



'Faith with actions is alive!'

Few of us will forget in a hurry the visit of John and Kirsty Wilson to St. Andrew's Church on 10th May 2015. John's preaching in the morning was outstanding and Kirsty's warmth and compassion concerning the victims of human trafficking among whom she works was inspiring and heart warming. If John had simply been a visiting preacher, we'd have been much encouraged by what he shared with us. But this was the man who had first come to us as a lost and hopeless drug addict! All the more, then, were we amazed at the authority and conviction of John's preaching. That he is now exercising a gift given him by God is beyond question – that his is a rare gift is equally clear.

None of it would have happened were it not for our **Havilah** ministry. Havilah is about supporting people to be transformed. It's about taking the Gospel seriously, in which we are encouraged to go out in search of lost sheep. We commend those who exercise this ministry on our behalf. But while we were all much taken by John's delivery, let us not forget the message from scripture that he shared with us. *'Faith without works is dead,'* he proclaimed, as he unpacked the key verses from the second chapter of the epistle of James.



And in the same way, let us remember Kirsty's work in our prayers. Sadly, slavery is still alive and widespread – generations after William Wilberforce. People are still being bought and sold and moved from country to country against their will. Working with *City Hearts*, Kirsty strives to support young women as they recover from such ordeals. When Christians get involved in such work, it becomes clear for all to see that *'Faith with actions is alive!'*



Proud To Be BBs!

The 7th Arbroath Company held their very successful Annual Display and Awards night on 21st May in the church. Pictured are the main prize-winners with Mr Ron Churchill, Inspecting Officer, and Mrs Barbara Cargill, Lifeboat Guild President. (Full report inside on Page 3.)



Rachel Stewart Report

What a joy it was to have our very own Rachel Stewart sharing with us during morning worship on Sunday 3rd May! Rachel had recently returned from her trip to Zimbabwe, having gone there with the organisation Restless Develop-

ment, and gave us a brilliant report about her time there. Of course, the cultural leap from Scotland to Zimbabwe is an enormous one and Rachel found herself living in the most basic of circumstances with NONE of the home comforts that we all take for granted!

(Continued on Page 5.)

CHURCH OFFICE : 431135

ADMINISTRATOR

Linda Hunter

Mon, Wed, Thu, Fri : 9 -12noon

MINISTER

Rev Dr W Martin Fair, BA, BD

ASSOCIATE MINISTER

Rev Stuart Irvin, BD

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Susan Godsall : 430862

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BOOKINGS / ROLLKEEPER

Linda Hunter : 431135

MAGAZINE EDITOR/CDs

Ken Miller : 875235

ST ANDREW'S ARBROATH

Parish Records

May 2015

Baptisms - None

Blessings - None

Weddings - Jordan and Natasha Tasker (April)

Funerals - Mina Souter, Mary Bruce

IMPORTANT DATES

JULY EDITION

Handwritten articles should be handed in to the **office** by the **first** date and **not** to the Editor.

Word Processed files, as attachments, can be sent **directly to the Editor** or **via office by second date**.

Please **avoid** embedding articles in an email as these then need additional formatting work.

Friday 19th June (Written/preferably typed)

Tuesday 23rd June (Word-Processed file)

Malawi Fundraising

Saturday 18th July – **Afternoon Tea and Wedding Dress Display** – Anyone with a wedding dress that they would be willing to display please speak to Linda Hunter.

August – Family Fun Day

Sunday 13th September – Soup Lunch

Friday 23rd October – Beetle Drive

Sunday 8th November – Soup Lunch

Friday 20th November – Thanksgiving Meal

Sunday 13th December – Soup Lunch

SOMETHING FOR EVERYONE

Organisations will alert members when groups resume after holidays or when changes to venues are made.

SUNDAY

10.15 am – Gathering for prayer.

10.30 am – Choir practice.

