

Calendar for April 2016

Date	Time	Event	Location
1	19:30	Wedding Rehearsal	Church
2	14:30	Wedding	Church
3	09:30	Prayer Breakfast	Eden Room
	11:00	Service - Hebrews 11:1-7 Offering Faith (in Abraham's Era)	Church
7	10:00	Presbytery Business Committee Meeting	Musselburgh
10	09:30	Prayer Breakfast	Eden Room
	11:00	Service - Hebrews 11:8-22 Faith accept God's Promises	Church
	18:30	Arise: Hab 2:18-119; Rom 1:18-25; Sin and worthlessness	Church
11	13:30	Mentor Meeting	Manse
12	10:30	Presbytery Prayer	Haddington
13-15		Pilot Lite Reflections	
17	09:30	Prayer Breakfast	Eden Room
	11:00	Service - Guest Preacher	Church
20	09:30	Alpha Rollout	Edinburgh
23	09:30	Church walk to Barns Ness Lighthouse	Church
24	09:30	Prayer Breakfast	Eden Room
	11:00	Service - Hebrews 11:23-31 Faith through persecution	Church
	12:15	Bring and Share lunch	Church
	18:30	Open Door : Joshua 1: Seize the Day	Church
25	19:30	Kirk Session	Eden
26	10:00	Mentor Meeting	Manse
28	12-2	Ploughmans' Lunch	Halls
29	19:00	Presbytery	Musselburgh
30	19:00	Fundraising Variety Concert	Church



Dunbar Parish Church

Minister

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MAGAZINE



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April 2016

GUARD YOUR HEART

A Joyful 'toon by Mike Waters



Above all else, guard your heart, for it is the wellspring of life.

— PROVERBS 4:23 NIV

Does Your life give honour to God?
- Doing so makes all the
difference in the world.

WHETHER, THEN, YOU EAT OR DRINK OR WHATEVER YOU DO,
DO ALL TO THE GLORY OF GOD. 1 Corinthians 10:31

Sunday & Special SERVICES		READERS	PRAYERS
3rd 11:00	Hebrews 11:1-7 Offering Faith (Abraham's era)	Ian Darling	Michael Veitch
10th 11:00 18:30	Hebrews 11:8-22 Faith accepting God's Promises Arise - Hab. 2:15-17/Matt 26:36-46 Drinking Cups	Sandy Darling	Martyn Cox
17th 11:00	Guest	Muriel Cowan	Mike Bigden
24th 11:00 18:30	Hebrews 11:23-31 Faith through persecution Open Door : Joshua 1:6-9 Seize the Day	Walter Cowan	Youth

Ministers Letter April 2016 : Honouring God

In the film Chariots of fire the Flying Scotsman, Eric Liddell ,refused to run on a Sunday in the 1924 Olympic 100m heats. This was his speciality. Instead he entered the 400m. Before the start of the final, someone slipped a piece of paper into his hand with a quotation from 1 Samuel 2:30: "*Those who **honour me I will honour.***" The "me" who is to be **honoured** is God. There is no doubt our culture has changed greatly, and that people find it easier to do other things on the Sabbath than they would have in Liddell's day. But the bottom line is that God (Jesus) *remains the same, yesterday and today and forever.* Hebrews 13:8. He still *must* be **honoured** or we are foolish and negligent.

So many Christians have given to me a real legacy of example and witness, for that I owe them a great deal. I have been disappointed in others too, whose examples were not so **God honouring**. N.B. I do not declare myself or indeed anyone other than God to be perfect, but, the important thing is a **God honouring** life and witness is powerful and valued greatly by God, and is also immensely helpful to others.

Honouring God then is notable. Bringing glory to God **honours Him** for who He really is. God has glory because He is infinite and perfect. As humans we have glory because *we are created in the image of the One who is all-glorious* (Genesis 1:27). Therefore we glorify God when we demonstrate through word and action His glorious character or deeds. Modelling the character of Jesus is a way to glorify God. When we glorify God, we bring Him **honour**.

Our lives are watched by our neighbours, colleagues, friends, family and others we interact with, and by God. Christians who **honour God** are like salt with flavour, or like light in the darkness. So how are you at this brightly flavoured *Christian living and witness*?

