



The Essential Christian Essential

Between January and Easter, we devoted our Sunday mornings to a series entitled, *Christian Essentials*. Through it, we did a whistle-stop tour of the main sets of beliefs which, when taken together, make up what we know as the Christian faith. Of course, a set of beliefs on its own stands for not much; belief without behaviour and faith without action is of limited value. But what we believe serves as the platform on which our lives are built so getting the belief bit right isn't inconsequential.

Of all the beliefs that we covered over the course of these three months, those that we celebrate over the week of Easter must stand as of central importance. Take out the death and resurrection of Jesus and whatever you're left with is **NOT** what the first apostles understood about the faith nor is it what every generation of Christians has handed on since.

That's why Easter is the high point in our church year. What begins at Christmas culminates at Easter – the **whole** of the Easter 'event.' It's not a rush to get to Easter Sunday and the joy of the resurrection! You can't get to that moment without passing through the passion – the Last Supper, the praying in Gethsemane, the betrayal and arrest and trial, the beating and mocking and, of course, the crucifixion itself. The empty tomb only makes sense if first the body of Jesus was laid in it.

If we're to ask, 'What was achieved through at Easter?' we might put it best by saying, 'What went wrong in the Garden of Eden was fixed, put right, on the cross and in the resurrection.' Human disobedience, symbolised so beautifully in chapter 3 of Genesis, resulted in we humans being **apart** from God. That's what we call 'the problem.'

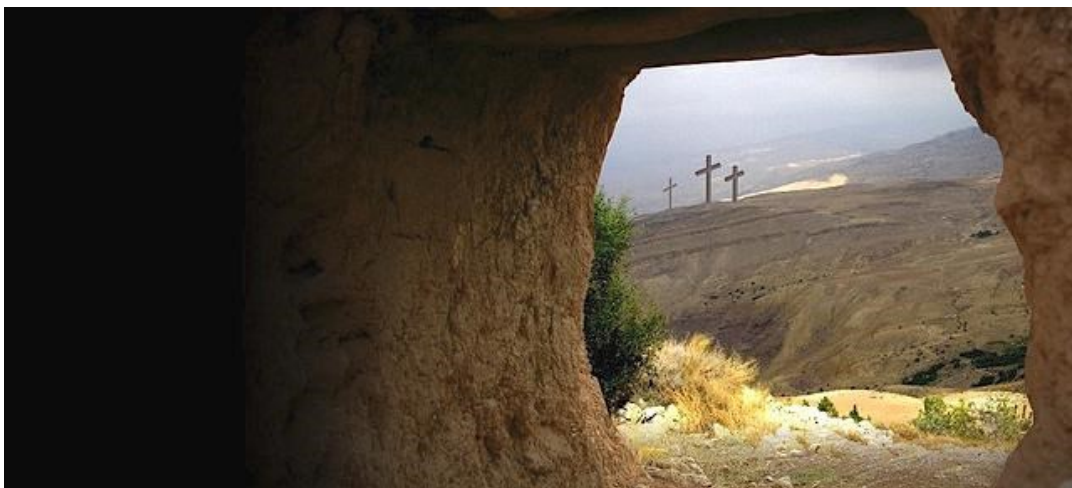
Willingly, Jesus died to deal with it – that we might be **at one** with God. Such is his love for us that he gave his life that we might have life – life **with** God, that is, not estranged from God. Easter morning is the glorious **HALLELUJAH!** of confirmation of all of this.

So this Easter season, come with that in mind. Yes, come to sing exciting new songs and much-loved old songs. Yes, come to hear familiar passages of scripture read. But through those activities, come to give thanks that what was broken is restored and that God is with us and for us.

'In view of all this, what can we say? If God is for us, who can be against us?' ³² Certainly not God, who did not even keep back his own Son, but offered him for us all! He gave us his Son—will he not also freely give us all things?

³³ Who will accuse God's chosen people? God himself declares them not guilty! ³⁴ Who, then, will condemn them? Not Christ Jesus, who died, or rather, who was raised to life and is at the right side of God, pleading with him for us! ³⁵ Who, then, can separate us from the love of Christ? Can trouble do it, or hardship or persecution or hunger or poverty or danger or death?