11.00 am – Morning service (with short communion on the third Sunday of each month. Tea/coffee after. Creche – up to age 3. Infants – ages 3 to 5. Juniors – ages 8 and 9. Seniors – ages 10 and 11
Sunday Club – Elaine Fair (873238). Teen Scene – S1 to S2

7.30 to 9.00 pm – Youth Group

9.00 pm – Senior Youth Group

Monday to Friday - 11.00 am – Havilah : Drop-in Centre – Community Spirit (434088)

MONDAY

2.00 pm – Dorothy Dobson Over 50s Exercise Class

6.00 pm – Rainbow Guides – L Hadden (875379)

7.30 pm – St Andrew's Guild : Fortnightly – Shona Kemp (878526)

7.30 pm – Flower Club : Fortnightly – M McIntosh (876993)

TUESDAY

9.30 am – 3.00 pm - Mum and Me - K Marr (430505)

WEDNESDAY

10.30 am – Midweek Meeting Point – M Fair (873238)

6.15 pm – Brownies – Rosie Hill (07977 790528)

7.30 pm – Guides - Rosie Hill (07977 790528)

7.30 pm – Women's Group – first Wednesdays – Elaine Fair (873238)

THURSDAY

10.00 am – Parent and Toddler Group – L Clark (437758)

2.00 pm – Friends Club : first Thursdays – N Watson – B Gerrard, secretary (552727)

6.00 pm – Anchor Boys – S Jamieson (431942)

6.00 pm – BB Junior Section – W Ewart (876114)

7.30 pm – BB Company Section – M Clark (437758)

FRIDAY

9.30 am – Coffee morning

Intimations, changes of address, hall bookings etc., please contact the Church office, Monday to Friday, 9 am to noon and for 15 minutes after Sunday Service, telephone 431135.

Martin Fair

June 2015

Dear friends,

Much of the work of ministry takes place behind the scenes. Yes, there are up-front bits; most notably the leading of worship services. But in the same way that we only see a small portion of an iceberg (most of it being concealed below the water) most of what a minister does happens 'below the surface.'

For my own part, I absolutely love leading worship! I enjoy preparing services and always look forward to Sunday mornings and evenings (and Wednesday mornings.) But there is no greater privilege in ministry than when engaged with individuals, couples and families in those 'behind the scenes' times.

Sometimes, it's a routine visit – not anything more than spending an hour with someone, talking about everything and anything. But sometimes it's being with people at the crunch moments of life. Of course that's not always easy, but to be with someone through the highs and lows is, as said above, an enormous privilege.

Of course, as ministers, Stuart and I are involved with this kind of pastoral care on a regular basis but the fact of the matter is that any one of us can play a part in the church's pastoral care programme. To that end, we're about to do some recruitment – with the aim of enlarging our team and so expanding the scope of our care. Are you a 'people person?' Do you like to spend time with people? Are you a good listener? Then maybe this could be an opportunity through which you could serve within the church.

And as with all similar kinds of situations, the reality is that you end up getting much more back than you are ever able to forgive! Time and again, I've found myself coming out of someone's house feeling myself having been ministered to – when all the while I had gone with the intention of being the minister!

Watch this space and, in the meantime, be wondering and praying if a place on the pastoral care team might be right for you.

With every blessing,

Martin and Elaine and family

martin.fair@sky.com

'iGrab'

What grabs your attention, further, what keeps on grabbing your attention. Do you want it to grab your attention? Do you even realise when it has your attention?

I recently came across a Christian rapper, author and pastor called Trip Lee. I've not looked at much of his stuff but I think I'd like to explore a bit further. Anyway, this guy Trip wrote a song a few years back called iLove. He describes it as a tongue in cheek account of his personal struggle with having a smartphone that is always grabbing his attention. It seems topical. Often we find ourselves bemoaning folks who always seemed glued to a smartphone or tablet. Or maybe we lament the amount of time that we spend ourselves? The thing is though, the battle that Trip describes could just as well be anything else that we allow to constantly grab, and keep, our attention.

In the song, and also when he spoke about it in a recent interview, the scenario painted is of something that ends up

getting in the way of relationships and time with family. Are there things in our lives – smartphones or otherwise – that ring true of this experience? And what about the things that distract us from our spiritual life.

Habits are hard to break. Surely though, the first step is getting to the point where we realise that it has become a habit and want to do something about that. Are there things that you would rather not have grabbing your attention all the time? Hebrews 12:2 calls us to 'fix our eyes on Jesus' and to look at his example of faith and steadfastness. Maybe make it a point for reflection to try and go without our smart phone for the day or perhaps go on a 'Data Diet'? Not to prove that we can, but rather to be purposeful about wanting to deepen our relationship with Jesus.

God Bless

Your Friend and Associate, Stuart.

P.S. My nose is doing lots better – thanks for all those that have asked after me!

Ask Theophilus

Question :

Who on earth was 'Theophilus'?