I am acutely aware of my own shortcomings, but I am so grateful that God has given me the role of leading worship most Sundays and that when I am on holiday, I still attend a Church, keen to learn how to **honour God** more and more each moment of the life I still have left.

Last Sunday evening, we had a special time of listening and learning during worship. Those who were there gained something lasting and truly valuable. God has much to give those who *hunger and thirst for righteousness* Matthew 5:6 We do have other demands which impose upon us, but some things will be through our choice. What do you treasure most? I propose we aim to chose well and put **honouring God** in first place!

Praying for Your witness to glow bright. Gordon

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:19

Easter Joy

Jesus came to earth,
To show us how to live,
How to put others first,
How to love and how to give.

Then He set about His work,
That God sent Him to do;
He took our punishment on Himself;
He made us clean and new.

He could have saved Himself,
Calling angels from above,
But He chose to pay our price for sin;
He paid it out of love.

Our Lord died on Good Friday,
But the cross did not destroy
His resurrection on Easter morn
That fills our hearts with joy.

Now we know our earthly death,
Like His, is just a rest.
We'll be forever with Him
In heaven, where life is best.

So we live our lives for Jesus,
Think of Him in all we do.
Thank you Savior; Thank you Lord.
Help us love like you!

By Joanna Fuchs



Bible Book Club

Meeting next on
7th April

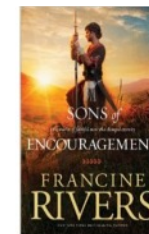
Meetings will be held at various venues always check with Emma/Lorna

Starting Amos

Sons of Encouragement by Francine Rivers
ISBN: 1414348169 on Kindle too

We are exploring the lives of 5 Biblical men who stood behind faith heroes and quietly changed eternity: Aaron, Caleb, Jonathan, Amos & Silas. They all answered God's call to serve without recognition or fame and gave everything, knowing their reward might not come until the next life.

This is another amazing book which brings the bible to life. It's not too late to join join...If you are interested please call *Emma Weaver* for details of venue, 01368 459082.



You'll Get Dizzy

A certain man was troubled with dizzy spells, redness in his face and bulging eyes. Every day when he went to his office, he experienced these things. Weekends were not so bad, so he concluded his work was causing his physical discomfort.

He went from one doctor to another and none could tell him what the problem was. He consulted psychiatrists, psychologists and psychics. What was wrong? Why was he constantly suffering from dizzy spells, redness in his face and bulging eyes?

He tried everything, it seemed. Nothing helped. He finally resigned himself to the fact that whatever was causing all this was fatal. It bothered him so much he began to lose weight. He couldn't sleep at night. He feared he would never overcome this. He became a nervous wreck and his health began to deteriorate. He had lost hope that he would ever recover.

He decided to prepare for the worst. He made out his will, bought a cemetery plot, instructed the preacher what he wanted at his funeral, and even made arrangements with the local undertaker. He was fully convinced of his soon demise. He even decided to buy a new set of clothes to be buried in.

When he went into the clothing store he was measured for everything. He picked out shoes, socks, coat, and pants. The sales person asked, "What size shirt will you be needing, sir?" "Size 15, please," he replied. The clerk said, "But, sir, I believe that is a bit small. Let me measure your neck size." After the measurement, the sales person said, "I'm sorry sir, but you will need a 16½, not a size 15." But the man insisted, "No, I have worn a size 15 for years."

The sales person tried several times to convince his customer that he needed a 16½, but the man would have nothing of it. Finally, the exasperated sales person said, "Well, sir, if you insist, we'll get out a size 15, but I must warn you, you will have dizzy spells, get red in the face, and your eyes will bulge out."

Some people are so set in their ways, they will never admit the obvious. Some are so unwilling to change they appear to prefer to remain spiritually without comfort. Long ago, a very wise man wrote:

"Fools think they need no advice, but the wise listen to others"
(Prov. 12:15)



Miss_ion Matters (from Helen, Miss_ionary correspondent)

Continuing to inform your prayers with information from the Open Doors World Watch List and Operation World. (I have paper copies of the 2016 Watch List. If you would like a copy, ask me.)

