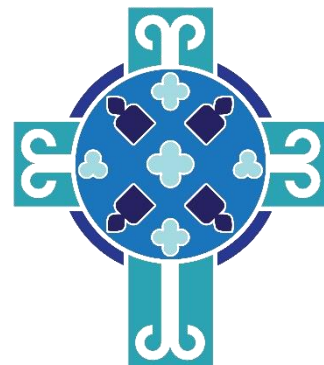


**EMC
COUNTER**



**The Magazine of Inverurie West
Parish Church**

SEPTEMBER 2024



Autumnal Glory
Scottish Charity SC016907

REFLECTION

Poet Kenneth Steven reminds us that in the hurry of everyday life we might need just a moment of calm; that sometimes it is enough to “... let the things still hurrying to be done /Fall silent ...”



ENOUGH

*Out of the scurry of the days
A place of late sunlight, and the sky
Swimming into blue unclouded;
The trees held in a bonfire of the last sun.*

*Enough to wait here by the wood's edge
And let the things still hurrying to be done
Fall silent, as the first stars
Vague the orange of the far-off west.*

*From: Coracle: Poems by Kenneth Steven
SPCK, 2014*



From the West Manse



As summer starts to draw to a close, and I start a week of holiday (which will be over by the time this is published), I've been very aware of the light.

To be honest I've been aware of the light - or sometimes the lack of it - all summer. Even though the weather finally improved towards the end of July after our very wet spring and early summer, we have still had quite a few days where the light has had to work to get through a haze of clouds. The result has sometimes been more glaring than bright. I feel like I have spent more time squinting this summer than usual, so if I happened to pass you at some point with a ferocious frown on my face - it wasn't anything you did!

But right now, as I sit here, the evening sunlight is just about perfect. The opening phrase of the Kenneth Steven poem *'Enough'*, which is this month's Reflection, feels appropriate for my mood just now *'out of the scurry of the days a place of late sunlight ...'*

I've no particular plans for this week - various tentative ideas for a number of reasons didn't quite align. However, at the moment it feels 'enough' to sit in that late sunlight and, as Steven goes on to write, *'let the things still hurrying to be done fall silent.'*

It can be so challenging sometimes to allow our bodies and brains to take a proper rest. But when we don't rest we are at risk not just of overwork but of something I discovered in an article this week is called 'anhedonia'. According to the writer, anhedonia is a feeling of flatness or numbness, a loss of interest in people or activities, or an inability to feel joy or pleasure. This can be a

feature of clinical depression, but to a lesser degree it is something that almost everyone feels occasionally and can perhaps be best summarised by the syllable *'meh'*.

Interestingly, while the causes and strategies to deal with it vary, three things are almost universally helpful: time in nature, physical exercise, and the company of others.

Time in nature is beneficial for us in many ways, one of which is that we need natural light. Modern lifestyles put us under artificial lighting and/or in front of blue-lit screens for a good chunk of our waking hours, especially in the winter here in the north, so we really should grab the summer light when we have it.

And yet I don't necessarily love the light when it is blazing down on me mid-summer. That's too intense for me! I love it when it is just starting to recede, on a late summer or early autumn evening perhaps, or in the gold of sunset. Late sun seems to me to carry with it a promise: of rest, of something beyond the horizon, of a new day and new possibilities ahead. In a reflection later in this magazine - *God within Gold* - the poet Stewart Henderson also provides us with words of reassurance in our troubled world.

In Psalm 65 it says: *"They who dwell at the ends of the earth stand in awe of Your signs; You make the dawn and sunset shout for joy"*.

There's nothing *'meh'* about God's kingdom, neither the kingdom which is to come or the one we can catch glimpses of on evenings like this, when it is enough to sit in the late sunlight and be glad.

Every blessing
Rhona



THE GUILD 'SURE FOUNDATIONS'

In a change to our usual meeting day our first meeting of the new session will be on **TUESDAY 10 SEPTEMBER** at the usual time of 2 pm and will be in the chapel. We will revert to our usual Monday afternoons in the Acorn Centre thereafter. Rhona has kindly agreed to this temporary change and we look forward to her leading us into '*Sure Foundations*'.

