

# Welcome to Stonehaven Fetteresso



*3rd March*

You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance.

**Psalms 32:7**



## Services at Fetteresso

Due to the current lockdown Fetteresso Church building is now closed. Worship will take place online on Sunday mornings until further notice.

**Online services and CDs of the service  
will be available as usual.**

# Prayer focus for March - Waiting and Walking

Do you not know?

Have you not heard?

The Lord is the everlasting God, the  
Creator of the ends of the earth.

He will not grow tired or weary, and  
his understanding no one can fathom.

He gives strength to the weary and  
increases the power of the weak.

Even youths grow tired and  
weary, and young men stumble and  
fall; but those who hope in the  
Lord will renew their strength.

They will soar on wings like  
eagles; they will run and not grow  
weary, they will walk and not be faint.

**Isaiah 40v 28-31.**



As we journey through this pandemic we have seen great courage, loving kindness, acts of service, sacrifice, generosity and great stamina from so many people. From frontline workers, medical staff, scientists, shop workers, government leaders, delivery men, food bank volunteers, to family, friends and neighbours, to name but a few. As the relentless battle continues against the unseen enemy, that daily claims more lives and steals our freedom, we sense and see weariness and exhaustion growing. Yet, these words remind us of the power of our mighty God and his power that is available to us as we turn to him and place our hope in our Creator who knows the way ahead.

The words at the beginning of Isaiah chapter 40 tell us:

“In the wilderness prepare the way for the Lord make straight in the desert a highway for our God. Every valley shall be raised up, every mountain and hill made low; the rough ground shall become level, the rugged places a plain. And the glory of the Lord will be revealed, and all people will see it together. For the mouth of the Lord has spoken.”

### **Isaiah 40:3-5**

As we journey through lent together and take time to reflect on all that has been happening during this pandemic, in many ways it has been a wilderness-like experience as we have faced isolation and been unable to physically meet and worship together. Although we do not know what lies ahead, God does and as he prepares the way for us he asks us to prepare the way for him.

This month let us seek God, wait on him and walk in his strength.

*Everlasting God, we thank you that you never slumber nor sleep and that always you are ready and waiting for us to come to you. Help us to be faithful in prayer. When we are weary help us remember that you never are. Thank you that you are always available, ready to hear and to answer prayer. As we wait on you, renew our strength to face each new day with hope. As we wait on you, help us to encourage ourselves and each other in you. As we wait and hope in you, help us to listen and to hear your voice saying; ‘this is the way, walk in it ‘.*

*Amen.*

We offer a thought for your prayers for each day this month.  
You might like to take a moment to print them out or  
copy them into your daily diary or calendar.

Let's pray together each day.

- 1st.** Give thanks for spring and the hope of new beginnings.
- 2nd.** For all who are weary and exhausted today.
- 3rd.** For families with loved ones in care homes to be able to meet again.
- 4th.** University students
- 5th.** All who are struggling with isolation.
- 6th.** Those receiving cancer treatments and all waiting for treatment.
- 7th.** Marriages that are struggling.
- 8th.** Those who are waiting for transplants.
- 9th.** Pharmacists.
- 10th.** Those who rely on dialysis.
- 11th.** Those trapped at home suffering from domestic abuse.
- 12th.** Dentists.
- 13th.** Freedom for those held captive and waiting in hope for release.
- 14th.** For mothers.
- 15th.** For all children and young people who return to school today.
- 16th.** Those who have lost loved ones to Covid.
- 17th.** The vaccination programme worldwide.
- 18th.** Postal workers and delivery men.
- 19th.** Vital Hospital ancillary workers.
- 20th.** Children in care.
- 21st.** All who are struggling with debt.
- 22nd.** Those who have motor neurone disease.
- 23rd.** The blind.
- 24th.** Those struggling with their mental health.
- 25th.** Give thanks for your home.
- 26th.** Those with businesses that are struggling.
- 27th.** Asylum seekers waiting in hope.
- 28th.** Those struggling with long Covid.
- 29th.** Those suffering from Parkinson's disease.
- 30th.** Give thanks for our Saviour who also knew weariness and exhaustion as he journeyed to the cross for us.
- 31st.** For the way ahead as we journey on, and an end to the pandemic.



# LENT STUDY SERIES

17 February to 25 March

Join one of two online study groups:

Wednesdays, 2 to 3 p.m.  
17 February to 24 March  
or Thursdays, 7 to 8 p.m.  
18 February to 25 March

Lent is, in the words of Alexander Schmemmann, 'a school of repentance, to which each Christian must go every year in order to refresh the understanding of his faith'. This year, you are warmly invited to mark Lent by joining others from Carronside and Fetteresso churches in a six-week programme of Bible study

and conversation centred on the Gospel of Matthew.

To get started, simply download a study guide from [www.fetteresso.org.uk](http://www.fetteresso.org.uk). There you will find a complete set of readings as well as all the information you will need to join an online study group of your choosing.

The series begins on Ash Wednesday, 17 February, but you are free to join at any time. We look forward to sharing Lent together with you this year.

For more information, contact Donald Wood at [dwood@churchofscotland.org.uk](mailto:dwood@churchofscotland.org.uk).

# Join together in prayer with CrossReach this Lent

CrossReach is combatting isolation this Lent by inviting everyone to send them a prayer from 17 February to 3 April, which will be collected together and released on Easter Sunday.

Entries can be submitted to the Church of Scotland's social care arm as a short 10-second video, audio file, or letter, which will then be used to create a single online prayer stream.

The 'Prayer Share' aims to cut through the loneliness of the pandemic and encourage people across Scotland to share our personal wishes for ourselves, our loved ones, our neighbours and the world.



