



He is Risen...

Verse for 2020
“Be strong in the Lord and in His mighty power”
Ephesians 6:10

APRIL 2020 Newsletter Culduthel Christian Centre

www.culduthelchristiancentre.org

Welcome to the Church at CCC

During the present crisis, it will only be possible to read the Newsletter on-line.

A Sunday service will be available to link into at 11.00am on a Sunday morning via the CCC website (www.culduthelchristiancentre.org)

Many of the church's activities are suspended for the time being: Coffee Shop, Good News Club, Lunch Club, Knit n' Natter, Craft Club, Wednesday Prayer meeting, Women's Prayer and Share Group, Saturday Prayer, Prospects, Mayfield Lodge.

However, there is still a great deal going on....scroll down!

Yes, we are in unprecedented times but remember

THE LORD REIGNS!

Dear Church family- we want to encourage each other and see how you all are staying in community together! On Sunday morning as you meet to join together to worship in your home, we would LOVE it if you could send a screenshot of your family together either by email(socialmedia@culduthelchristiancentre.org) OR private message our Facebook page with your photos!

Let's stay encouraged. Be family. Do community.

Here at CCC we are putting in places things to help and care ' for our fellowship and our community

LISTENING EAR

We would love to keep in close touch with you in the current crisis. Do let us know if we can help in any or pray for you, If you are not signed up to receiving church emails do get in touch with William or one of the pastoral team and we can show you how to change your settings on Churchsuite so that you receive regular updates.



If you are feeling isolated, our Listening Ear service has now moved to Phone Support for anyone who needs it. Phone on a Monday, Tuesday (evening 6.00 - 9.00pm) and a Thursday.

**Phone us for an initial chat on 07908 402344
or email: listeningear@culduthelchristiancentre.org**

If you are in need due to the corona virus outbreak, there might be ways we can help!

**Phone us for an initial chat on 07908 402344
or email: listeningear@culduthelchristiancentre.org**

If we can't help we will give you details of other services who might be able to.

Ways we might be able to help:

- Offer a regular Listening Ear call
- Picking up shopping
- Picking up prescriptions
- Posting mail
- Pray with you over the phone (if requested).

Evil and the Cross

As a family we have just returned from a short break in Berlin where we spent most of our time in museums. Now that may not be your idea of a vacation, but we had a memorable time visiting some of the best museums in the world. The Berlin Wall is a reminder of the cold war and you can see bullet holes on the walls of some of the houses from the last days of the Second World War.

In 1945, Adolf Hitler said: “We will not surrender, never. We may be destroyed – but we will drag the world down with us.” The German state has gone to great efforts to prove him wrong. How can we avoid getting dragged down by evil? How can we resist evil? How can we overcome it?

In 1940, C.S. Lewis, the author of the Narnia chronicles, was listening to a speech on the radio by Adolf Hitler. He was disturbed by how Hitler could be so evil and yet so persuasive over a whole nation. This inspired Lewis to write “The Screwtape Letters,” which explores the disturbing ways in which we have the capacity to be deceived into thinking and doing evil acts. Jesus was all too aware of the power of evil. The Bible teaches about the spiritual battle between good and evil; between God and the devil. The Lord’s prayer ends with the cry: “deliver us from evil.”

In Berlin we also visited the Museum of German Resistance. It is in the heart of the Ministry of Defence building. The very place where Hitler ordered his generals to commit evil is now an exhibition which honours those who refused to submit.

We met the leading historian and guide who said to us with tears in his eyes

“We Germans were the devils of the 20th century...but not all of us.”

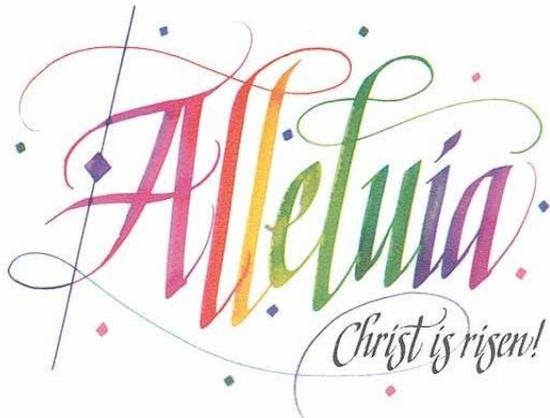
He went on to tell inspiring stories about people who refused to follow the crowd, who stood firm in the face of overwhelming evil. Dietrich Bonhoeffer, Pastor and theologian, wrote that true discipleship involves sacrifice. “When Christ calls a man, he bids him come and die.” Bonhoeffer resisted evil and was executed on the orders of Hitler.

Jesus Christ came into the world not only to resist evil but to destroy it. He was tempted in every way as we are yet did not sin. To understand how Christ destroyed evil we must look at what the New Testament says about his crucifixion and resurrection. Humanity and the whole of creation was under the power of evil, sin and death since the fall of Adam and Eve (Genesis 3). Christ’s death and resurrection sets us free from the power and penalty of sin in an act of perfect justice and

perfect love. Not only the power of sin but also the power of death is broken through his resurrection. Dietrich Bonhoeffer had the courage to die resisting evil because he believed that death was not the end.