Dates for your diary:

Monday 14 October

"Barbara's Basket o' Blethers" with Barbara Forbes.

Sunday 20 October

'West Fest' stall after church – home bakes and tasty treats.

Monday 11 November

'My Life as a Midwife' with Janice Paton.

Monday 9 December

Christmas Celebration with Chris Gardner and friends.

We look forward to being together again and to welcoming friends old and new.



Summer Garden Party

Many thanks to all who came and supported us at our Summer Garden Party in Isla's lovely garden. The rain stayed away and everyone had a relaxed afternoon with friends and enjoyed a selection of teatime treats.



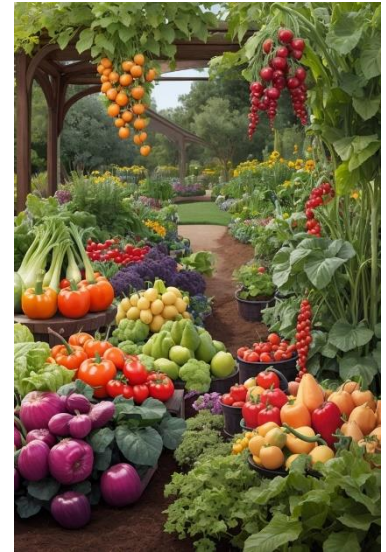
The organists are very appreciative of the support from everyone, and we are delighted with the fundraising total of £1125 for the upkeep of the organ. Many thanks to all the generous donations both on the day and afterwards. It's clear that we all appreciate the organ at the heart of our worship.

Thanks once again
Sharon, Alison and Isla.



ACORN CENTRE NEWS

Well, what a great summer that was! The Centre has been going at full pelt and business levels have remained remarkably consistent through July and August. The varied weather conditions certainly didn't seem to dampen the customers' enthusiasm and some great yields were produced from the community garden. Our plates have been graced with strawberries - both whole and as homemade jam - new potatoes, courgettes, tomatoes and salad leaves. This not only helps our food costs and carbon footprint, but the flavours of the produce just can't be beaten. Many thanks to all the Gardening Team for their hard work!



I've been tinkering with the menu again, trying to make it less complicated for our customers and volunteers alike. This has to be balanced with maintaining all the old favourites, but thanks to the Acorn 15 grants, amongst the equipment upgrades is a toasting machine, enabling us to finally relent and start doing toasties. I expect these to become very popular over the cooler months.

Tickets are selling very quickly for our Mediterranean Evening later this Month - see advert for details of our ever-popular Pop-Up Bistro fundraiser. In fact, we are becoming more and more international, as we will have catered for a Scottish/Mexican wedding reception by the time Encounter goes



to publication. We are always up for a challenge, but don't expect to see haggis tortillas on the menu any time soon!

Finally, after all that activity, it is really nice to be able to look forward to our Volunteer and Staff *Thank You* Afternoon Tea. It'll be great to gather in our volunteers for some fine pieces and fancy treats and let them enjoy being served for a change and show them our appreciation.

VOLUNTEER



Mike



SOCIAL/FUNDRAISING TEAM UPDATES

REMINDER - Fundraising/Stewardship

Registering with the 'EasyFundraising' website is an easy way to use your online shopping to raise a little money for the Church. The site is partnered with over 4000 retailers including big names like Amazon, Tesco and Argos. You can begin by following this link: <https://www.easyfundraising.org.uk/causes/Inverurie-west-parish-church> or click here





MEDITERRANEAN POP-UP BISTRO

FRIDAY 27TH SEPTEMBER 2024 - 7PM

The Return of our ever popular Pop-Up Bistro with a theme to whisk you back to summer holidays in sunnier climes...

Enjoy our Mediterranean inspired menu to experience the taste and variety of cultures from the region. Bring your own bottle. Soft drinks bar available. Live entertainment. £25 per person. Tickets available from The Acorn Centre reception.

An Inverurie West Parish Church fundraiser

Registered charity in Scotland SC016907

MENU

**Tasting Plate of Bruschetta,
Cazpacho, Olives, and Haloumi**

....