9 IRAN

Leader: Ayatollah Ali Khamenei

Population: 80 million (475,000 Christians)

Main Religion: Islam

Government: Islamic republic

Source of Persecution: Islamic extremism

Area: 1,648,196 sq km

In Iran, converting from Islam is punishable by death for men, and life imprisonment for women.



While those considered ethnic Christians, such as Armenians or Assyrians, are allowed to practise their faith for themselves, ethnic Persians are defined as Muslim, and any Christian activity in the Persian language (Farsi) is illegal. Underground churches are increasingly monitored, which makes some afraid to attend, and at least 108 Christians were arrested in the last year. Interrogation methods in prison can be harsh and sexually abusive.

Taher tried everything to stop his wife and children from believing in Jesus. He banned them from going to church, beat them, said he would report them to the secret police, and even threatened to kill them. But they refused to give up their faith, and ran away.

One night Jesus appeared to Taher in a dream. He hugged him and said: "I will clean you from all your sins, you are free. I will give you rest. Believe in me." He went to the church that his family had attended, but people were afraid; they knew what he had done to his family and thought he must be a government spy. "How can I help you?" asked one of the leaders. He answered: "I want to give my life to Christ, but I don't know how."

Islam is the official religion of Iran and all laws there must match the requirements of Sharia (Islamic law). Only Armenians and Assyrians are allowed to be Christians. Those who try to reach out to Muslims have reported imprisonment, physical abuse and harassment.

A Muslim who leaves Islam is considered an 'apostate' and is at risk of the death penalty. Muslims are not even meant to shake hands with Christians, touch them or eat their food. Muslim-background believers often meet in house churches, but these are frequently monitored by secret police and raided. Pastor Behnam Irani, who is serving a 6-year prison sentence, says: "Many of my cellmates in prison ask me why I don't just deny my belief and go back to my wife and children? I then ask myself: what cost did that the Lord pay to save me? I have decided to keep my faith in our Lord and stay in prison."

Praise the Lord for the recent release of some prisoners.

The majority of the Christian community in Iran are Christian Armenians with a smaller number of Assyrians and Chaldeans. They are cultural and linguistic islands isolated in a Muslim sea. While they live in relative peace, their fear of persecution and of job and educational discrimination, as well as their desire to offer their families a more stable and promising future, drive many to emigrate, denuding Iran of the richness of communities that predate Islam by centuries. Pray for a work of the Holy Spirit in these often-nominal churches, that Jesus might shine through their lives and that they might have a burden for their Muslim neighbours.

The traumatic changes and suffering that followed the revolution gave churches a brief period of renewal, outreach, literature distribution and many conversions. Barriers among denominations broke down. The hostility of the regime toward evangelicals caused much greater interest in Christianity among Persians – Presbyterians and Assemblies of God, especially, grew as a result. Intimidation, infiltration and martyrdom of several church leaders, and pressure from the government to not welcome Muslims into services, have caused many churches to adopt house church models. Most churches that meet publicly now do not overtly evangelize Muslims.

Pray for:

- Protection for Christians who face poverty both from general economic decline and from religious discrimination. Emigration is one solution for oppressed Christians, but their vital witness in Iran is then lost. Pray that believers may break through this economic pressure and resist the temptation to leave.
- Courage and fortitude so that their persecutors are won for Christ. While Armenians and Assyrians are discriminated against, Muslim-background believers are actively persecuted. Pray also for greater freedom for churches to minister, as they long to do.
- Protection and deliverance for all Christians. The large majority meet secretly in small house groups. There is always a danger that such meetings could be discovered and those involved punished, especially the leaders. A decentralized cell structure and the use of techniques honed by the underground party-circuit help house groups avoid detection and arrest. Pray for wisdom for Christians to know who to trust, and for protection for secret believers and underground churches. Pray for comfort and strength for the many imprisoned Christians and their families.
- Churches outside of Tehran often face more intimidation as fundamentalist forces exercise more control in less-urban areas. Many towns and villages lack any churches at all. However, this is changing due to the increasing influence of the Internet and satellite TV as well as the enthusiasm of young Iranian Christians to evangelize their countrymen.