The problem of evil and suffering which has tortured humanity is answered in the tortured body of Christ on the cross. The problem of death and the burden of grief which causes despair in the human spirit is answered in the resurrection of Christ. God is not remote from the problem. On the cross, God suffered in Christ reconciling and restoring a broken world to himself. Can you imagine a world where there is no sin, no evil and no suffering? This is the future God has promised and he has demonstrated his power to do it by raising Jesus Christ from the dead. He has given us a living hope through the resurrection of Jesus Christ from the dead.

Pastor Alasdair



EASTER SERVICES - do join us

April 10 Good Friday
Livestream at 7.30pm

April 12 Easter Day
Livestream at 11.00am

CHURCH FAMILY NEWS

We are very happy to have welcomed in to membership Robbie and Tracey Ross, and Rebecca Ure.

Matt & Ruth & Izzy Alexander

We are so excited that one of our elders **Matt Alexander** has been approved to be the pastor at **Wick Baptist Church**, starting in the summer. With his wife **Ruth** and daughter **Izzy**, we as a church are expectant & excited to see how God will minister through them as a family. We will be sad to see them go and they will be missed - but Inverness's loss will be Wick's gain!

There is talk of a coach to take as many as wish up thee for Matt's inductionwatch this space!



Congratulations to **Ian Jamieson and Rebekah Hutton** who, on March 21st, announced their engagement to be married. We wish them every blessing as they begin to plan their life together.

Congratulations to **JP and Corinna Campbell** on the birth of their baby daughter, **Margot Marianne**, born on March 21 and weighing 8lb 9oz. Great joy for the Campbell and Sim families.

Need help or advice with home schooling?

Esther Stephen is a qualified primary teacher and is happy to offer help with home schooling over the next few weeks and months. She could help with creating online timetables and providing online resources for children. Schools have provided home packs for children however if you need assistance with understanding something that has been assigned to your children then please contact Esther. She is happy to answer any questions that she can!

Contact: esther_howarth@msn.com

07508342395

A message from the Treasurer

The current health crisis has created uncertainty and financial concerns across the nation. Each of us will be impacted in different ways and we want to be very sensitive to those in our fellowship who are struggling with financial fears and uncertainty. We also feel it is our responsibility to bring to your attention very practical implications of us not physically meeting for Sunday services.

Regular Giving

The finances at CCC in the short term are going to be under services not being held on a Sunday at CCC and there being no regular weekly cash offering we would appeal to everyone who wants to give to CCC to ensure that an arrangement is in place.

- Set up a regular standing order [Please follow the link below, and the Standing Order Form can be found about half way down the page]
- Send an electronic bank transfer using the church bank details. All giving to CCC goes into one main bank account and is allocated by the leadership to resource and support our CCC ministry and to support overseas mission. These are the church bank account details for church giving.

Bank: Clydesdale

Sort Code: 82-70-13 Account Number: 10255827

This is also detailed on our giving page, See <https://culduthelchristiancentre.org/giving-2>

Gift Aid

If you are a taxpayer please give by gift aid you can use your name as a reference when setting this up. [If you follow the above link the Gift Aid form can be found towards the bottom of the page].

Alternatively if you send a payment to CCC by BACS transfer please also give your name as a reference.

Local CAP

For those who want to give specifically to the local work of Christians against poverty the bank details are: Sort Code: 82-70-13. Account Number: 90260739

We trust in the Lord who is our provider and as a leadership we can testify to his gracious provision for our church in the past. It is at such a time as this that God through his Holy Spirit binds us

together in love and unites us as we support each other and our work together to reach others in our community. If you want any practical help to set up a standing order or have any other questions please contact me on Email or telephone

Yours in Christ,

Duncan Dundas

on behalf of

Culduthel Christian Centre



Some CAP News

When I got a call from a client with the news that her mother was rapidly failing, I was concerned for her on a number of levels. She is a vulnerable person who has faced so many challenges in her life, many that we will hopefully never have to live through. On top of this there had been a complete breakdown of the relationship with her mum.

Can you imagine my surprise and thrill when a request came, "Please can you give me a Bible so I can read something to my mother as I know that's what she would like"!? It was amazing and a fantastic

opportunity, so passages were found and post-it notes stuck in at various places and a lovely easy read Gideon Bible was given to her.

The story continued when news came that the Bible had been used at the bedside. Mother and daughter had shared restorative time together and the Good News at the most crucial time of life. With God in the centre, one dear saint was taken to glory and now I pray and so must you, that another will find her way to our Father who loves her so much.

Thank you for supporting us as a CAP team in Inverness. Our prayer needs currently include our head office staff in Bradford preparing a way for us as frontline workers to interact and continue to support our clients during the current health crisis. Pray also that we may find ways to do this in practical and spiritual ways.

Colin, McLean, Debt Coach



Be joyful in hope,
patient in affliction,
faithful in prayer

Romans 12:12

Intercessions for April

Over the next four weeks we are going to be sending out daily prayer emails so we can unite in prayer for our world and church at this time. We are also going to have a specific focus on praying for our church family who are working in the NHS or other caring roles during the COVID19 crisis. Please join us as we pray for them at this time. If you don't receive church emails you can join us in prayer for those listed below.

(We have only put names here of those who gave us consent but we realise there are many others in our fellowship serving at this time. Please pray for them too and let us know if you would like us to pray for you specifically).