³⁷ No, in all these things we have complete victory through him who loved us! ³⁸ For I am certain that nothing can separate us from his love: neither death nor life, neither angels nor other heavenly rulers or powers, neither the present nor the future, ³⁹ neither the world above nor the world below—there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.' (Romans 8:31-39)



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ST ANDREW'S ARBROATH**Member Records
March 2019****Baptisms and Blessings -**

Lucy, daughter of Steven & Louise Martin

Weddings -

Moiria Hendry & Bill Culbert

Funerals -

George Ross

Martin and Ian, our pastoral assistant, conducted other funerals though none were of members of our congregation. Nonetheless, we remember the bereaved families in our prayers.

IMPORTANT DATES**MAY EDITION**

Handwritten/typed articles should be handed in to the **OFFICE** by the **FIRST** date and **NOT** to Editor.

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

Please **DO NOT** embed articles in an email as these then need additional formatting work.

Thursday 18th April (Written, preferably typed)

Monday 22nd April (Word-Processed file)

**Service Core Group
Bring your own Lunch**

A great way to cut down on unnecessary packaging is to bring your own lunch! It's no secret that take away containers are terrible for the environment. These can't be recycled and sadly they end up in landfill. BUT if you pack your lunch in your own containers, you can avoid this waste. We can cut down on the rubbish generated if we just think ahead!

Soup Lunches

The following are planned for this year -

28 April	Dalitso
26 May	Havilah
22 September	Mum & Me
27 October	Dalitso
24 November	Havilah

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.

11.00 am – Morning service (with short communion on the third Sunday of the month) with Tea/coffee after.

Sunday Club – Elaine Fair (873238).

Crèche – up to age 3. Infants – ages 3 to 5.

Juniors – ages 8 and 9. Seniors – ages 10 and 11

6.30 - 8.00 pm – Youth Group - Carla Ingram (07762740317)

Monday to Friday - 12.00 – Havilah: Drop-in Centre – Community Spirit (434088)**MONDAY**

2.00 pm – Dorothy Dobson Over 50's Exercise Class

6.00 pm – Rainbow Guides – L Hadden (875379)

7.30 pm – St. Andrew's Guild: Fortnightly – J McPherson (431681)

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

WEDNESDAY

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

THURSDAY

2.00 pm – Friends Club: First Thursday – N Watson (875451)

6.00 pm – Anchor Boys – S Jamieson (431942)

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

7.00 pm – Church Prayer Group

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

April 2019

Dear Friends,

The great 16th Century Church reformer, Martin Luther, wrote that, "To be a Christian without prayer is no more possible than to be alive without breathing."

It seems obvious enough to say so and yet how easily we find ourselves slipping out of the habit of regular, faithful prayer. Or, prayer becomes a sort of S.O.S. call that we make in emergencies. That's what the inspirational writer, and survivor of Nazi concentration camps, Corrie ten Boom was getting at when she asked, "Is prayer your steering wheel or your spare tire?"

There should be an 'alone' aspect to our prayer lives and a 'together' one. At least there should be if we choose to model ourselves on Jesus and on his prayer pattern. He taught his disciples to pray, prayed with them, and took himself off to lonely places to pray alone. For my own part, I love praying alongside others! I always feel the better for it and am constantly encouraged to be with others with our heads bowed and hands clasped.

With this in mind, I'm absolutely delighted that St. Andrew's Church has as part of its schedule several opportunities for corporate prayer. There's a monthly prayer gathering on the first Saturday of every month, from 10.30-12 noon. There's a gathering every Wednesday shortly after the close of our weekly Wednesday service and there's a gathering every Thursday evening. Again, from a personal point of view, I've been so grateful to the folks who attend that gathering as they have prayed for me without failing following my accident back in August 2017. We've also got a virtual prayer opportunity through our rapid response text prayer service. All you need is a mobile phone to be part of that group and, from time to time, you'll find yourself receiving a text message asking you to pray for one or other situation, often of an 'emergency' nature.

And now added to those existing opportunities, there's an early morning prayer time for men, from 7-7.45am every Tuesday. Yes, that's an early start! But having been at all of those prayer gatherings so far, I can say that it's the best possible start to the day! There's just something special about being with brothers to pray.

All men, from teens up, are welcome to come along and the same applies to all of the other prayer gatherings listed above, men and women alike in these other cases. Some of these prayer times are relatively busy while there are other times when just a few people show up. Either way is fine; God doesn't decide to answer or ignore our prayers depending on the size of the crowd! What matters is that we bring an attitude of gratitude and a sincere spirit and a longing to know more of God in our lives.

The Church Office has full details of these gatherings. Why not come along?