Listen to my prayer, O Lord and hear my cry for help! When I am in trouble, don't turn away from me! Listen to me and answer me quickly when I call! Psalm 102 v1&2

*How do you
like yours?*



Thank you Parish Easter Message

Thanks to a dedicated wee team of volunteer deliverers over 3,000 gospel message leaflets landed on doormats across our Parish. More volunteers made this task easier - could you help next time? PLEASE PRAY OUR COMMUNITY WILL RESPOND - even if not in our time, but God knows where hearts are being moved.

Looking at compassion... by Mike Riley

There was time when I thought the word “compassion” had to do with self-giving and the outpouring of one’s spirit. However, when I looked the word up in the dictionary, I discovered that compassion is not so much an outpouring, as it is a “strong desire to alleviate the suffering” of an individual or individuals.

To be a person of compassion, is to become conscious of another person’s distress, to become sympathetically conscious. To literally “be affected with the same feeling as another”.

To the highest degree possible, we must see and feel the sufferings of the distressed person from the inside — not just through our own needs and beliefs, but through the other individual’s own body or eyes.

This is exactly what the Hebrew writer was trying to get the church to accomplish in Hebrews 13:3, when he stated:

“Don’t forget about those in prison. Suffer with them as though you were there yourself. Share the sorrow of those being mistreated, as though you feel their pain in your own bodies.”

They were to identify with the imprisoned and ill-treated, remembering that they too might be subject to the same mistreatment as the above prisoners were undergoing (cf. Hebrews 10:32-34).

Demonstrating compassion is always a critically important response to suffering, and is the first step toward healing.

Many folks in our world today are hurting mentally, physically, and spiritually. As Christians, we can’t possibly do everything to eliminate their pain, but we can do some things (cf. Mark 14:8). We need to be open, sensitive, and aware of the needs of people around us as our Lord was (cf. Matthew 9:36; Matthew 14:14; Matthew 15:32; Matthew 18:27; Matthew 20:34; Mark 1:41; Mark 6:34; Mark 8:1-2; Luke 7:13; Luke 10:33; Luke 15:20).

Pilot Church - Pilot Lite

The Church of Scotland is investing £1,000,000 in the Pathways of renewal project known as Pilot Church. There will be 3 distinct groups of Churches within this project. 23 Churches are in the Main Pilot group, 8, **including us** are in the Pilot Lite group. And 7 Churches are part of the Pilot Team group. Much of the same resources are available to each group, but the level of training and methodology will be different. Longer term the outcomes of these projects will be assessed for future Pilot investments.

The point is simple. Our denomination has been in decline for over 7 decades. Old methods and cultural changes have contrived against us. So what will we do about it? The best thing would be to get a group of Christians together who can discuss ideas, pray for discernment and encourage us to try new things. The old things are important too, we just want to be better at serving God's kingdom now and for the foreseeable future. So we are prayerfully seeking a team of interested people who passionately care about lost sheep in our community and beyond. **If that might be you, we want to hear from you.**

Here is a metaphor which will hopefully help :- *Strictly Come Dancing*

The contestants spent the 1st 3 weeks dancing the waltz. They know how to waltz, and they waltz well. But this week the music changes. Suddenly, it is a tango rhythm. None of the contestants has ever danced or even seen or heard a tango before. To make matters worse, none of the instructors has ever heard, seen or danced a tango before either. What to do?

Some of the dancers decide that since they know how to waltz, they will carry on waltzing - regardless of the music. (They will, of course, be voted out at the end of the round.)

Most of the dancers, sensing that the rhythm is different, intuitively begin to move as best they can to the new beat. Eventually they will figure out how to dance to this new music even if, for a while, they look a little bit silly and awkward.

The really smart dancers decide to take a step back, to listen carefully to the music and to work out a new set of steps for this dance.

In the Church we have been dancing the same waltz for 300, 500 or 1500 years (depending on whether you take the Enlightenment, Reformation or Constantine as a starting point). In any event, we know the waltz pretty well by now and we do it well. But the music has changed, and if we are to survive we will have to learn how to dance to this new beat. Two things :-

1) The change of music was not made by the minister. Neither was it a decision of the Kirk Session, or a new policy instituted by 121. It is the world in which we live that has brought about the changes that all churches, everywhere are now facing.

2) Some churches will carry on waltzing (doing things the way they've always been done), and that may appeal (for a while) to ageing members until they are no longer with us.