Jenny Wilson
Philip Kiln
Jenny Kiln
David Goudie
Doug Hutchison
Sandy Goudie
Alan Cuthbert
Kenny Mackenzie
Katy Dobson
Kathleen Mackenzie
Christine Macleod

Hannah Brown
Elspeth Lee
Roz Maclean
Susan Maniquiz
Arnold Maniquiz
Christine Eglinton
Doreen Campbell
Jayne Griffin
Catherine Griffin
Joanne Hepburn

As well as praying for those in our church working in health care please pray for:

Pray for those in our church and community who are sick or self-isolating at this time.

Pray for those worried about loved ones who are far away for them.

Pray for those suffering from mental health difficulties and for whom the lock down is particularly hard.

Pray for those who are looking after children and teens at home and who are also having to work from home.

Please pray for children and teenagers who are missing their friends and worried about the cancellation of exams and school.

Please pray for those suffering from financial hardship and we are worried about paying for food and electricity.

Specific people to pray for in the Fellowship:

Bereavements:

We pray for Christine Cameron and family in the loss of her husband, Roddy Cameron and give thanks that after his long life of suffering from multiple sclerosis, bravely borne, he is now with the Lord.

We pray for Leanne Sharpe and her family after the death of her grandmother, Lorna Young.

We pray for Sandy and David Goudie and the family on the death of Sandy's father, Norman Bier in Canada.

May the God of all comfort surround these recently bereaved people in our fellowship and give them peace.

We continue to pray for and think about all those in our church family who have lost loved ones over the past year. We are also praying for those who are approaching the anniversary of the death of their loved one. We pray for God's peace and comfort to surround them as they mourn.

Health concerns

We pray for God's upholding of those of our fellowship with health concerns: Katie Adam, Jackie Barclay, Andrew Callanan, Christine Cameron, Nancy Cormack, David Fraser, Craig Ferguson, John Ferguson, Steven Jackson, David Joiner, Alison Mackenzie, John McIver, Tracey Ross, Christine Shepherd, Derek Tulloch, Dorothy & John Watt, and Isabel Vellacott.

The following prayers collected by Matt for this time:

**At this time of great need, we turn to you,
Sovereign Lord and pray:**

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

(*Barbara Glasson* on <<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>>)

Pray for Those Who are Ill:

God of the present moment,
God who in Jesus stills the storm
and soothes the frantic heart;

Bring them courage to endure what cannot be avoided,
for your will is health and wholeness;
you are God, and we need you.

*Anglican Church in Aotearoa, New Zealand and Polynesia.
A New Zealand Prayer Book*

Pray for NHS Staff and other key workers:

O Lord Jesus Christ, who went about doing good and healing
all manner of sickness: give strength, wisdom and gentleness
to all thy ministering servants, our physicians, surgeons and
nurses [and all other hospital staff and key-workers]; that
always bearing thy presence with them, they may not only heal
but bless, and shine as lamps of hope in the darkest hours of
distress and fear; who livest and reignest with the
Father and the Holy Ghost, ever one God world without end.

Church Missionary Society

Pray for our governments:

May prayer be made for those in high office,
that they may bear their burdens with wisdom.
May blessings be invoked on them day by day,
may they be heartened by the prayers of the people.

Blessed be the God of all the earth,
who alone is all wisdom and justice,
who alone does great wonders.
Blessed be the glorious name of God:
may the universe be filled with God's glory.
Let the Amen echo with praise.

Jim Cotter

Pray for the lonely:

Father, we pray for all the lonely people, especially those who,
coming home to an empty house, stand at the door hesitant
and afraid to enter. May all who stand in any doorway with fear
in their hearts, like the two on the Emmaus Road, ask the
Living One in. Then, by his grace, may they find that in
loneliness they are never alone, and that he peoples empty
rooms with his presence.

E.M. Farr

Pray for those in financial hardship:

O God who rejoices in both our work and our play,
I come before you
unemployed,
afraid,
shaken in my trust.

When I lose courage and hope while searching for work,
be my rock of safety.

When I find it hard to believe in my talents,
revive in me an appreciation of the gifts you have given me.

When I begin to doubt my worth,
help me to remember that I do not need to earn your love.

When my fears take hold and start to overwhelm me,
let me find comfort in your care for me and those I love, and in
their love for me.

Thank you for all those who continue to support and encourage
me during this difficult time.

May it somehow bring us closer to one another and to you.

Kathleen Fischer and Thomas Hart

Pray for families:

O eternal God, our most merciful Lord and gracious Father,
thou art my guide, the light of mine eyes, the joy of my heart,
the author of my hope, and the object of my love and
worshippings, thou relievest all my needs, and determinest all
my doubts, and art an eternal fountain of blessing, open to all
thirsty and weary souls that come and cry to thee for mercy
and refreshment. Have mercy upon they servant, and relieve
my fears and sorrows, and the great necessities of my family;
for thou alone, O Lord, canst do it.

Jeremy Taylor

Pray for our nation:

We especially pray for our country that God would bless it; and oh, that we might have a season of revival of pure and undefiled religion in the land. We perceive that Thou canst turn the hearts of the people, as the trees of the wood are moved in the wind. Oh, that there might come a deep searching of heart, great thoughtfulness of the Scriptures, reverence of God and the principles of justice and peace: and may this land make another stride in onward progress, and out of it may there be gathered a people whom Thou hast chosen, who shall show forth Thy praise.