Rt Rev Dr Martin Fair, Moderator of the General Assembly of the Church of Scotland, will provide the first prayer and has made a short video message encouraging people to take part.

"So many of us pray - even folks who wouldn't necessarily go to church or even think of themselves as religious, and yet we find ourselves praying," he said.

"It's something within us that suggests we want to connect with something outwith of us."

Viv Dickenson, CrossReach's chief executive officer, said:

"Crossreach supports people of all ages who face significant challenges in life, and this year we know that life has been challenging for an awful lot of people.

"For some, however, feeling lonely or isolated is nothing new. Before this pandemic struck many people told us they were isolated, perhaps struggling with an addiction, their mental health, having lost a home or experienced a

family breakup; perhaps living with the reality of grinding poverty or perhaps simply just growing older and being unable to participate any more in their communities: each one an individual all longing and praying for a connection, a listening ear and a helping hand.

"So this year, in the lead up to Easter, we'd love you to join us in something powerful and special but really simple."

CrossReach is one of Scotland's largest voluntary social care agencies and operates more than 70 vital services across the country. Every year CrossReach helps more than 10,000 of Scotland's most vulnerable people supporting them to overcome their addictions, win their battles with depression, ease their anxiety and live the life they deserve.

Ordinarily CrossReach supporters take part in fundraising activities including walking pilgrim routes, running marathons and abseiling off the Forth Bridge, all of which have not been possible since the pandemic. Instead, the 'Prayer Share' is a great way to get involved whilst we can't be together physically.

"Easter Sunday brings with it the clarion message of forgiveness, of hope and of new life," Viv says.

"Every prayer you send us will make a difference and will help us offer hope to another this Easter.

"If you'd like to support in another way we will be taking donations which will help us to answer the prayers of people in vulnerable situations all over Scotland."

To submit a prayer online please go to

<https://www.churchofscotland.org.uk/news-and-events/news/2021/join-together-in-prayer-with-crossreach-this-easter>

for more information and links

Submit a 10 second prayer by sending it through Whatsapp on the number 07368844767

Post a prayer by letter to: Supporter Development CrossReach, Charis House, 47 Milton Road East, Edinburgh, EH15 2SR

For more information on the 'Prayer Share' and to donate please go to the CrossReach [justgiving](#) page.

# Moderator encourages Kirk members to use Lent as a period of reflection

Rt Rev Dr Martin Fair is encouraging people to use Lent as a time for reflection.

The Moderator of the General Assembly of the Church of Scotland is encouraging people to use Lent, which this year runs from Wednesday 17 February until Saturday 3 April, as a period of reflection.



Rt Rev Dr Martin Fair also suggests that rather than give something up as is traditional, it could be used as a time to proactively start something new.

"This year let's try to avoid reducing Lent to 'I'm not going to eat chocolate'," he said.

"Perhaps don't think so much about what you're giving up - think about what you're taking up.

"What am I going to do this week that's positive? Think about what you might do.

"Lent is a period of contemplation and reflection and as we look to the eventual easing of lockdown what have we all been through this last year?

"Can we use Lent as a period to reflect on that? To think about what is important and what our priorities are and to introduce the spiritual into that. What will the journey towards Easter mean for us this year?

"For Holy Week we will be producing a series of daily reflections which will run from Palm Sunday to Easter day."

A prayer for Lent

Loving Lord,  
Today we set out to walk towards Easter  
To the cross and eventually to an empty tomb.  
As we travel, open our senses, we pray,



To what you would have us see and hear and taste along the way  
And all that Jesus might come more clearly into sight.  
Our desire is just that;  
To see him more clearly  
That we might love him more dearly and follow him more nearly.  
Amid the talk of giving things up for Lent,  
Forgive us for ways in which we have trivialised spiritual discipline  
And lead us to what you would have us take up for Lent  
And not least that desire for more of Jesus.  
As we travel, shape our souls by your Spirit  
And inspire our living by your Word.  
We pray in Jesus' name,  
Amen

## *Get involved*

For more information and live links for articles listed below please go to :

<https://www.churchofscotland.org.uk/news-and-events/news/2021/moderator-encourages-kirk-members-to-use-lent-as-a-period-of-reflection>

Rt Rev Martin Fair is running a photography competition for all ages, 'Hidden in Plain Sight', until Wednesday 17 March. Find out how to enter. You can see the entries so far on the Church of Scotland website.

CrossReach are inviting people to submit short prayers which will then be collated and released on Easter Sunday.

Look out for updates on the Church of Scotland website or social media channels about online events during Holy Week

## Contact Us

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Stonehaven Fetteresso Church



www.fetteresso.org.uk



## Minister

Mark Lowey, 01569 549960  
MLowey@churchofscotland.org.uk

## Youth Worker:

Matt Sinar: matt@fetteresso.org.uk

## Safeguarding Coordinators:

Janice Boggon	07711 583317
Gloria Potter	01569 740352

## Church Administrator:

Ailsa Conkey  
The office is currently closed please  
phone 01569 730143

Reading for  
Sunday  
28th February  
Exodus 7:14-24

Listen to the Moderator of  
the Church of Scotland, the  
Right Reverend Doctor  
Martin Fair's Sunday service,  
every Sunday on  
<https://youtu.be/tWT-oojZq7Q>

To contact the Church Administrator please phone Ailsa on  
01569 730143.

The Yale lock on the main door into the hall has been changed. If you need a key for this door please contact Ailsa - the church administrator or Dick Jenkins.

# Grampian Coronavirus Assistance Hub

If **you** need  
help, support  
or advice.

**Anywhere** in Aberdeen,  
Aberdeenshire or Moray.

0808 196 3384  
[www.gcah.org.uk](http://www.gcah.org.uk)

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