Most churches are sensing that things have changed and are intuitively beginning to move to the new rhythms, although for a while they may seem clumsy and awkward. In the Paths of Renewal process, the Church of Scotland has given us the opportunity to sit down - along with others - and listen carefully to the new music and work out a new dance.

DATE	SUNDAY DUTY TEAMS	FLOWERS in CHURCH	CLEANING ROTA (U) = upstairs (D) = downstairs
April 3	April <i>Margaret Croft</i> Denise Brunton Ian Hastie May Low Lena Glass Lorna McLeod Derek MacDonald Margaret MacDonald Ian Manning	April Convenor: Kath Ellis Mrs Kath Ellis	4 Fiona Fleming & Barbara Leslie (U) Gill Phillip & Alistair Matthews (D)
10		Mrs Mary Ramage	11 Laura Pulner & Laura Girvan (U) Ian & Jenny Manning (D)
17		Mrs Elsie Johnston	18 Moyra Wright & Liz Thompson (U) Sandy & Ian Darling (D)
24		Mrs Moyra Wright	25 Gordon & Gail Stevenson (U) Jonathan & Christine Idle (D)
May 1	May <i>Barbara Leslie</i> Ian Darling Eric Easton Kath Ellis Jason Kay Alan Low Tom Manson Liz Thomson	May Convenor: Sarah McKenzie Mrs J Gullan	2 Val & Will Collin (U) Margaret & Derek MacDonald
8		Mrs V Collin	9 Margaret Croft & Lorna McLeod (U) Margaret & Ian Coltart (D)
15		Mrs A Creedican	16 Ian & Morag Hastie (U) Fiona Fleming & Barbara Leslie (D)
22		Mrs M Cowan	23 Vacant (U) Laura Pulner & Laura Girvan (D)
29		Mrs M Coltart	30 Ian & Jenny Manning (U) Moyra Wright & Liz Thomson (D)

There are *Flower Rota Vacancies* if you would like to put flowers in the Church please speak with **May Low**.

You can put flowers into the Church for an **anniversary** or **in memory of a loved one**, you don't necessarily need to be added to the rota in order to do this.

Please speak with May Low or the Flower Convener for that month to help you organise this.

Please pray for all other Church activities and for our community!

Article Series 8 (pt 2) "Coping with Change "

Please read *Daniel 1:3-21* : Strategy - Honour God

Parents of a very clever child can opt to fast track their children through education systems. Then perhaps the child may sit Advanced Highers when they are aged 11 - 14.

Daniel and his chums were shipped off to do their advanced studies in Babylon when they were about 12 or 13 years of age. In this new culture, conflicting ideas and values surface and these create crisis and/or opportunity. What would it be for you?

v3-5 tell us that some individuals were chosen for special training because of their privileged backgrounds. In v6,7 their names are given and in an instant replaced with Babylonian ones. And although they were to get the best food and drink, Daniel wants "**not to defile himself**". Christians face pressures to conform with culture all the time, but adopting worldly values can **defile** us. Nebuchadnezzar's food had been offered firstly to idols, and Daniel had "no gods but the LORD God almighty". He could not partake of that which was an offering to glorify and appease some lesser god. In addition Daniel believed some foods were unclean and doubtlessly some foods on offer were (Leviticus 11:1-8 lists pork and horse as unclean and Babylonians ate these). So in v8-10 Daniel hatches a plan. God **honoured** this by intervening with favour, and it led to a real witness which would **bring honour to God** in the longer term.

We can see that Daniel utilised his knowledge of scripture to help him to know what God wanted of him. We too must do likewise in order to avoid contamination in the ungodly culture that we live in.

In v11-16 it is clear Daniel had thought through his plan. It could be trialed and proven to be beneficial, and Daniel was prepared to take on some of the risk. We too can aim for amicable solutions when the culture verses faith conflicts arise. Peace is good.

God really loves it when His **followers aim to honour Him and His word**. Notice the gifts God bestows upon these four young men, but especially upon Daniel v11, 18. Nebuchadnezzar cross examines them and their God given talents are outstanding v19, 20. The overarching theme in the book of Esther :**called and equipped for such a time as this** is equally relevant here Daniel's life too. God has good plans for all of us also.