C.H. Spurgeon

In addition, please continue to pray for the following people and organisations:

Our Pastor Alasdair and the leadership team;

Pray for the response of the Highland Foodbank and Blythswood Care as they step up their activities in order to help the most vulnerable in our communities;

Pray for families with children and teenagers - that God would grant peace, patience, grace and endurance;

Pray for the pastoral care team

Pray for Janet as she takes initial calls to the Listening Ear

Phone number and refers them to members of the team who will listen and pray (for or with the caller).

Pray for the team involved in the production and delivery of emergency care packs.

Kidzone News:

We find ourselves scattered for a season and among the challenges there are new opportunities. This is true for all areas of life, including CCC's children's ministry of Kidzone.

Currently the email bulletin includes a suggested outline for families to use at home. This has a couple of songs you may wish to use, a prayer and links to the Out of the Box resources *The Armour of God*. Chris Watt and his team have put this family friendly resource together and have made this freely available, to give opportunities for families to explore this theme together.

For our church family, it is a fantastic opportunity to share some of what God has been teaching the adults through the recent sermon series and reflect on this with our children. This is also the theme of an all age slot that is available online.

This is not a prescriptive list, just tools to help your family's faith journey. It may be that you dip into them at different points in your week. We are keen to help you establish a new rhythm and habits that help children connect with God and with the whole family, as they share their thoughts, crafts and stories with us. We are praying for you as you care for your family with all the added pressures at this time.

Please let us know what we can be doing to serve you and your children over the coming weeks as you journey together in faith and life. Please also let us know if there are any resources that you are using that would help others too! Lastly, we are looking towards being able to connect the children with each other too and are working on this.

May you and your family know God as your refuge and strength and His guidance in these days.

Nicki Hutchinson

Our website has a page dedicated to you.

<https://culduthelchristiancentre.org/children>

This will be updated with more information in the coming weeks.

Corona Virus and our Mental Well-being .

We are aware of that the COVID19 outbreak has had an impact on all aspects of our lives. One aspect that can be affected and is perhaps harder for us all to talk about is our mental health and well being. As a pastoral team we hope to give a few resources on how to support this aspect of our lives in this challenging time. Look out for more resources on our website and see below for an article on Anxiety and the Corona Virus.

Anxiety Amidst the Corona Virus Crisis

Few would disagree that we are living in extraordinary times. We are all trying to get to grips with our rapidly changing circumstances as we witness the unfolding of the coronavirus pandemic. It is probably fair to say that a large number of us, maybe even the majority of us, are feeling some anxiety about the situation.

Anxiety is a normal response to stressful situations. We all have the capacity for anxiety; we all experience a range of emotions as part of our God-given design. There is nothing “wrong” with feeling anxiety, any more than it is “wrong” to feel any emotion. Arguably, anxiety can be quite useful as it alerts us to threats and prompts us to take action, to avoid or otherwise deal with these threats. Christians are just as likely as anyone to feel anxiety, and it does not reflect a failure to have enough faith in God. In fact, Jesus himself appeared to exhibit extreme anxiety (sufficient to sweat blood) in Gethsemane, despite the fact that he trusted His Father completely.

Anxiety, then, is a perfectly understandable and normal reaction to difficult circumstances, but nonetheless, we might consider what our most useful responses might be.

Firstly, it is important to recognise that there is much about the current situation that is out of our control. God is not surprised, overwhelmed or frightened by coronavirus, and remains in control of everything. To Him, this is not a “crisis”. We are not God, however, and as individuals we will have very little direct influence over the course of this pandemic. Our human resources are extremely finite, so it is worth directing them towards the things we *can* control, including our response to our anxiety.

Anxiety tends to manifest itself in various ways, including physically. It is common for anxiety to be accompanied by a range of physical sensations, such as increased heart rate, faster breathing, muscle tension, increased body temperature, loss of appetite, to name a few.

This is a normal and helpful bodily response to physical danger – these changes allow us to run faster, or defend ourselves against threat. But they can be quite uncomfortable if they are with you all of the time. There are ways in which you can tone down this “fight or flight” reaction – try taking slow deep breaths, do something relaxing, or take some gentle physical exercise.

Given that anxiety often plays out in our physical bodies, we can help ourselves by doing whatever we can to look after our bodies. Try to make the most of our (albeit more limited) opportunities to exercise, and to eat well. Also, as social schedules thin out a bit, take the opportunity of catching up on some sleep.

Of course, anxiety is not only a set of physical symptoms. Anxiety also manifests in our thinking. Given that anxiety is a mechanism for keeping us safe, it makes sense that it would also direct our thoughts towards sources of possible threat, as well as sowing doubts about our ability to cope with those threats. But we can usefully follow the example of the apostle Paul: “We take every thought captive, so that it is obedient to Christ” (2 Cor. 10:5). We can make every attempt to align our thoughts with those of Jesus, and seek His help to do this.

Whilst we can expect anxious thoughts to crop up, we can respond to them with biblical truths. Allow God to bring you comfort from His Word. “And we know that in all things God works for the good of those who love him, who have been called according to his purpose” (Rom. 8:28). “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? (Rom. 8:35).

