

# *Liddesdale Parish Church*

No 695

Scottish Charity SC006519

## **The Messenger**

**Keeping in Touch: MAY 2020**

### **Message to you from the Worship Group**

*We pray this Messenger finds you all well.*

We are now a few weeks into the ‘lockdown’, and maybe for some this is becoming quite difficult.

It seemed if you looked at social media that when we began this self-isolating, there was a lot of humour being passed around, however, over the past week or so I have noticed how much that has dropped off. Is this indicative of the mood of people or just that people have got tired of passing round the same videos!

Sometimes it can be difficult to keep positive, and we put ourselves under a lot of pressure possibly unknowingly, we must exercise, we must be constantly doing something, we have to cook different meals all the time, bake when we never did before, because it *seems* like that’s what we should be doing.

What we really need to do is to be kind to ourselves, do not put pressure on ourselves to always be on top of everything and to be the best. We do not have to, because God is there for that. He is there to make sure that we can take time out and let Him do the work.

**I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.” (Psalm 91 v 2).**

The strength we need to maintain going forward we can find in Christ, the words of the scriptures are there for us to read, and an easy way to read the Bible is to just open it up – anywhere - and read a few verses.

**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 40)**

In the testing times to come, and we know there will be many, don’t waste your own strength in trying to get through this on your own, rely on Him who is always there for you and take the words from Ephesians:

I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being.

**May we all keep well and safe.**

**With thoughts, prayers and blessings from the Worship Group.**

## **From your Kirk Session**

We may not be meeting together in church, but you are always in our thoughts and prayers

It is good to chat on the phone when we can.

Administration and church matters carry on and we are so grateful that the alarms are checked each week, the gardens are kept tidy and general upkeep is maintained. Thank you so much.

The Local Church review has been well received by the Presbytery Team and we are in the final stages of completion.

A huge thank you to everyone who have kindly dropped weekly offering envelopes and plate collection in my door or pledged to save them up whilst in lockdown

We have the same commitments ongoing and the team have new plans for fundraising and fellowship in the church *as soon* as we meet to worship together again. Thank you from Glynis , Treasurer

**Thank you from a contributor inviting us to:**

**Take a Gratitude Challenge & Count Your Blessings**

We always talk about counting our blessings—but how often do we?

Some of us may struggle for a moment if asked to write down 100 things we are thankful for.

If that is the case, try this together by breaking it down into,10's

**Write a note of :**

10 living people you are grateful for. (Not immediate family)

10 people who have died you are grateful for.

10 physical abilities you are grateful for.

10 material possessions you are grateful for.

10 things about nature you are grateful for.

10 things about today you are grateful for.

10 places on earth you are grateful for.

10 modern-day inventions you are grateful for.

10 foods you are grateful for.

10 things about the gospel you are grateful for.

**Try it again at a later date – there are always new ones!**

**Keeping in touch in difficult times**

Your kirk session will continue to pray for you all.

Messages from the Worship Group, with a hymn and reading and a weekly message from the Church of Scotland Moderator is posted online [www.liddesdalechurch.org.uk](http://www.liddesdalechurch.org.uk)

I know some of you do not have access to a computer, please let us know if there is a way we can get these messages and services etc to you. We will look into all possibilities

Feel free to get in touch with any of the team members, contact details below:

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**We are here to chat and to keep in touch**