

# Welcome to Stonehaven Fetteresso



*Life of Worship • Life of Love • Life of Service*

## ***2nd September***

Blessed are those who keep his statutes  
and seek him with all their heart.

**Psalm 119:2**



DailyVerses.net

The Church office will be closed from

Thursday 3rd September to Monday 21st September

Emails will be checked infrequently.

If you have a pastoral emergency please contact:

Mike Barfoot on 01569 766588.

# September Prayer Focus - Christian Aid & Nominating Committee

On our Bulletin we have already highlighted the work of Christian Aid .

During September we wish to focus on this and also the work of the Nominating Committee as they seek a new minister for Fetteresso Church on our behalf.

## Christian Aid

In the wake of the terrible disaster in Beirut, the explosion claimed the lives of 150 people and injured over 5000 people. 750,000 people have been left living on the streets without shelter, food, or emergency medical supplies. Eighty five percent of the country's grain supply and medical supplies were destroyed.

Lord we pray for all the people who are suffering in the Lebanon, and in Beirut. We pray that aid will be focussed and co-ordinated and will reach the people in such dire need.

Lord we turn to you. Your love of all people inspires us to care for others. What can we do? There is an enormous amount of work to do. The devastation down at the site of the explosion and in the immediate surroundings is still very profound. Terrible economic crisis already affects the country.

Lord, we thank you for those who answer the call when you ask, 'Whom shall I send?' We are glad of the Christian Aid response of distributing food, water and hygiene disinfectant, clothes, mattresses, and blankets.

Christian Aid have asked that we pray for peace and comfort for all those suffering and assure us that in times of crisis acts of compassion, big or small can make a world of difference. So Lord we come asking this for the people of Lebanon. In your great love and mercy hear our prayers in Jesus name.

Amen.

Should you wish to contribute to the work of Christian Aid please follow the link to the Christian Aid, Lebanon Crisis Appeal

<https://www.christianaid.org.uk/appeals/emergencies/lebanon-crisis-appeal>

## Nominating Committee.

The committee ask that we continue to pray alongside them.

Please uphold the committee constantly in your prayers before God.

Dear Lord,

Lord we give you thanks that you have always provided for us at Fetteresso.

We thank you and look to you expectantly trusting that you will again provide us with a leader.

We give thanks for the work of the nominating committee at Fetteresso.

We pray asking:

- that the future minister may now have applied before the closing date of 31st August.
- that the next stages will be Spirit led and that the committee will be in accord during any interviews and decision making.
- that if a successful candidate has come forward that this will be clear to the members of the committee that this is Your choice for Fetteresso.
- that any successful candidate will also be sure of Your call to Fetteresso
- that you will bless the members of the committee with the wisdom, discernment and perseverance to undertake this task however long it takes.

May this be to your Glory and purpose for your people in Stonehaven. In Jesus name.

Amen.

To access the Sunday Evening prayer at 7pm for the next three Sundays please go to:

<https://www.churchofscotland.org.uk/news-and-events>

# Guild Annual Gathering goes digital this weekend

Join us this Saturday for a very special Guild Annual Gathering, which will be available online from 11am.

The Guild Annual Gathering will be on the Church of Scotland's website and the Church of Scotland's Facebook page on Saturday 5 September.

Themed around 'the extra mile', members will be able to take part from the safety of their own homes, either on this page on the Church of Scotland website or on the Church of Scotland Facebook page:

<https://www.facebook.com/churchofscotland/>

Featuring singing and worship led by the Moderator of the Church of Scotland, Rt Rev Dr Martin Fair, the specially created video will help us recreate the Guild's joyful atmosphere and feeling of togetherness despite being unable to physically meet.

As usual this year's Annual Gathering will offer the opportunity to welcome the Guild's new national convener, Mable Wallace, along with a chance to bid farewell to the outgoing national convener, Marian Macintyre.

Mrs Macintyre said: "During lockdown, Guild members all over the country have proved to be true 'companions on the road', especially by keeping in touch with those in their groups who have no access to technology—via phone chains, photocopied printed versions of the eNews (which has been steadfastly produced every single week), socially distanced visits.