As well as aligning the content of your thoughts with those of Christ, it might also be worth being aware of the bias towards threatening information at times of anxiety, and to correct this. Two possible ways of doing this would be to consider limiting the amount of threatening information you are exposed to. Choose a reputable source of information, and choose to limit the time you spend checking it. Secondly, you can opt to regularly orient your attention away from the current crisis, and towards what you are grateful for, opportunities to share God’s love with others, and to offer prayers of thanksgiving in the midst of every circumstance.

Finally, given the limited influence any of us have, choose the most valuable actions you can, and carry them out wholeheartedly. You may decide to devote time seeking God’s presence in prayer over the coming weeks and months, to delve into His Word, to strengthen the

bonds of friendship and seek opportunities to love your neighbour. In these strangest of circumstances, we still have the opportunity to live out our faith, with the help and in the strength of the Holy Spirit. And remember that no matter how anxious we might feel, we can rest assured that God remains powerfully in control of every situation.

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” (Eph. 3:19-21).

From the Pastoral Care Team

CCC Video Conferencing Policy

We recognise that video conferencing has become a valuable tool as we look at ways to meet together as church and as a youth group, particularly at a time when we are not able to meet physically. There are many difference platforms available for this such as Microsoft Teams, Zoom, Skype, Google Meeting, FaceTime and Google Duo. We are following the Baptist Union's recommendations to ensure that we meet our Safeguarding policies and procedures. All Youth workers have been made fully aware of the procedures.

ChurchSuite has also just released a new function for us to use for VideoConferencing and we will be reviewing and rolling this out over the next week.

Both the **Ladies Bible study** (10.30am on Tuesday mornings), the **Alpha Course** (Tuesday evenings) and most of the **Home Groups** are still meeting via Zoom. Any new ladies are welcome to join the Ladies Bible Study; also those interested in joining a Home Group.

We can show you how to use this technology. For help with this in the first instance, contact admin@culduthelchristiancentre.org



News from our BMS Mission Partners

Simon and Wendy Hall 10 years in Nepal February 2010



Dear friends

January 4th marked the 10th anniversary of Simon stepping off a plane into the beguiling land of Kathmandu. A journey that was only meant as a 6-month 'gap year', has somehow morphed into a decade of life split almost equally between teaching in the mission school in urban Kathmandu and supporting rural schools in beautiful Lamjung.

Life has changed a lot. From 25 to 35. Unilingual to bilingual. From single to married, to being a father. From 2G internet, to 3G and now 4G, things move on. From little hair, to even less but still the same bodyweight (and still grateful to be relatively healthy)!

(Simon) "When I signed up to going to Nepal., I didn't even know where it was. Now I feel like I know it intimately. It's strengths and it's weaknesses. I no longer think of it as a foreign or exotic, or even as a singular thing. Through living in community, we have learnt so much of the struggles and joys of day-to-day life, and the pervasive worldviews, some of which have changed our own thinking as well. There have been highs and there have been earthquakes, but we are grateful to have been able to spend time here".

Wendy's timeline in Nepal begins before Simon's in 2003, and again in 2008-9, 10 and continuously since 2011. Wendy had several offers of marriage before meeting Simon, but she wisely waited for the unassuming computer teacher as her spouse and now almost 8 years married, with one lovely daughter, it's time to announce that we have a second child on the way!

Wendy recently went back to the States (on her own ...yes, Simon and Libby survived, with great help from Joy) to be with

her family after the death of her Grandmother, aged 96) and while there she was able to access good healthcare. An ultrasound showed the baby was healthy and growing well. Due in late July.

We are excited by the prospect of returning to Nepal as a family of four after a home-assignment this summer. We would also value your prayers for health during pregnancy, strength to trek up the 150 steps to our house in the heat on a daily basis and for the transitions and travel with a growing family.

Our education project in Lamjung continues to progress. The team from Kathmandu recently came out for a two week visit, culminating in an inter-school spelling contest in which our 15 partner schools competed. We were very happy to see that students from a village Government school won, beating out competition that included two urban private schools.

We have recently had our team Development Days in Kathmandu and have been planning for the next academic year (which starts in April). It is always a time of great optimism and we are hoping to find funding for three more school ICT labs as well as considering where a school feeding programme might fit in to our work.

We work with schools, and I would like to share with you about the school 'helper'. Each school tends to employ one person to look after the school and the grounds. Often they are the night watchman and stay overnight on a bed at the back of the classroom. They prepare the tea for the staff, sometimes they cook, they clean, they cut the grass. They regularly get yelled at or mistreated. They are considered bottom of the pecking order. They are normally men, but often physically small. They need to be of a higher caste so that they can prepare food, but they are often uneducated or unhealthy. They live as servants. They are the heroes. In our worldview where the first is the last, the last first, the servant is worthy of the most respect. And I would like to honour one of my favourites here, a man of dignity who has worked hard and raised his two children as a single parent. Though he does not know Christ, he lives as a reflection of his humble servitude.

Reflecting on 10 years in Nepal, it hasn't made us financially wealthy but rich in diverse friends, experiences and cultural understanding. Simon is now the longest serving foreign staff at KISC. We have been shaped by many amazing people, expatriate mission folk, dedicated and committed Nepalis and supporters throughout the UK. To those we have met on our journey, we thank you for the various ways you have taught us and challenged us.