With every blessing,

Martin and Elaine

mfair@churchofscotland.org.uk

EASTER

Written by John Fyfe 21/03/1930 - 04/03/2019

How would you like to wear a crown
Rammed tightly on your head
Your hands nailed to a wooden cross
and hung there 'till you're dead.

Blood flowing from all the bards
It'll come as no surprise
You'd feel the blood running down your back
Your blood flowing in your eyes.

Would you forgive those who put you there?
To give you so much pain
Or could you feel it in your heart
To love them just the same

Why did He suffer so much pain?
He suffered this for me
He forgave me all my sins
And truly set me free.

Ask Theophilus

Question:

Why do the Gospels say that the Holy Spirit drove Jesus into the wilderness to be tempted by the devil (Mark 1:12), when Jesus taught us to pray, 'Lead us not into temptation'?

Theophilus answers:

Both the Hebrew word used for 'temptation' in the Old Testament, and the Greek word used in the New Testament, have a double meaning: 'tempt' can also mean 'to test' or 'to try'. When the word is used of God, it means 'testing', but when it is used of the devil it means 'tempting'. The devil tempts us in order to entice us away from God, whereas God 'tries' us to refine our faith and draw us closer to himself. The devil tempts us to drag us down; God sends trials to draw us up.

Take the example of a test-pilot whose job is to fly brand new aeroplanes to check them out for any faults. His bosses do not send him up into the skies hoping he'll crash the plane and be killed. They want to ensure that any glitches in the aircraft's systems can be fixed so that the new plane is as perfectly safe as it can possibly be.

That is why God not only allows trials to overtake us, but sometimes deliberately sends them. Their purpose is to refine our faith and remove the dross and impurities in it.

Perfectly refined silver becomes like a mirror so that the refiner can see a perfection reflection of his face in the molten metal. The Lord wants his own reflection to be seen in the lives of those who love him.

In the case of the temptations into which Jesus was guided by the Holy Spirit, they were an essential early stage of his great work of redemption: he came face to face with the devil in order to defeat him. That is why the New Testament calls him the 'second or last Adam'. The first Adam failed (Genesis 3), but our Saviour, the second Adam, conquered (in 1 Corinthians 15:47 'the second man'; but see the whole passage in verses 42 to 49).

We must notice that the Lord's Prayer has, 'Lead us not into temptation, but deliver us from evil (or better, 'from the evil one'). The contemporary translation used in many churches has, 'Save us from the time of trial...' which makes it clearer in one way, but fails to imply the element of 'temptation' that may accompany the 'trial'. However, the second part of the request, that we be preserved from the evil one, reminds us that sometimes trials can be so difficult we can be tempted to despair.

Come what may, that request in the Lord's Prayer must be offered to God daily with the utmost earnestness. Never forget that the devil prowls around like a lion, seeking whom he may devour! (1 Peter 5:8). But also never forget that Jesus overcame evil and the evil one.

Youth Work Update

Throughout March we have been continuing with our Bible Alive programme with the P6's in Warddykes, Hayshead and Ladyloan. After 4 weeks of the Old Testament, we have now moved on to cover the New Testament which we will do for 3 weeks. At the beginning of each week we use a group quiz to test how much the children can remember from the previous week. The first person with their hand up and the correct answer gets to come out to the front and select a book from our BIG Bible and the number of chapters equals the number of points they receive. Each time we do this I am continually surprised by how much they all remember and the various stories and names they have picked up on. When they cannot remember the correct answer, they usually try to guess which involves a whole lot of names being called out "Moses, Joshua, Samuel, Saul, Samson, David!" and even though they are incorrect, it just shows us how many bible characters they remember! I am extremely encouraged by the children's engagement and enthusiasm for the programme. Only last week one girl commented "Bible Alive is my favourite part of the week!", which proves to us that they are all gaining something from taking part in the lessons.

Our February Messy Church proved to be a massive success with a very unexpected influx in numbers - typically we have around 30 people, but on this occasion, we had 56 children and adults.

The theme of this session was "I am the way, the truth and the life" so the crafts focussed on maps, footprints, backpacks, traffic lights and signposts to the cross.

The church session then involved the children taking part in a treasure hunt to reveal the words "Follow Me" and a talk on how we can follow Jesus in our daily lives. I would like to extend my sincere thanks to the craft ladies and catering team for handling the increase in numbers so well - even when having to nip out to get more food for dinner!