"Now we are going 'the extra mile' - we can't be all together in the Caird Hall on 5th September, so we have produced a 'Virtual Annual Gathering' which will be available on the Church of Scotland website at 11am on Saturday.

"Why don't you join us for this celebration of the Guild?"

Other sections will include contributions from Rev Richard Baxter of Fort William Duncansburgh MacIntosh Parish Church, and news about our current Guild projects.

Those watching from home are advised to have bread and wine on hand in order to take part in communion.

Iain Whyte, general secretary of the Guild, said: "We're delighted to have sent out hundreds of DVDs and USB sticks to those without internet access in the run up so that hopefully everyone who wants to will be able to take part.

"It's been very cheering to hear about small groups of Guild members who are planning to meet and watch the Annual Gathering together whilst still following the government's guidelines."

## Assessment 'Tool' for individual and group health risks

The assessment 'tool' below helps you to see how different risk factors may combine to give serious health complications should you catch the Covid-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are 'shielding'. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life.

Risk Factor		Total Score
<b>Age</b>	50-59	1
	60-69	2
	70-79	4
	80 and over	6
<b>Sex at birth</b>	Male	1
<b>Ethnicity</b>	Caucasian	0
	Black African Descent	2
	Indian Asian Descent	1
	Filipino Descent	1
	Other (including mixed race)	1
<b>Diabetes &amp; Obesity</b>	Type 1 & 2	1
	Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c $\geq$ 64mmol/mol	2
	Body Mass Index greater than or equal to 35 kg/m <sup>2</sup> online BMI calculator: <a href="http://www.nhs.uk/live-well/healthy-weight/bmi-calculator">http://www.nhs.uk/live-well/healthy-weight/bmi-calculator</a>	1
<b>Cardiovascular disease</b>	Angina, previous heart attack, stroke or cardiac intervention	1
	Heart Failure	2
<b>Pulmonary (lung) disease</b>	Asthma	1
	Non-asthma chronic pulmonary disease	2
	Either of the above requiring oral corticosteroids in the last year	1
<b>Malignant neoplasm (cancer)</b>	Active malignancy	3
	Malignancy in remission	1
<b>Rheumatological conditions</b>	Active treated conditions	2
<b>Immunosuppressant therapies</b>	Any indication	2
<b>Total Score</b>		

## *Assessment 'Tool' for individual and group health risks (cont'd)*

This should be read alongside the full text of the Church of Scotland's "Covid-19 (Coronavirus) Reopening of Church Buildings" which includes guidance about minimising risks in the church context, and other government or local advice about staying safe. We are not claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you or the groups using your church building(s).

Circle the score next to each one that applies to you and add up your score.

A score of under 3 indicates a lower risk, but you should still be following the guidance for staying safe.

A score of 3-5 suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities.

A score of 6 or more suggests a high risk and indicates that you should continue to work or participate in church life from your home.

## Contact Us

Bath Street

Stonehaven

AB39 2DH



01569 7767689



office@fetteresso.org.uk



Stonehaven Fetteresso Church



www.fetteresso.org.uk

## Interim Moderator

Bill Wallace:

williamfwallace39@gmail.com

## Youth Worker:

Matt Sinar: matt@fetteresso.org.uk

## Safeguarding Coordinators:

Janice Boggon 07711 583317

Gloria Potter 01569 740352

## Church Administrator:

Ailsa Conkey

Office Hours: The office is currently closed please phone on number above.

## Church Officer Rota

### September

6th James Dickinson

13th Andrew Boggon

20th Don Wood

27th Janice Boggon

### October

4th James Dickinson

11th Andrew Boggon

18th Don Wood

25th Janice Boggon

From Sunday 26th July  
Sunday Services will now be  
held at **9.30am** and **11am**

See the letter from James  
for more information.