Prayer requests

We are thankful to God for 10 years in Nepal (we know this is a privilege and a grace of God).

We are thankful for good neighbours and playmates for our daughter.

We are thankful to be part of a loving church.

We are thankful that Wendy was able to be at her Grandmother's funeral and access good healthcare.

Please continue to pray for Wendy and the growing baby inside her.

Please pray for our project including our funding application for 3 new school ITC labs.

Please pray for us that we would stay focussed and energised as we enter our 9th month of overseas stint and as the temperature climbs.

Thank you again for your support, prayers and kind messages through the years. You have helped sustain us through this exciting decade.

God bless and lots of love,
Simon and Wendy.

Phil and Liz in Afghanistan

The family moved at the end of 2017 to a city in the north of the country after worsening security in the capital, and have now found a house to rent there and are settling into life there. Phil works in project management and is also acting finance director. They have recently been given a grant from the UK government for maternal health development in some of the communities where they are working. His work also involves travelling to Kabul for one week a month and they are asking for prayer for them in their times apart and for safety as he travels. Liz is trained as a paediatric nurse; however she is involved just now in teaching at the expat school that Rachel attends. She is also running first aid training for other expatriate staff and for local staff, and has also just started work one day a week in a local maternity hospital. The children Rachel (6) and Zach (2) are settling in well to their new life, after a lot of transitions this past year. Rachel has started at the small expat school and is making friends, and a local lady is childminding Zach a few mornings a week. They have asked for prayer for peace and stability in Afghanistan, and for more workers to be called to go out to Afghanistan.

If you would like to read their blog please see a member of the

Update from Phil and Liz : 17th March

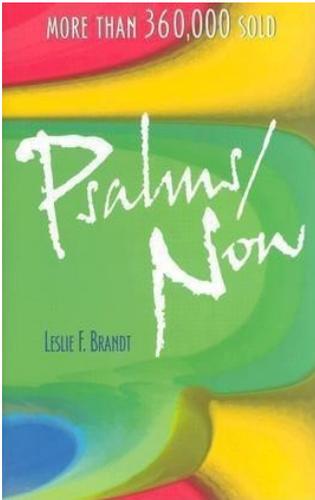
"As an organisation we have put together a response team which Phil is currently leading. They are focusing on potential scenarios should instances of the coronavirus increase, and looking at contingency planning for projects and organisations as a whole. The decision was taken on Saturday that families with dependents and those who are at risk should leave the country due to the likelihoods of flights to and from Afghanistan being suspended. So, Liz and the kids flew back to the UK on Sunday for an indefinite period of time. Pray that they would adjust quickly to this unexpected transition and get into some kind of routine, especially as Liz will need to home school Rachel. Also, pray for us whilst we're apart as a family, and don't know how long this will be for."

From BMS World Mission

The Coronavirus crisis has already touched us all. The worlds we inhabit are shrinking. Borders are closing, international travel has halted, and a large majority of the UK's population is social distancing and preparing for self-isolation. Covid-19 is an international crisis of frightening proportions, and yet it threatens to disrupt instead of strengthen our local and international bonds. As Christians, we must not let that happen.

BMS World Mission has always been about remembering that our neighbours can be anywhere in the world. And as an international charity serving the poorest and least evangelised, we are now, as ever, committed to bringing hope. These are uncertain times, but together, we can trust in a God who goes before us in our mission to make Jesus known and bring life to the full, no matter the circumstances.

We're committed to the wellbeing of our partners and workers, to our staff and to those we serve, to helping at a local and international level, and also to you, our supporters. As the threat of disconnectedness looms large, we'll be finding new ways to help you stay informed and inspired about God's work happening around the world



A book review from Tracey Ross Psalms Now by Leslie F Brandt

I purchased this book to read myself and have since bought a few copies to gift to others. This is a book you keep reading, in my opinion it is simply wonderful.

The author Leslie F Brandt served around the world as a pastor, evangelist and writer. He has written this book which gives a different approach to reading the psalms, rewriting them in terms of what our world experiences today. I enjoy reading the original bible version of the psalms then comparing the same psalm as it is written in this book.

***Psalm 23* as written by Leslie F Brandt**

*The Lord is my constant companion.
There is no need that He cannot fulfil
Whether His course for me points
To the mountaintops of glorious joy
Or to the valleys of human suffering,
He is by my side.
He is ever present with me.
He is close beside me
When I tread the dark streets of danger,
and even when I flirt with death itself,
He will not leave me.
When the pain is severe,
He is near to comfort.
When the burden is heavy,
He is there to lean upon.*

*When depression darkens my soul,
He touches me with eternal joy.
When I feel empty and alone,
He fills the aching vacuum with His power.
My security is in His promise
To be near me always
And in the knowledge
That He will never let me go.*

Psalm 34

As written by Leslie F Brand

*'I feel as if I could never cease to praise God.
Come and rejoice with me over His goodness!*

*I reached for Him out of my inner conflicts,
and He was there
to give me strength and courage.
I wept in utter frustration over my troubles,
And He was there to help and support me.*