On Wednesday the 6th of March our older youths met up for a meal at the Roo's Leap in Montrose. These types of meetings are a good way of catching up with our young people who are still very much around and involved with the church but who perhaps cannot always make it to services or youth group meetings due to work, education and other commitments. We are truly blessed that we have these young people who are keen to stay connected with our church congregation and community at a time when the number of youths affiliated with a church are extremely low.

Please contact me if you have any questions or would like more information about our youth work!

Carla Ingram

standrews.yg@gmail.com or 07762740317

GUILD NEWS

Wow, I can't believe that we're almost at the end of the session – and what a wonderful and varied programme we've enjoyed. Since the last Quest article we arranged a Soup Lunch and we thank you all for your kind donations to our two Projects for this year – Boys Brigade Scotland and Teenage Mothers of Zambia.

On the 4th of March we were helped to be creative by the lovely people from the Flower Club and we went home with beautiful arrangements in tea cups! We invited Rev. Barbara Ann Sweetin to our next meeting when she gave a very informative presentation of the project we are supporting this year - the Teenage Mothers of Zambia. This project is to help young women care for their babies, enhance the livelihood of these young mums and help them become confident young women.

Our next meeting is entitled "Where have we been?" – following our theme for this year "One Journey, Many Roads" and on the 15th April will be our AGM. Though this is the last meeting on the programme, look out for more information about things we're hoping to arrange over the coming months.

Also we have our Coffee Morning on Saturday 13th April, when we look forward to seeing you, again all proceeds will be going to our Guild Projects. Thank you for your support.

7th Arbroath BB

April Report 2019

We are now planning our end of year activities. The Easter holidays are here, and the boys return on 25th of April.

Our Display night and awards takes place on Thursday 9th of May at 7 pm in the Church. All are welcome.

Thank you to all who helped make soup and served at the lunch on 24th of March. We raised £254 for Company funds. Many thanks to all who came along and supported us.

We have two Company Boys, Tom Christieson and Robert Thomson, who have completed their Presidents Badge and will be presented with their awards on 9th of May. They will now go on and work towards the Queens Badge.

Captain Wilma H. Ewart

Mental Health Project

Since May 2018, our congregation has been planning and praying about how best it might seek to support those from across the Arbroath community who struggle in one way or another.

Rev. Fair said all of the services were based on the principle of "non-judgemental, compassionate listening and on the basis that wellbeing comes firstly from social inclusion and associated therapeutic activity".

First off the ground is Coisir Sunnd, a community choir, open to singers and non-singers alike, and with the emphasis on fun and friendship rather than concerts and performance.

Rev. Fair said singing was "good for the soul and that we feel better when singing with others".

Headed up by Carol-Ann Thain, who also runs the Military Wives Choir at RM Condor, and supported by a team of congregation volunteers, the Tuesday evening sessions will be split between fun singing, coffee and conversation.

"Of course we hope that people who struggle with mental health and poor self-esteem will come along and enjoy the community choir but it's all about inclusion so it's really open to anyone at all – from those who are looking for a social group to belong to, to those who only ever sing in the shower and want to try singing with others," said Rev Fair.

"The first choir night was attended by 31 people, men and women, and from age 18 to 90.

"The choir's strapline is, 'Sing for the health of it!'"

Instrumental in bringing this project to the start line has been Helen Wallace who has served as a short-term development worker and turned a set of raw ideas into workable proposals.

The congregation will also open a three-times-a-week drop-in option with the emphasis on warmth of welcome, on listening and relationship building, and on making sure that everyone who attends knows they are cared for and valued.

Mr Fair said: "We recognise the excellent work that is already being done and very much hope we can add to what's available.

"But we continue to hear too many stories of people who are struggling – from every walk of life – and who often find themselves having to wait months for the support that they so desperately need.

"If we can help to bridge that gap and support people while they wait, or point them to where other help may be found, we'll have done our job."

These new projects are for anyone and not restricted to those who might view themselves as 'religious.'

Dalitso Project News

It's been a busy few months since our last Quest article with our AGM and a number of fundraisers.

Our annual Pamper Weekend was brilliantly supported raising over £1300, the Race Night, £900 and massage at the Smokie Run another £300. Thanks to all that came along to any of these.

Our AGM in February was themed 'We're Growing Up' as we celebrated 10 years since the start of the Sponsor Child Programme. During the evening we looked back on the last 12 months work in Malawi and where money raised was used in furthering the work in Malawi. A report was given that highlighted the good news stories from Thyolo, Kambilonjo and the Dochas Medical Centre.

