

Focus on Fetteresso - 5<sup>th</sup> July 2009

With the school holidays upon us many in the Fetteresso Church community will be taking a break away from Stonehaven. However, to keep us connected as we travel, prayer cards are available which highlight the continuing prayer needs of the congregation, Stonehaven as a whole and the wider world. The cards also encourage us to remember God's goodness to us by asking ourselves the question 'what am I most grateful for today?'

A number of Fetteresso folk are journeying to Africa this summer to lend support to projects in Uganda and Malawi. There have been a series of successful fund raising events including a recent sale at the Plainstones which raised £300, helped by the sunny weather and the Continental Market! On Sunday we prayed especially for Amy Robertson who leaves for Malawi this week.

Fyfe Blair, our minister, continued our exploration of the wisdom contained within the book of Proverbs, by focusing on the theme of self-control. In the children's address, Fyfe challenged some children to hold a jelly baby in their mouths without chewing! Could they show restraint and self-control? Their task was made more difficult by Fyfe happily eating jelly babies alongside them! In life young people face many challenges and temptations and it's important not to be led astray by others. The challenge is to 'show some mettle', to be bold and say 'no'.

Self-control and restraint from excess are not popular themes in today's world. Failure to exercise control over our emotions can give rise to impulsive and aggressive behaviour. Excesses of food, drink, drugs, sex are accepted as normal within our world with the consequent rise in obesity, health risks and damage to relationships. Proverbs 25 v 28 says: 'Like a city whose walls are broken down is a man who lacks self-control'. This compares a person without self-control to a city without defences. The battering of the world has left the city and the person with no form of protection. All of us face challenges and temptations in life, and these can break down our defences and leave us vulnerable. Proverbs 29 v 18 reminds us of the importance of having a vision in life as this provides us with boundaries for our behaviour. If you don't know where you're going, then anything goes. But when God has mastery of our hearts His Holy Spirit helps us to exercise self-control and to keep within God's boundaries. God's restraint is a loving one, like a parent keeping a child safe. It is for our benefit, and the benefit of others so that we might experience joy, peace and freedom in Christ and live together harmoniously in this world.

Summer Sunday School and crèche continue over the school holidays. Holiday Club will run from Monday 10th to Friday 14th August.