*Message from Mary Swinton -*

"I'm still collecting USED STAMPS, so please continue to bring yours along on a Sunday. (I collect throughout the year, not just at Christmas!!) Please mark your bundle, large or small, 'Used stamps for Mary Swinton'

I continue to send them to my contact at Church of Scotland, 121 George St, Edinburgh.

The money redeemed, on average £2/3000 per annum, from the sale of your stamps, is gifted to worldwide Christian organisations, mainly those who promote education for deprived groups, and/or for students for Christian ministry.

So, THANK YOU very much for remembering to bring your stamps. I am very grateful, and they are much appreciated.



I, and all the helpers, are missing all our friends from our twice monthly meeting and hope you are all keeping well.

I am sure you will be aware that Church of Scotland guidelines do not allow us to start up in September as normal - which I am sure we all understand and expected.

These guidelines are designed to keep us as safe as possible during this difficult time for everybody - no one knows, at this stage, when these will change.

I pray that God's presence will be with you and it will not be too long before we can welcome each other again.

Eve Isaac



Dear Member of Fetteresso Church,

## Reopening the Church after Lockdown

I hope that you will forgive the impersonal form of address, however, as events are moving fairly rapidly at present, writing to you in this way allows us to get in touch with our entire membership more quickly.

As you probably know, the Scottish Government has now permitted churches to open for private prayer and, on 9<sup>th</sup> July – it announced that, from the 15<sup>th</sup>, church services may begin again subject to appropriate restrictions to avoid the spread of the virus. You may have received a call from one of our elders about this already – but, as the situation is changing – we felt that it was also sensible to write to everyone and let them know what we are planning.

We are planning to re-open the church in the following steps.

**On Sunday July 12<sup>th</sup> and July 19<sup>th</sup>** the church will be open for private prayer only between 10am and 12noon.

**From Sunday 26<sup>th</sup> July** two short church services will be held each Sunday, the **first** at 9.30am and the **second** at 11am.

The reason why we are putting on two services on Sunday mornings from the 26<sup>th</sup> is that the social distancing and Scottish Government church service capacity requirements, a maximum of 50 people at a Sunday morning service, put a significant limit on how many people we can fit the church and, from what we understand from the phone survey of members which we have recently done, more people would like to come back to church at this stage than we can fit into one sitting.

We really don't want to have to turn people away at the door because our numbers are too great – so, to help us to manage that risk, we would like to ask you, if you are coming to church – to try to come to the following services:

- People with surnames A-K, please try to come to the 9.30am service
- People with surnames L-Z, please try to come to the 11am service.

You don't have to take this as a strict rule – if your allocated service time is really inconvenient for you – then please come to the other one – but we hope that you will be understanding and only do this if you really need to.

We also need to advise you that there will be a number of safety precautions which need to be adhered to.

**On entering the building**, you will be asked to:

- Put on a face covering – ideally bring your own – but we will have a few spares available.
- Wipe your feet on the mats provided.
- Give your name and telephone number to the person registering entry at the door (this is to allow for contact tracing if anyone in the congregation later shows COVID symptoms)
- Disinfect your hands with alcohol gel for 30 seconds.

All these steps may take a bit of time – so you may have to wait before you can enter the church. We hope, however, that you'll understand the need for this and be patient.

**Once in the building** we ask you to:

- Observe social distancing rules (2 meters) at all times – the chairs will be spaced out – but please only sit with someone if they are a member of your household
- Do not touch your face and only touch the surfaces you need to.
- Please **don't sing**. Although there may be music played at some points – congregational singing is not allowed under the guidelines.

You should also be aware that:

- There will be no activities for the children.
- The service will be recorded on video (although the camera will only be pointed at those leading the service).
- Once recorded, the video will be put on the “church at home” site so that those who are unable to make it to church can share in what we did.
- Scottish Government advises that those who fall within the extremely clinical vulnerable group, have been shielding, are unwell in any way, are living with anyone with Covid-19 or have either themselves or a member of their family been asked to self-isolate, should not attend.