Theophilus answers :

This name is used twice in the New Testament, first in Luke 1:3 where Luke addresses 'most excellent Theophilus', and then again in Acts 1:1, where Luke writes, 'O Theophilus'. The name is made up of two Greek words, theos meaning God, and philein meaning to love. So it either means 'Lover of God' or 'Favoured by God'. There are three main suggestions as to who Theophilus might have been.

First, Theophilus might simply be a symbolic name describing all those who were followers of Jesus. When Luke was writing, it was dangerous in some areas to be a Christian, so Luke may be deliberately naming no particular person, but including all believers in this anonymous title.

Second, most scholars think however that Theophilus was a real person. The phrase in Luke 1:3, 'most excellent

Theophilus' suggests that he was a Roman government official (a Latin name and Latin was the language of the Romans). Some think that Luke was giving this important person a kind of defense of the Christian faith so that he could use his powerful influence to ease the persecution of the early church.

The third possibility is that he was Luke's employer, or even had been his 'owner'. Many doctors in Roman times were slaves, and we know that Luke was a physician. The (rather romantic) theory is that this wealthy court official Theophilus had been seriously ill and his personal doctor had been able to prescribe the cure that had saved his life. In gratitude he had granted Luke his freedom and now Luke is repaying his former owner's generosity by addressing to him his two books, The Gospel of Luke and The Acts of the Apostles.

I leave it to readers of Quest to choose which of the three theories they like best! But we can't be sure which one, if any, is correct! I am inclined to go for the second suggestion.

7th Arbroath B.B.

The 7th Arbroath B.B. Company met in the Church on Thursday 21st May for their Display and Awards Evening. A large gathering of parents/guardians and Church friends attended this 54th Anniversary year.

Captain Wilma H. Ewart welcomed everyone and introduced special guests from Arbroath Lifeboat Station, Mr Ron Churchill, Inspecting Officer along with Mrs Barbara Cargill, Arbroath Ladies Lifeboat Guild President. The opening worship was conducted by Company Chaplain Rev. Dr. W. Martin Fair. B.A. B.D. D.Min.

After the inspection of the Company, entertainment was provided by each section. Anchor Boys did a game, Junior Boys gave a history of the Achievement scheme and Company Boys had a picture portrait of themselves as - 'Baby look at me then!'

Following the entertainment the boys were awarded their badges for the year.

Mrs Sharon Jamieson, O.I.C. Anchor Section gave a report of the year's work and announced the following awards:

1st Year - Green Award and 1 year service, Alfie Clark, Green Award, 1 year service and Perfect Attendance Scott Garden. 2nd year - Alex Beattie, Medal, Kaiden Killah and Ashton Crighton 1 year service and Green and Red Award. Sean Cargill, John Webster, Daniel Merryweather Red Award and 2 year service. 3rd Year- Ben Garden 2 year service and Blue Award, Daniel Webster 2 year award and Red and Blue Award. Both boys are promoted to Junior Section. Best Boy - Daniel Webster.

Mrs Wilma H. Ewart, O.I.C. Junior Section gave her report and awards were made as follows:

1st year-Bronze Award and 4 year service to Aiden Merryweather, Alistair Mullett, Cameron Mullett, Lewis Robb and Jackson Smith. 2nd year - Silver Award and 2 year Service - Alex Ogden.

3rd year-Gold Award and 6 year service to Tom Christison

and Gold Award and 3 year service to Lewis Stephenson. Both boys are promoted to the Company Section.

Best boy trophies - 1st year Alistair Mullett, 2nd year Alex Ogden, 3rd year Lewis Stephenson.

Perfect Attendance - Tom Christison.

Marshall Trophy - Tom Christison.

During the year the Junior Section had talked about Mary Slessor and her work in Africa especially looking after abandoned twins. A special presentation of a book about Mary Slessor was presented to twins Cameron and Alistair Mullett.

Mr Michael Clark, O.I.C. Company Section gave a report of the company section work and awards were made to - Josh Gall, 9 year service Stage 3 Community, Recreation and Skills, Fraser Fair, 8 year service Stage 2 Community, Recreation and Skills, Calum McIntosh 10 year service Stage 4 Community, Recreation, Skills and promotion to Lance Corporal. Keiran Simmers 10 year service, Stage 4 Community, Recreation, Skills and promotion to Corporal. Daniel Jamieson, Cameron Tasker, Struan Smith 14 year service. Attendance Trophy - Josh Gall and Cameron Tasker. Ewan Findlay Memorial Cup - Keiran Simmers. President Badges - second highest for company section were presented to Calum McIntosh and Keiran Simmers.