*What He has done for me He can do for you.
Turn to Him; He will not turn away from you.
His loving presence
encompasses those who yield to Him.
He is with them
in the midst of their troubles and conflicts.
He meets their emptiness with His abundance
And shores up their weaknesses
Through His divine power*

*Listen to me I know whereof I speak.
I have learned through experience
That this is the way to happiness.
God is ever alert to the cries of His children;
He feels and bears with them
their pains and problems.
He is near to those who suffer
and reaches out to help
those who are battered down by despair.*

*Even the children of God experience affliction,
but they have a loving father
who will keep them and watch over them.*

*The godless suffer in loneliness, without hope;
the servants of God find meaning and purpose
even in the midst of suffering and conflict'*

A book review from irene Murray The Armor of God, by Priscilla Shirer

This is a Bible Study Guide for women written by a woman with a world-wide ministry and a gift for boldly proclaiming the uncompromising truths of Scripture. It is a 7 session study on the armour of God as depicted in Ephesians 6: 10-19 (on which the Sunday morning preaching at CCC has been focusing). It can be undertaken independently or in groups (there are tips for leading a group), and can be accompanied by DVDs if you wish (or sessions can be uploaded from the web site). It is an incredibly important topic because – as the back of the book explains *‘All day, every day, an invisible war rages around you. A cunning devilish enemy seeks to wreak havoc on everything that matters to you – your emotions, your mind, your family, your future. But the enemy always fails miserably when he meets a woman who is dressed for the occasion. A woman who is armed and dangerous.’* This study brings to light the war that is around us and challenges us to *‘suit up, stand firm, and secure victory’* in our lives by being aware of the devils’ tactics, developing a personalised strategy to put the enemy in his place, and to take advantage of our position in Christ and experience victory in practical everyday living.

The 7 sessions cover ‘Sizing up the Enemy’, ‘The Belt of Truth’, ‘The Breastplate of Righteousness’, ‘The Shoes of Peace’, ‘The Shield of Faith’, ‘The Helmet of Salvation’ and ‘The Sword of the Spirit. Each session explains in detail how the various pieces of the armour were used/worn by the Roman soldier. A session is intended to be explored over a week and consists of 4 studies that end with ‘Actionable Intel’ (ie, how am I going to put this into practice today?), followed by a ‘Digging Deeper’ study and finally a ‘Strategy Session’ on Day 5 when we can plan how to sabotage the enemy’s efforts to discourage and disarm us.

Priscilla has a wonderful knack of illustrating her points from every day/family life. She encourages the reader to use the book like a notebook and it is filled with cross-references from Scripture, signposts, arrows, questions to be answered and diagrams. I prefer to keep my copy pristine (so you can have a look at it if you like before you buy your own copy!) as I record all my responses onto a document on my PC. It takes time and I have not finished it yet, but it is very well worth the effort. The final pages are blank for you to write your own prayer strategy against the enemy. The rear fly leaf contains a diagram of a Roman soldier in full armour, and this is referred to frequently throughout the book.

Sorry men! You are really missing something here!

From “Whether One May Flee From a Deadly Plague”
by Martin Luther 1483 - 1546



Others sin on the right hand. They are much too rash and reckless, tempting God and disregarding everything which might counteract death and the plague. They disdain the use of medicines; they do not avoid places and persons infected by the plague, but light heartedly make sport of it and wish to prove how independent they are. They say that it is God's punishment; if He wants to protect them He can do so without medicines or our carefulness. This is not trusting God but tempting Him. God has created medicines and provided us with intelligence to guard and take good care of the body so that we can live in good health.

If one makes no use of intelligence or medicine when he could do so without detriment to his neighbour, such a person injures his body and must beware lest he become a suicide in God's eyes. By the same reasoning a person might forego eating and drinking, clothing and shelter, and boldly proclaim his faith that if God wanted to preserve him from starvation and cold, he could do so without food and clothing.

Actually that would be suicide. It is even more shameful for a person to pay no heed to his own body and to fail to protect it against the plague the best he is able, and then to infect and poison others who might have remained alive if he had taken care of his body as he should have.

No, my dear friends, that is no good. Use medicine; take potions which can help you; fumigate the house, yard, and street; shun persons and places wherever your neighbour does not need your presence or has recovered, and act like a man who wants to help put out the burning city.

He is thus responsible before God for his neighbour's death and is a murderer many times over. Indeed, such people behave as though a house were burning in the city and nobody were trying to put the fire out. Instead they give leeway to the flames so that the whole city is consumed, saying that if God so willed, he could save the city without water to quench the fire.

What else is the epidemic but a fire which instead of consuming wood and straw devours life and body? You ought to think this way: "Very well, by God's decree the enemy has sent us poison and deadly offal. Therefore I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine, and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance infect and pollute others, and so cause their death as a result of my negligence.

If God should wish to take me, He will surely find me and I have done what He has expected of me and so I am not responsible for either my own death or the death of others.

If my neighbour needs me, however, I shall not avoid place or person but will go freely, as stated above. See, this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God.

Moreover, he who has contracted the disease and recovered should keep away from others and not admit them into his presence unless it be necessary.

Though one should aid him in his time of need, as previously pointed out, he in turn should, after his recovery, so act toward others that no one becomes unnecessarily endangered on his account and so cause another's death. 'Whoever loves danger,' says the wise man, 'will perish by it.'

