>	01250 876638
<b>Safeguarding Co-ordinator</b>	Mrs Joanne Chinn	<b>Tel:</b>	01828 670234

### ***Who's who at Bendochy***

<b>Treasurer:</b>	Jo Durran	<b>Tel:</b>	
<b>Session Clerk:</b>	Graeme McNeill	<b>Tel:</b>	01828 627751
<b>Fabric:</b>	John Morison	<b>Tel:</b>	01828 627223
<b>Presbytery Elder:</b>	David Donaldson	<b>Tel:</b>	01828 640017
<b>Churches Together:</b>	Susan Meldrum	<b>Tel:</b>	01828 628209
<b>Hall Convener:</b>	Jean Laburn	<b>Tel:</b>	01250 872945
<b>Organist:</b>	Alison Malcolm	<b>Tel:</b>	01382 320287

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## ***Postage Stamps***

Please pop your used stamps in the box at the entrance to the Abbey Church and help to support Malawi project, Firmly Planted -



Help the Church of Central Africa Presbyterian (CCAP) improve nutrition and agricultural productivity, create youth employment and mitigate the impact of the climate crisis. The CCAP project, Firmly Planted aims to establish self-sustaining tree nurseries to nurture and protect the environment and protect livelihoods for households and communities.

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Bendochy Parish Church of Scoland ((SC004358) and Coupar Angus Abbey Church of Scotland (SC014438) are component elements of the Perth Presbytery (SC014528) which is itself a component element of the Church of Scotland (SC011353).