Inspecting Officer Mr Ron Churchill thanked the boys for their good turnout and for the entertainment provided. Mrs Barbara Cargill was presented with a donation to Arbroath Lifeboat Funds from the Company.

A sponsored walk and BQ was held at Crombie Park on Saturday 16th of May. The weather was not too bad - a few sunny showers which did not spoil the special burgers after the walk. The company boys are having a weekend trip to Carronvale House B.B. Headquarters in June which will see the end of another B.B. year. A vote of thanks to all parents /guardians for the turnout of boys over the past year.

The evening closed with the Benediction. W Ewart.

(Rachel Stewart Report - continued from Page 1.)

Her purpose in being there was to engage with local school pupils on a whole range of social and health issues. Rachel is training as a dietician but that was only part of the educational programme that she helped to deliver.

Between this experience and her earlier trip to Malawi with our youth group, Rachel has developed a real desire to

pursue this kind of career and she is hopeful that she might get a chance with an organisation such as Médecin Sans Frontières. Isn't it great to see our young people going on in that kind of way, wanting to go into the world to make a difference!

We wish Rachel well with her future plans and will pray that God will open the right doors for her.

GUILD NEWS

Now is a quiet time for our Guild. Now is a time to reflect on the past session and start planning and looking forward to next session – with a summer break to enjoy in between.

Once again I have to say a big thank you to our members. As always you donated, helped and came along to our Soup and Pudding Lunch at the end of April. The super sum of over £700.00 was raised. Thank you to all members, congregation and friends who supported us.

On Saturday 2nd May several of our members attended the Angus East/West Presbyterial Councils Songs of Praise in Arbroath West Parish Church. This was a great meeting.

We enjoyed a meal before we went into church to join in singing some familiar and some new hymns. Rev Dr Karen Fenwick from Forfar Memorial Church was guest speaker. She chose as her “Thought for the day” Our Guild Motto – “Whose we are and Whom we serve”. Karen’s text was from John’s Gospel –when the disciples cast their nets and caught no fish etc. Personally I found her talk inspiring and the Guild Motto will have even deeper meaning for me. As the lady who thanked Karen for coming along said “you could have heard a pin drop” when she was speaking. In Church the next day those of us who attended all agreed that it had been a great evening.

REMINDER: “ chippie tea” in the church hall on Monday, 15th June. Look forward to seeing you all.

‘Whose we are and whom we serve’

Clerk’s Corner

“What do leaders do? They set a tone, invite collaboration, make decisions, map a direction, establish boundaries, encourage self-expression, restrain what threatens the integrity of the whole, and keep the system’s direction aligned with purposes.”

Peter L. Steinke

On **May**, a significant 50th was celebrated- not a birthday, not a golden wedding, but the 50th meeting of the Leadership Group! We allowed ourselves the luxury of coffee and chocolate cake at the beginning of the meeting and then it was down to business as usual.

The first **meeting** was way back near the end of 2007 and we were about to embark in major changes to our organisational structures. The first stage of this was to appoint members to the Leadership Group and these came from both the Kirk Session and from the membership of the congregation. Detailed consideration was given as to how the work of this new group would articulate with the work of the Session particularly as the number of full meetings would be reduced to three per year.

The **Kirk** Session had previously discussed at length changing the format of having elders attached to specific districts and, instead, redeploying them in areas of their interest and expertise. These were found in the Core Groups and elders signed up for one of these. After this major change, there was, over the ensuing months, systematic development of all our structures and a system set in place to ensure that there was efficient communication among all the groups. In general, as the Core Groups be-

came embedded, there was a great deal of enthusiasm for the tasks set out in their remits and the efficiency of their work from the outset is to be commended.

As **if** all this change was not enough, there was the setting up of the Contact Teams, a Pastoral Care team, an enlarged Ministry Team and then we had to cope with the year of being out of the building for the refurbishment. All of these things were discussed at Leadership Group and at Session and final decisions made at the latter.

Study has been undertaken to develop understanding of the qualities of leadership, the qualities evident in a person of influence, personal leadership qualities and the range of qualities needed for new leaders.