CHURCH WEBSITE

Our church website has recently been refreshed. The members' page and ChurchSuite login can now be found under '**Resources**'.

There is also a link to the members' page in the footer.

The sermons can also be found under '**Resources**'.

WANT TO RECEIVE EMAIL UPDATES FROM CCC?

Please log into My ChurchSuite and review the "My Details" section, which shows a summary of the contact information that CCC holds about you on our database. This information is only visible to you, unless you choose to set any of your contact details visible to others in the church through your privacy settings.

If you wish to receive the CCC weekly email, and you are currently not receiving it, you will need to go to the Communication tab in My ChurchSuite. This is where you will manage your communication preferences - opting in or out of receiving general church communications and/or rota reminder communications. Please remember that opting out will prevent our church leaders from being able to keep in touch with you by these methods, meaning you may miss out on important church communications.

LISTEN TO SUNDAY SERMONS

All Sunday sermons are available to listen to or download from the church website: **www.culduthelchristiancentre.org**

If you would like a CD copy of Sunday sermons, or DVD of whole service, please contact **Frank Steven**:

e:recordings@culduthelchristiancentre.org

The next Newsletter will be on the CCC website on

SUNDAY MAY 3 2020

Please submit items covering the month of **MAY 2020**

NO LATER THAN WEDNESDAY April 22

to Gill or Jenny on e:publicity@culduthelchristiancentre.org

CHURCH CONTACTS

Pastor: Rev Alasdair Macleod also an Elder

Church Office: 01463 222795

alasdair.macleod@culduthelchristiancentre.org

ELDERS:

Allan Dunbar - also **Pastoral Care**

t: 01463-235913 Mobile: 07761283905

e: allan@culduthelchristiancentre.org

Norman Cordiner t:01463-236060

e: norman@culduthelchristiancentre.org

Duncan Dundas also **Church Treasurer**

t: 01463-798944

e: duncan@culduthelchristiancentre.org

Angus Jamieson

t: 01463-240548 Mobile: 07801533094

e: angus@culduthelchristiancentre.org

Matt Alexander t: 07531717337

e: matt@culduthelchristiancentre.org

David Goudie t: 07585554026

e:davidg@culduthelchristiancentre.org

Kenny Mackenzie t:01463 225436

e: kenny@culduthelchristiancentre.org

DEACON (Children): Alison Shanks

e: alison@culduthelchristiancentre.org

DEACON (Facilities):

Bobby Mackenzie

e: bobby@culduthelchristiancentre.org

DEACON: (Youth)

Helen Moss

e: yf@culduthelchristiancentre.org

CHURCH SECRETARY:

George Mackenzie t: 07801 357154

e: secretary@culduthelchristiancentre.org

CAP MINISTRY:

duncandundas@capuk.org

colinmclean@capuk.org

allandunbar@capuk.org; 07761 283905

CATERING: Vacant

CCC ADMINISTRATOR:

Jenny Sinclair t:01463 222795

admin@culduthelchristiancentre.org

CCC PUBLICITY:

Gill McWhirter: Newsletter

e: publicity@culduthelchristiancentre.org

CHILD PROTECTION: Alison Macleod

e: alison.macleod@

culduthelchristiancentre.org

COFFEE SHOP

Janetta Howarth t: 01463 222795

e: janetta@culduthelchristiancentre.org

e: janetta@culduthelchristiancentre.org

COMMUNITY WITNESS & OUREACH TEAM:

Angus Jamieson

e: angus@culduthelchristiancentre.org

CRECHE CO-ORDINATOR:

Joan Ross t: 07815445469

e: creche@culduthelchristiancentre.org

KIDZONE: vacant

DIGITAL COMMUNICATIONS

William Hamilton: m: 077779341742

e:digital@culduthelchristiancentre.org.

DISCIPLESHIP TEAM:

e: alpha@culduthelchristiancentre.org

FACILITIES MANAGEMENT:

Norman Cordiner t: 01463-236060

e: norman@culduthelchristiancentre.org

FUNCTIONS TEAM LEADER:

Marion McInnes

e:bookings@culduthelchristiancentre.org

HOME GROUPS: Jeff Howarth

e: homegroups@culduthelchristiancentre.org

LISTENING EAR: Janet Logue

listeningear@culduthelchristiancentre.org

MEN'S MINISTRY: Danny Muschate

t: 01463-238176

e: men@culduthelchristiancentre.org

MISSION SUPPORT TEAM: Katy Dobson

e: mission@culduthelchristiancentre.org

PA TEAM: incl sound and audio/visual

Bobby Mackenzie

e: bobby@culduthelchristiancentre.org

PASTORAL CARE TEAM:

allan@culduthelchristiancentre.org

alasdair.macleod@culduthelchristiancentre.org

PASTORAL CARE CO-ORDINATOR

Janet Logue

e:janet.logue@culduthelchristiancentre.org

m:07741284817

PRAYER MINISTRY: Duncan Dundas

e: duncan@culduthelchristiancentre.org

SERMON RECORDINGS: AUDIO/DVD

Frank Steven t: 01463-242811

SUNG WORSHIP TEAMS: Hazel Ferrier

e: worship@culduthelchristiancentre.org

YOUNG ADULTS: Hannah Alexander

e: youngadults@culduthelchristiancentre.org