If you would like a copy of my report and the accounts please do get in touch with me on 07877256236 or info@dalitso.org.

A big part of the AGM was looking at the Sponsor Child Programme and the impact this has had over the last 10 years. It was also an opportunity to share changes that are to occur to the monthly cost. What has been made clear over the past few months is that the cost of living has increased in Malawi resulting in the £10 a month not covering the costs of a sponsor child.

It was therefore decided that this would be

raised to £15.

What was emphasised at the AGM and through email correspondence is that we do not want to lose people as sponsors so if increasing monthly giving is not possible at this time then please do continue as you are. We thank you all for your continued support.

Finally, this month some extremely bad news coming from our friends. Malawi has been hit by terrible rain that has caused major flooding and the destruction of the Maize crop for thousands. This was worsened by southern Malawi, where both our centres are situated, being hit by the end of a cyclone that has moved through Mozambique and into Zimbabwe. We are hearing of major damage to houses with a number of people killed by falling buildings. At our centres, some of our children have been impacted by the collapsing of their homes with shelter being given in our daycares and the Mary Spink Centre. The office and borders store at Thyolo has had its roof ripped off and we are counting the damage with the crops.

This is an extremely difficult time for Malawi so please do pray for the relief work and for our response to the devastation and for the people of Malawi as they come to terms with the destruction of their communities and livelihoods.

Thank you for your prayers.

In Uncertain Times

Brexit has caused an alarming degree of uncertainty across the UK and beyond. With that in mind, Susan Brown, Moderator of the General Assembly of the Church of Scotland, has called on Christians to pray for the nation at that time. The following prayer was offered for this purpose – and perhaps to serve as a reminder that the uncertainty will hurt some more than others.

O God our refuge and our strength,
our ever-present help in times of trouble.

As we wonder about whether we will have enough tins on our shelves
...we pray for those struggling to put food on the table every single day.
As we wonder whether our job will be secure
...we pray for those in communities with few jobs and few opportunities.
As we wonder whether our mortgage payments will rise
...we pray for those who are homeless or living in poor housing conditions.
As we wonder whether our savings and our pensions are safe
...we pray for those who earn just enough to get by and can't afford to plan for the future.
As we wonder whether we will need a visa to travel for holidays or work
...we pray for those who have to flee their homes and make dangerous journeys to find safety.

When the crisis passes for those who 'have',
help us to recognise it will still be a crisis for those 'have not'.
Be with all who are facing times of uncertainty,
may they find comfort and hope in Your unfailing love.

Amen

LOOKING AHEAD

April

Sunday 7
11 am - All-age Advent Service, with welcome to new members and communion

Sunday 14
11 am - Palm Sunday Service

Thursday 18
7 pm - Maundy Thursday Communion

Friday 19
7 pm - Good Friday Service

Sunday 21
8 am - Sunrise Service at the Abbey

11 am - Easter Day Celebration, with all-age communion

7 pm - Easter Evening Resurrection Festival

Sunday 28
11 am - Worship Service
4 pm - Messy Church

May

Sunday 5
11 am - Worship Service

Sunday 12
11 am - Worship Service

Sunday 19
11 am - Worship Service, followed by short communion service

Sunday 26
11 am - Worship Service
4 pm - Messy Church

Sunday services are streamed live through our website or can be watched on 'catch up' at our YouTube channel.

Midweek services, take place every Wednesday at 10.30am followed by tea/coffee.

Evening services have been replaced by 'The Big Worship Night In' on a termly basis.

Messy Church

We were one of the first congregations in Scotland to launch a *Messy Church* and it's still going strong some thirteen years later. Our latest one, held at the end of February, was attended by very nearly sixty people – lots of families with young children and the majority of them not otherwise connected with the church. In an age when it is increasingly difficult to encourage attendance on Sunday mornings, it's important that alternative options are explored.

The following refers to a robust piece of research that was conducted in an attempt to assess the impact of *Messy Church* across the country. Read and be encouraged!

Research has found that Messy Church is reaching a large number of people who would otherwise not attend church.

The report, *Playfully Serious*, which was launched at the Church of England's General Synod at the end of February, looked at Messy Church, a form of church which can meet at any time of the week and includes a shared meal and a creative activity as well as all-age prayer, celebration and worship.

Among the report's findings was the discovery that more than six out of 10 families who attend would not otherwise be part of a church.

Developed at a church near Portsmouth, Messy Church has spread worldwide with Scottish churches among the earliest to try the approach.