**Once the service is over** we would ask you to:

- Leave by the EAST door (the one on the right of the church as you look at the organ).
- Leave promptly (we will need to clean the church after you go).
- Continue to observe social distancing restrictions (this may also mean that you need to wait a bit to exit the church)
- Disinfect your hands with the gel provided.
- Keep your face covering on until you have left the building.

Sadly, we will not be able to serve coffee and tea after the service. You should also be aware that the church hall will be locked – and therefore **access to the toilets will only be available in an emergency.**

I hope that you understand the need for all these precautions. Our primary purpose in re-opening the church is to allow us to worship God again together after the long months of lockdown. With no singing and no children it won't feel very much like the Fetteresso Church that we have grown to love, but our hope is that a good number of us will still be able to assemble, despite the restrictions.

If you don't feel free to join us again under these circumstances, we fully understand. We want to remain **one** family under God, even if we worship apart. For that reason we will be continuing our "Church at Home" weekly on the website, **Fetteresso.org.uk**, and Matt will continue to be posting activities and worship content for the Children and Youth (and those young at heart!).

Thank you for taking the time to read this letter.

Yours faithfully,

*James Dickinson*

Session Clerk

# Christian Aid launches Lebanon crisis appeal

A Lebanon crisis appeal has been launched by Christian Aid following last week's explosion at the port in the country's capital Beirut.

The explosion, which has left over 200 people dead and more than 5,000 injured, has deepened poverty and insecurity for millions of people in a country already in crisis.



The massive blast adds to the enormous problems facing

Lebanon's people. Food security, which is already precarious, has now been made worse by the destruction of its main port, disrupting food imports. The impact of Covid-19, a failing economy and mass unemployment, a refugee crisis and civil unrest provoked by corruption all contribute to extremely troubling times for the Lebanese people.

'A country in pain'

Sally Foster-Fulton, Head of Christian Aid Scotland, said:

"Lebanon has been described as a country in pain. The explosion was the very last straw and part of a much wider crisis. The people are dealing with so much loss, on top of a global pandemic and political and economic instability.

"Our partners – normally busy working with displaced people and refugees – are already responding quickly to the situation on the ground setting up mobile kitchens and providing pre-prepared meals to the most vulnerable communities. Worryingly even before Tuesday's explosion levels of food poverty were already spiralling. Please support our emergency appeal if you can."

Fadi Hallisso, director of Christian Aid's partner organisation Basmeh & Zeitooneh (which means 'the smile and the olive'), said:

"I live 12km away from the port where the explosion happened, but nevertheless my whole building shook and we did not understand what had happened. Now we have formed a group of volunteers and we are going to the site of the explosion. From what we are hearing and seeing, the devastation is huge, many people's shelter is unusable right now. We are preparing to set up field kitchens to cook hot meals.

"People immediately need food, shelter, clothes, medical care. In the long term everyone is now worried about supplies because all the stock of wheat and medication in the port has been destroyed. In the first week or two we will need a huge effort to help people settle down.

"The last few days I have been having so many mixed emotions, some anger and frustration over the evil of negligence and corruption that permitted such a catastrophe to happen; but at the same time I had a great feeling that the solidarity of people can overcome this; the solidarity of youth on the streets, but also the solidarity we are seeing from abroad, people from all over the world calling to check on us as to how they can help make things easier. This really makes you feel the balancing power of love and solidarity that will help us overcome all of this."

Support the Lebanon crisis appeal

In response to the tragic explosion, Christian Aid has launched a Lebanon crisis appeal to provide much-needed support to the most vulnerable.

Together, Christian Aid and its partners are:

distributing food, water, hygiene and disinfection materials as well as clothes, mattresses, and blankets

helping affected households to access medicine and health services

mobilising volunteers to remove rubble in the places most damaged by the explosion

referring families to temporary shelters and providing minor repairs for homes including carpentry and electrical fixes

Please help support the Christian Aid Lebanon crisis appeal by making your donation here:

<https://www.christianaid.org.uk/appeals/emergencies/lebanon-crisis-appeal>

## *A prayer for Lebanon*

Christian Aid has also shared this prayer for Lebanon:

God, our refuge in times of trouble

we pray for our brothers and sisters in Beirut today.