The **return** to the refurbished building, the development of the use of our premises by outside organisations, the minister’s sabbatical, staffing changes, the addition of Community Spirit, the development of our work in Malawi are but a few of the wide-ranging activities which have appeared on the agenda. And the rest they say – is history.

Looking at the minute book is indeed looking at a significant bit of our history.

The **current** members of the Leadership Group are - the Minister, the Session Clerk, Elaine Anderson, Audrey Brown, Ian Cameron, Fraser Dunphy, Joan Hainsworth, Stuart Irvin, Alan Marr, Ken Miller and Pat Mill.

‘Open our hearts, minds and imaginations to grapple with new ideas and different perspectives – and seek the harmony and hope in the heart of the Gospel’.
(From a prayer in Life and Work.)

Decade for Ministry

In what was one of the most exciting developments at the general Assembly this year, the Church of Scotland launched its 'Decade for Ministry' with the brilliant 'recruitment drive' film, 'Tomorrow's Ministers.' You can watch the video yourself on the Church of Scotland's website but the good news is that within the first few days, it had been viewed 40,000 times!

Here's the thing; we're facing a desperate shortage of ministers. Within the next ten years, a huge proportion of the current ministry of the Church will retire – and we are not seeing nearly enough new ministers coming through. What a privilege for us that we've had Stuart – one of that rare breed of young, new ministers!!

The Decade for Ministry is intended to get lots more younger people thinking about call and vocation. One strand of that is Volunteering Vocations – a new idea which is being piloted this year for the first time within our very own congregation! From the beginning of September, we're going to welcome three young people who will come and live here in the town (Townhead Rd.) and volunteer within the ministry and mission of our church. We're hoping that it will give them a real insight into what ministry is really like – but what a great bonus for us, to have these extra young people contributing to our work! And wouldn't it be great to think that we might be able to help some young people – whether in this group or in groups that might come in the future – to find a vocation within the Church, serving God in the world.

It will be very important when these young people arrive – Amy, Chris and Matthew – that we go out of our way to make them welcome and to help them settle into our church and community. No doubt some of you will be able to invite one or other of them for lunch or will be able to find another way of introducing them to our town.

As with so much that's going on and coming up – here's something to really look forward to!

Adele Ramsay at the General Assembly

The week I spent in Edinburgh for the General Assembly was quite unlike any other. Living 24/7 with new people was a challenge for me and I felt as though I was in my first week of university again, trying to make friends and fit in! Our group worshipped every morning and evening, filled our days with the debates and reports at the Assembly hall and used the evenings to read and prepare for the following day. The long days were difficult and hearing Christians, who believe in the same God, having such diverse beliefs was hard to comprehend, but the support of our staff team was invaluable in keeping spirits high and teaching us the ways of the General Assembly.

The highlight of my week was the report from the Mission and Discipleship council, the group concerned with preparing us for sharing God's word in our communities. The report given was lengthy and covered a great deal of information, including new resources for improving worship

and preparing people to serve God. However, some youth reps were concerned with the lack of focus on young people and put forward motions that were accepted by the General Assembly. These motions concerned the future of our church and the role played by youth workers, making a real attempt to raise the profile of youth and children's work. Clearly, as a youth worker I have a passion for this cause, however, I hope that through these motions young people will be seen, not just as the future, but as a valuable part of church now. By being able to take part in the General Assembly, I understand more clearly how decisions are made, and I feel I am appreciated as a member of the church.

The week provided me with many highlights and challenges but I can honestly say by attending the General Assembly 2015 I have become more certain of my faith and more sure of my reliance on the Lord.

Malawi

Last month we held "Soap Sunday" and collected much needed soap for our Malawi Family. A big thank you to everyone who donated soap.

It has now been brought to our attention that the girls in Malawi are desperate for sanitary products. If you would like to donate a packet of pads for the girls, please leave it in the cupboard in the small hall. Hopefully, we will have a box full of products to send out with the next container.