Our chapter concludes simply that this is where God wants them to be, for around 66 years in His plan. God's plans are best. Being where He wants us to be, living according to His word, cannot be bettered.

So how does this stack up for you? You are where you are either because God wants you here or because you are opposing what God wants. (Usually the former). So are you living under His word? Are you living to **bring Him honour**? So..what? **Gordon.**

My 1st Book of questions and answers!

Section 4 - What happened because of sin?

41. What does every sin deserve?

Answer: God's answer and punishment.

But your iniquities have separated you from your God;
your sins have hidden

his face from you, so that he will not hear. Isaiah 59:2

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Opt - ins : Serving

There are many rota's you can
serve on among us.

Add your name where you are
gifted to serve.

Coffee/Tea rota

Cleaning rota

Sunday Bible reading rota

Sunday prayer rota

Accord leader rota

Accord catering rota

Film night catering rota

Prayer Breakfast leader rota

Prayer Breakfast catering rota

See other roles that your Church
needs filling on the
Job Vacancies Section

DPC Verse for 2016

From the rising of the
sun to the going down of
the same the Lord's
name is to be praised

Psalm 113: 3

¹⁸Then Jesus said, "All authority in heaven and on earth has been given to me. ¹⁹Therefore **go and make disciples** of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to **obey everything I have commanded you**. And surely I am with you always, to the very end of the age." **Matthew 28:18-20**

PRAY constantly 1 Thessalonians 5:17
How many of us do that? How many of
us spend more time watching tv or doing
other things? Ever wondered why our
nation is running from God?

CHURCH PRAYER MEETING

Wednesday's at 7:30 pm

13th April Mike & Pat Bigden's

27th April Eden Room

Prayer Breakfast Rota

03 April - Mike & Rachel Milne

10 April - Ian Manning

17 April - Michael & Laura Veitch

24 April - Youth

Magazine Input :

Please send your items in by
Monday 18th April for May
Magazine - out on 24th April,
or if you would like a regular
E_Magazine
Tel: 862903 Denise or email:
dmburton@gmail.com

Weekly Notices :

Contact Denise as above

Hall Bookings

Please Contact: Sonya Young
she keeps the master diary
and updates the hall one.
email bhraggie@tiscali.co.uk
Telephone: 07874 816326

Your Elder

All members and adherents should
contact their elder if they know of
any pastoral needs. If you don't
know who to contact, ask Alan Low

BASICS BANK BUDDY SCHEME

If you are not already part of
the Buddy Scheme please drop
an email to
basicsbankbuddy@gmail.com
and you will be kept up to date
with a weekly email and
shopping list.

Transport to the Church: We can
arrange for someone to bring you to
church and take you home each week.
Please phone **Jenny Manning** by the
Thursday evening, on **01368 840334**.
If you could offer someone a lift, even
occasionally, you could be a reserve
driver, please let Jenny know, it would
be greatly appreciated.

Sermon's are available on the
Church website. Use the link
on the Home page
(www.dunbarparishchurch.org)
to access them

PASTORAL TEAM

Do you know someone who could use
some pastoral help?

Perhaps someone infirm, lonely, or
bereaved of a loved one? Maybe an
illness or operation or other suffering has
knocked you a bit? Any member or
adherent who is interested contact
Moyra Wright (tel. 863316) or Mike
Bigden (tel. 865385) directly or via any
Church member.

The pastoral team carry an identity
badge, signed by the minister and they
are genuinely interested in your well-
being.

PLEASE PRAY...

**For your office bearers and all who
lead and teach in Your Church here.
Pray for more resources to share the
load and for all those we can aid in
Christ's work.**

*The LORD your God is in your midst,
a mighty one who will save; he will
rejoice over you with gladness; he will
quiet you by his love; he will exult over
you with loud singing. Zephaniah 3:17*

TEEN PAGE . . . Disappointment....

Have you heard about the man who went to a self-help conference? He'd been looking forward to it for ages and now it had finally arrived, however when he went to the main event, he saw a sign on the door stating "the seminar on how to deal with disappointment has been cancelled". (think about it!)