More than 250 Church of Scotland congregations run a Messy Church and many ministers say more children now go to a Messy Church than to a traditional Sunday school.

Rev Norman Smith, convener of the Mission and Discipleship Council said:

"This research shows clearly that Messy Church connects with people who would not otherwise attend traditional services.

"If your church is not connecting with families we encourage you to think about initiatives like Messy Church. It might be different but it's still church!"

But is it really Church?

Since its founding, 15 years ago, Messy Church has faced doubts about whether it qualifies as a real type of congregation. So does Messy Church work? And is it really Church?

The answer according to the Playfully Serious report, from

Church Army's Research Unit, is a qualified yes. The key, it concluded, was how Messy Churches see themselves and their mission.

Some Messy Churches see themselves as outreach initiatives, a way to reconnect families to the traditional Church. Yet many others see themselves as fresh expressions of church offering families a different style of church congregation.

Overall almost four in 10 Messy Churches are engaging in sacraments such as baptism. But that rises to five in 10 for Messy Churches that intend to be new church congregations.

The report recommends that Messy Churches are encouraged to see themselves as fresh expressions of church if they hope to help families to follow Jesus and grow in faith, when this is not included elsewhere in the life of the parish.

Messy Churches appear to work equally well in rural and urban settings and their unique style of worship and focus on bringing different generations together is making a significant difference to the lives of people who attend.

The report's other findings include:

- 100% of Messy Churches are engaging with the Bible
- 40% of families had no connection to a church before attending Messy Church
- 21% of families had left a previous church and returned through Messy Church
- 90% say they host informal conversations about spirituality
- 40% of Messy Churches are involved in sacraments
- 81% of people taking part say they have seen lives being changed through Messy Church
- 95% were teaching worship and prayer
- 21% held baptisms within their Messy Church

Most of the families who attend have young children and tend to leave when those children arrive at secondary school age. However leavers told the report that they had achieved their goal of introducing their children to Christianity and many families stayed connected to the Church.

Rev Dr Fiona Tweedie, the Church of Scotland's mission statistics coordinator, was part of the team that produced the Church Army report. She says:

"It was a privilege to trace God at work in so many different places through the data analysis.

"Messy Church can have a profound effect on the lives of those who attend, and those who lead. We should do what we can to support this way of being church together."

Thank You

A letter of thanks has been received from Reach Across; who were one of the charities chosen to receive a share of our Harvest Offering.

Good morning

This is Sandra Ramsay from Reach Across... currently sitting in the Reach Across "Haven", awaiting a BT engineer. An 8 o'clock start for me!

The postie has just delivered your most generous donation of £883.18.

This is truly wonderful and will enable Reach Across to continue supporting people who have been affected by suicide and also to prevent the loss of loved ones.

We are also working at reducing the stigma which is still affecting people in Arbroath who experience mental ill health.

I am currently supporting many young woman in Arbroath who are very socially isolated and some of this donation will be ear marked for activities to reduce the devastating impact of loneliness.

Everyone at Reach Across and the families we support cannot thank you enough for thinking of our charity and send our sincere and grateful thanks.

A certificate will follow shortly. I just wanted you to know we had received the cheque today.

Bless you and all who donated.

Thank you
Sandra

More in pictures



Michael & Neil arriving by bike to the Men's Early Morning Prayer Gathering

Tracey & Louise in their new Mum n Me outfits



Boys Brigade
Serving at their recent Soup Lunch

Pancake Racing



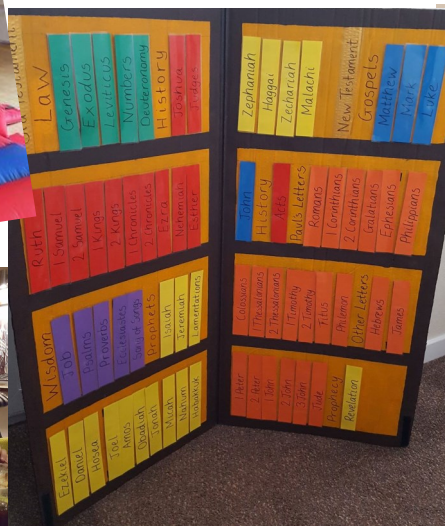
Some members of Coisir Sunnd



Carla testing out Bouncy Castles



Bible Alive BIG Bible



Winning designs for this year's Holiday Club



Older members of our youth group enjoying a meal at Roo's Leap