From the Buffet:

Lamb Kofta Kebabs

**Oven Baked Sardines with
Lemon, Olive Oil and Basil**

**Meatballs in a Tomato &
Pepper Sauce**

**Layered Aubergine,
Gous Gous, Feta & Roast
Vegetables**

**Penne, Roast Vegetable
Medley,**

New Potatoes & Salads

....

**Duo of Chocolate
Groustillant & Lemon Posset
Ghox with a Raspberry
Goulis**

....

Coffee & Chocolate Mints

THE ACORN CENTRE

West High Street
Inverurie, AB51 3SA
01467 870850

www.theacorncentre.org

FAIRTRADE FORTNIGHT: 9 - 22 September 2024



2024 marks 30 years of the Fairtrade mark first appearing on products on our shelves in the UK. The first, ***Green & Black's Maya Gold Chocolate***, was launched in 1994, followed by ***Cafédirect and Percol*** coffees, and Clipper tea.

There are now almost **5,000** Fairtrade products in the UK alone, and the number is growing all the time. Globally, millions of farmers and workers in 70 countries are part of **1,930** Fairtrade certified producer organisations, benefitting from stable prices, community facilities, access to training and a platform for their voices to be heard.

The focus of the 30th anniversary during this year's Fairtrade Fortnight is on showcasing the three decades of collaborative efforts with farmers and workers, establishing the Fairtrade market as a prominent force in creating life-changing benefits globally.



This year's theme is ***'Be the Change'***, spotlighting the ways that everyone can enact real change by choosing Fairtrade. The goal is more than people just being aware; it is about them taking an active choice to support over **2 million** Fairtrade farmers and workers wherever possible, to ensure they can earn a fairer wage.

Since Fairtrade certified products first appeared in the UK, the movement has not only pioneered a unique, more equitable way of doing trade – and shown how it makes a tangible difference – it has become the world's most recognised and trusted ethical label.



Despite these successes, the global food system still is not fair. Farmers are part of a chain

in which power is unfairly distributed. They are frequently forced to sell their crops for less money than they cost to grow. **The climate crisis is making conditions more and more challenging for farmers. So now more than ever it is vitally important to spread the word, support Fairtrade producers and call for trade justice.** More people choosing Fairtrade means extra income, power, and support for those communities, as they work to build sustainable and prosperous futures.



FAIRTRADE ROCK BUNS

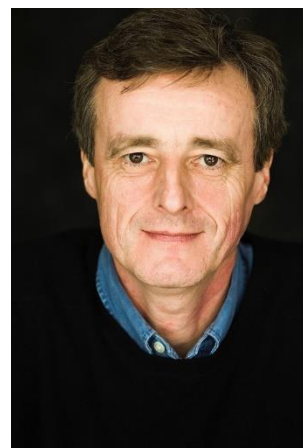
- 8 ozs self-raising flour
- 1 tsp baking powder
- ½ tsp salt
- 4 ozs butter or margarine
- 3 ozs Fairtrade caster sugar
- 2 ozs Fairtrade raisins (available in Ubuntu)
- 1 -2 tbsp milk



Rub butter into flour and then add the remaining dry ingredients. Mix beaten egg and 1-2 tablespoons of milk to make a sticky consistency. Spoon forkfuls of mixture onto lined baking tray and bake at 210°C for 12-15 minutes depending on size. Finally, sprinkle with Fairtrade caster sugar while still warm. **Enjoy!**

Stuart Henderson

God Beyond Gold - a further reflection in our troubled world of the calming nature of Christ.



**God beyond gold
Who gives us our worth.
Lord Who is due
much more than praise,
King Who observes
from the deep night of space.**

**Release us from
the terrors
which haunt
and pillage our sleep.**

**Inhabit our dreams
with vivid visions
of Hereafter.**

**And may the uneasy waters
of our hearts
be walked upon
and stilled,
by the becalming Christ,
our saviour in the dark.**

First published in 'Still facing Autumn' Plover Books, 2000 and reproduced with permission. Copyright Stewart Henderson.

Church Calendar/Ways of connecting – September 2024

If you are worshipping from home, you can connect as usual via the West church website and YouTube channels.



Sunday services are now back in the West Church and at the usual time of 11 am. If you are worshipping from home, you can connect as usual via the West church website and YouTube channels.