I have a friend who was recently on a diet. After weeks of not eating bread, he decided to treat himself to a nice lunch. He perused the bakery aisle, savouring the thought of each item, then, there it was, a ciabatta roll with pistachio nuts liberally distributed throughout! It had to be his!! He bought it, drove home, looking forward to biting into it, it would taste amazing. A short time later, with liberal lashings of butter, cheese and tomato, he bit into it. Imagine his face when he realized the pistachios were in fact olives! Probably his second least favourite food (behind anchovies). After ten minutes spent picking out the largest bits, he realized the attempt was futile, the whole roll was contaminated with olive taste.

When you hear the word disappointment, what do you think of? The latest Bond film, Justin Bieber's new album, Mayweather V Pacquiao, your prelim results? Or is it more personal and hurtful, someone who has let you down badly or not lived up to your expectations?

Have you ever had disappointment in your life? Unlike the example above, disappointment can be very damaging, hurtful and can fester away at you. Sometimes disappointment can change your whole outlook on life making you cynical, untrusting and suspicious of others. Are you disappointed with your friends, family, yourself or even God?

Disappointment usually leads to discouragement and through time it gets hard to get past. When we become discouraged, we turn into another person. This is not the person God desires us to be. God wants us to be happy, loving people, mirroring his love for us in our interaction with others.

So, how do we escape the rut of disappointment? When life gets hard and we feel down there is no better way to lift ourselves up than spending time with God. By doing this, we deepen our faith and understanding of who God is and the promises he has given us.

Spend some time considering the following verses:

Psalms 42:11 - Why is my heart so sad? I will put my hope in God! I will praise him again, my Savior and my God!

Jeremiah 29:11 - For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.

Romans 8:28 - And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Philippians 4:6-7 - Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Bring your disappointment to God in prayer.

Blessings Derek

Thank you for your support for our Big Brew Bake Sale in aid of Traidcraft.

You raised £275.

Through Fairtrade Partnerships, growers can achieve sustainable incomes to provide basic necessities such as food, education and healthcare for their families.



If you would like to place a regular order for Traidcraft products (groceries etc) - please speak to Helen

Declare his glory among the nations,
his marvellous deeds among all peoples. Psalm 96:3

God is perfect

God can neither deceive, nor be deceived; He cannot deceive because **He is truth**, nor be deceived because **He is wisdom**.

Thomas Watson

Doubting any **perfection** of God is tantamount to robbing Him of His glory. *W.S. Plummer*

Those who lose faith in God's **perfection** increasingly believe in **perfection** of all kinds of false messiahs and their promises.

Isaac B. Singer

Our love of God will always be according to our knowledge of Him and His **perfections**.

Thomas Wilson

God is less interested in answering all OUR questions than in other things like; securing our proper allegiance, establishing our faith and nurturing a desire for **holiness**.

D. A. Carson

God is not running an antique shop! He is making all things **new**!

Vance Havner

God has ordered and arranged the whole universe to meet the inherent needs of the people of God. *J.A. Motyer*

God is the first cause, He is the final cause, but He uses other causes to accomplish His cause.

Wilson Benton

God's sovereignty does not negate our responsibility to pray, but rather makes it possible for us to pray with full confidence - to our perfect heavenly Father. *Jerry Bridges*

Starters for Sunday!

Start Sunday morning with a nice breakfast, coffee or tea, in good company. 9:30 in the Eden room. We chat over breakfast, then have a short time of reflection and prayer to get us ready for worship at 11:00. No need to worry, you can just sit back and listen or join in. If you are able to help in leading or catering speak to Michael Veitch or email:

michaelgveitch@yahoo.co.uk

for more information.

Learning groups

Relaxed, informal, a great way to get to know the bible a bit better and to build good friendships. You are welcome anytime.

Tuesday evenings at 7:30 p.m.

Continuing Alpha : A Life Worth Living

Martyn Cox

martyncox43@googlemail.com

Wednesday evenings at 7.30 p.m.

Contact *Ian /Jenny Manning*
2 Temple Mains Cottages,
Innerwick 01368 840334

Jonathan and Christine Idle
4 Salisbury Walk, Dunbar
01368 860922

See Calendar for dates

Flower Rota Vacancies

3rd & 24th July & 21st August

If you would like to put flowers into Church for any of the above dates, please speak to May Low