LOOKING AHEAD

JUNE

Sunday 7

9.30 am - Traditional Worship
11 am - Worship Service with Guest Preacher, The Very Rev Bill Hewitt, Former Moderator of the General Assembly
6.30 pm - Evening Worship

Sunday 14

11 am - Worship Service
6.30 pm - Evening Worship

Sunday 21

11 am - Worship Service; with Sunday Club Prizegiving
6.30 pm - Evening Worship

Sunday 28

11 am - Worship Service
6.30 pm - Evening Worship

JULY

Sunday 5

9.30 am - Traditional Worship
11 am - Worship Service
6.30 pm - Evening Worship

Sunday 12

11 am - Worship Service
6.30 pm - Evening Worship

Sunday 19

11 am - Worship Service;
6.30 pm - Evening Worship

Sunday 26

11 am - Worship Service
6.30 pm - Evening Worship

N.B. As well as the services above there is the following:

A 40 minute service every Wednesday morning at 10.30 am.

The Church of Scotland General Assembly 2015

Our new Youth Worker, Adele Ramsay, was chosen to be the youth representative of Angus Presbytery at this year's General Assembly – quite an introduction to her new career! You'll see her reflections on the week elsewhere in this edition of QUEST.

But in terms of the national media, there was only one topic of interest; the decision of the General Assembly to allow people in civil partnerships (same sex relationships) to be selected and trained and to serve as ministers or deacons of the Church. The decision when it finally came was not altogether surprising. The Church has been wrestling with the subject for years and several assemblies have taken votes which were clear enough to indicate that this point would eventually be reached.

But we should exercise caution in how we understand or relay this decision of the Church. What is actually central to the decision – but was largely ignored – is that the Church of Scotland has affirmed the traditional view, that marriage is intended to be between a man and woman. What has changed is that, now, Kirk Sessions will have the right to take another view if they feel so moved. To put it another way, while the traditional view prevails, a Kirk Session can now choose to call a minister who is in a civil partnership. This is a very different thing than if such a position was being 'forced' on the church as a whole. No Kirk Session will be asked to go against their own convictions.

Time will tell how many congregations take up this new possibility by calling ministers who are in same sex relationships. As we see how things work out in the coming years, we must all pray for the peace and unity of the church so that our witness to the nation might be all the stronger.

Summer Trip

This year, as in recent years, our trip is to Wellbank and is due to take place on 21st June. We'll leave from the Church at 1.30pm and will leave Wellbank for the return journey at 5pm. By the time you're reading this, tickets will be on sale from the Church Office.

It's always worth remembering that our trip is a 'whole

church' trip – not just a Sunday Club trip. Even if you're not quite up to running the races or throwing a ball around, you'll have great fun watching our children having great fun! A BBQ is provided as part of the ticket cost but beyond that, the idea is that you bring your own picnic lunch. A tuck shop is also available.

Hopefully the sun will be shining but even if not, we can make use of the village hall which is ideal for our purposes.

Fresh Expressions of Church

On the first Sunday in September, we're delighted that Rev Doug Gay is going to be our guest. Doug is principal of Trinity College, the part of the University of Glasgow which trains people for the ministry. Doug will preach at our morning service and will lead a conference-style session in the afternoon. This will be open to anyone from within the congregation (or beyond) but places at the lunch will be limited and must be booked.

Doug is an excellent communicator and in recent years has been influential at the General Assembly in steering the Church forward. That he is coming to Arbroath to facilitate our day is a real coup!

Principally, Doug's theme will be the reforming of the Church that is taking place in our age and which is going to

continue for the foreseeable future. For the most part, a little tinkering here and there is enough to keep something heading in the right direction. A regular service will ensure that your car, for example, continues to run smoothly. But there are other times when more drastic action is required. And so it is with the church across much of the western world at this time. Take Scotland as an example: around 95% of the population is disconnected from the Church. If we're going to turn that around, we're going to have to find new ways of being the church – new patterns of life and work.

Doug Gay is one of Scotland's leading thinkers in all of this and he will help us to think through what it means for us at St. Andrew's. Please do put the date in your diary – Sunday 6th September. It's bound to be an important day in the life of our congregation.

The Explanation

Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline.

The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise.

SO THERE!!



For our Pentacostal Service the Flower Club ladies excelled with the magnificent floral display shown above. Martin wanted a dove to fly during the service and Linda Hunter acquired a helium balloon dove. But, after covering it in 'light' feathers', it was too heavy to fly! Needless to say, Martin still turned that to advantage in putting across the message in an extremely powerful sermon - we are truly blessed in having such an excellent preacher.



The Igloo

We apologise for not including these photos from the Holiday Club in our last issue.

Elaine Fair and Ian Martin made a superb igloo from the milk cartons that had been gathered by the congregation. Of course, the young at heart just could not resist a bit of fun once it was built!