Lord, be with the emergency services as they battle to help the thousands injured.

Lord, hold those who have lost loved ones in the palm of your hand.

Lord, we pray your provision for poor and marginalised communities who face an even more uncertain future.

Lord, we pray for wisdom for leaders as they make difficult decisions.

Lord, open our hearts - may they be full of compassion for the suffering we see.

Stir us to action.

In the tragedy of loss,

we pray your comfort.

In the chaos and injury,

we pray your calm and divine healing.

In the devastation and the heartbreak,

we pray your peace.

We pray that in the despair that lies amid the rubble of the explosion there will be glimmers of hope and life.

Amen.

# Prayer Focus for August

This month, we feature the work of Embrace. Here below is printed an awe-inspiring story of a young woman who has, with the help of Embrace and its partner organisations, overcome many challenges. Najwa's story is just one of many examples of how Embrace and its partners work with people in dire straits.



Please pray for everyone at Embrace and their partners who work so hard to support individuals and communities in extreme need. Please pray for Najwa and for all those who face such challenges every day in life.



Learning crafts is just one of the activities

We hope that you've seen the latest issue of the Embrace magazine is out now. In this issue, we shared the amazing story of a brave young woman called Najwa, who overcame all the odds to achieve her dream of getting an education.

It's such a good story, we wanted to make sure as many of our supporters as possible read it - so we've decided to share Najwa's story in this week's re:action email. Read on for her inspiring tale of courage and determination...

Najwa remembers feeling as though she was about to travel to the moon. Although the city of Mallawi was only 12km away, it was beyond anything she had ever experienced.

Going there for the first time was a daunting prospect – but also incredibly exciting. Najwa, 29, was born without sight, and like many young Egyptians with disabilities, she grew up facing limited prospects. Her family assumed she needed constant supervision, which stifled her independence.

‘My parents accepted my disability and took care of me all these years, but they did not allow me to go to school. We are a poor family and they are illiterate, and they did not want the expense of educating a blind girl.’

Najwa’s experience is far from unusual. Although it’s difficult to know exactly how many Egyptians live with a disability, there could be up to 13 million – and their abilities and talents have traditionally been overlooked. In 2018, the Egyptian government passed legislation to enshrine the rights of disabled people in education and the workplace – a historic law that has been welcomed by Egypt’s disabled community but is yet to overcome entrenched social attitudes.

Our partners at BLESS – part of the Coptic Orthodox Church – aim to improve disabled people’s access to opportunities. Najwa heard from church friends that BLESS ran a project specifically for young blind women. ‘When they told me about the project, I was dancing!’ says Najwa.

‘I wanted the chance to travel to the city, get some money in my hands, go to education classes, learn crafts, eat good food, drink juice, talk to people ...’

So that’s when Najwa set off for Mallawi for the first time. She has now been attending BLESS’s programme for four years and her life has changed. She has a mentor who helps her develop her daily living skills, and she attends seminars about employment, social issues, women’s rights and more.

Her confidence and independence have grown so much that she has become a volunteer supporting other young women, and has set up a small business selling perfume.

‘I’m not “the blind girl” any more,’ she says.

‘I’m an educated woman who can travel independently, dress well, train others and advise them on starting their own small projects. Thanks a million to everyone who has worked on this project to give me my vision of what I can achieve.’



We hope you are as inspired as we are by Najwa's story. She represents one of the many resilient and brave beneficiaries with whom our partners work to provide opportunities in the most difficult circumstances.

We'd love it if you'd consider sharing this story with those you know. It feels like everyone needs some positive good news at the moment.

To read more stories like Najwa's, download our latest Embrace magazine here:

<https://www.embraceme.org/magazine>

And if you'd like to help our partners provide vital services like those which helped Najwa, you can to Embrace here:

<https://www.embraceme.org/donate-embrace>

With many thanks,

Anna Tetlow

Digital Coordinator

Embrace the Middle East



donate

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