Sun 1 Sept	11 am morning worship Hospitality time after the service
Sun 8 Sept	11 am morning worship Hospitality time after the service
Tue 10 Sept	2 pm Guild Meeting – Acorn Centre 7.30 pm Kirk session meeting
Wed 11 Sept	Anticipated start date for Wednesday evening online Bible study
Sun 15 Sept	11 am morning worship Hospitality time after the service
Sun 22 Sept	11 am morning worship Hospitality time after the service
Fri 27 Sept	<i>Pop-up bistro</i> evening in the Acorn Centre Tickets £25, bring your own beverage
Sun 29 Sept	11 am morning worship Informal communion after the service

Encounter If you have any material for Encounter please email encounter@inveruriwestchurch.org by Wed 18 September

Children are welcome at all services. A weekly craft activity can be found in our *'Play as you worship'* box. Most weeks we also offer Junior Church for children who wish to go downstairs part-way through the service.

The prayer group continues to meet regularly on a Thursday morning. Prayer requests can be sent to olive.duncan@hotmail.co.uk or duncan.linda1@btinternet.com

Our contact email address for those looking for help with collection/delivery of supplies or medication is help@inveruriwestchurch.org

Duncan Maclellan Charity Challenges for the RSABI.



In last month's Encounter we had an article about Duncan Mclellan's challenges to raise money for the RSABI (*Royal Scottish Agricultural Benevolent Institution*).

Duncan successfully completed his coast-to-coast challenge in six and a half days, managing to wear his wellies all the way!!



He is extremely grateful to everyone for their generous donations towards his two challenges and he's very happy to have managed (by 13th August) to have raised a grand total of £4863.61 for RSABI - a very worthwhile cause. Thank you.

WHO'S WHO AT THE WEST

Minister	Rev Rhona Cathcart r.cathcart@inveruriewestchurch.org	620285
Session Clerks	Mark and Gillian Paterson sessionclerk@inveruriewestchurch.org	625675
Church and Acorn Centre Administration	Judith Will admin@inveruriewestchurch.org	670850
Church Officer	A team approach will be implemented.	
Rollkeeper	Chris Gardner rollkeeper@inveruriewestchurch.org	07791 630495
Life & Work	Irene Jamieson irenejamieson@live.co.uk	
Safeguarding Co-ordinators	Valerie Napier Gail Buchan	623279 622145
Transport Co-ordinator	Linda Mathers	622586
Acorn Centre Management Team	Laura Gray lauragray25@btinternet.com	620658
Environmental Matters Team	Joy Doorghen doorghens@hotmail.com	620823
Fabric Team	Jim Lyle jimlyle@hotmail.co.uk	624159
Finance Team	Alan Sharp sharp3@btinternet.com	
Treasurer	Alison Blair treasurer@inveruriewestchurch.org	620677
Committed Giving Envelopes	Cindy Farquhar Cindyfarquhar25@yahoo.com	
Gift Aid	Mandy Aitken mandyaitken@sky.com	07532 487788
Junior Church Team	Biff Barrow biff.barrow@tiscali.co.uk	623096
Pastoral Care Team	Rev Rhona Cathcart r.cathcart@inveruriewestchurch.org	620285
Social/Fundraising Team	Joyce Petrie joycepetrie21@hotmail.com	620932

CONGREGATIONAL ROLL

Deaths:

Mr George Wilkie (District 41)

Baptisms:

Jamie Roy Strachan (District 21)

30th June 2024

Weddings:

Jamie Lees and Carli Tough at Pittodrie House 10 August 2024

Change of Address:

Mrs Annabel Gordon (District 28) to (Postal)

Mrs Margaret Anderson (District 28) to (Postal)

Please advise the Roll Keeper of any change of address:
rollkeeper@inveruriewestchurch.org

FLOWER CALENDAR – SEPTEMBER

CONVENER - Eleanor Mitchell 620852

Sep 1st Joyce Petrie

Sep 8th Irene Jamieson and Linda Mathers

Sep 15th Linda Duncan

Sep 22nd Val Shinnie

Sep 29th Ann Milne



ENCOUNTER ONLINE – Currently we are producing and distributing Encounter online and in print. If you have not already provided details of your e-mail and would like to ensure you receive the online version, please contact the Session Clerk (01467 625675).

