

APRIL 2017
Donations appreciated



DORNOCH PARISH NEWS

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EASTER CELEBRATIONS in DORNOCH CATHEDRAL

**HOLY WEEK Services in the
Cathedral....**

(w/b 10th April)

**Monday –Thursday each evening at
6.30 p.m.**

Good Friday Service at 7.30p.m.

.....EASTER DAY.....

**Fiddlers on the Beach (meet at 5.50am) at
the boatshed Car Park followed by
breakfast in the West Church Hall.**

Morning Worship 11 a.m.

Emmaus Sharing of the Bread 6.30.p.m.



Friday 21st April

**FAIR TRADE COFFEE MORNING 10.30 -12noon
In the West Church Hall**

From The Manse



Whether the weather has noticed it or not, spring has sprung! On March 20th we officially passed the vernal equinox when there are exactly 12 hours of daylight and 12 hours of darkness. Now we have longer days to look forward to!

With regards to the Church year, we have also now passed the half way point in Lent and are headed for the harrowing and joyful events that together, make up the Easter story.

With the lighter days, comes the story of the lightening of our

souls.

What makes the light as wonderful as it is though, is knowledge of the darkness that precedes it.

It is because we have survived a January in which the darkness seems to define everything, that we look forward to April, May, June and the summer months.

It is because we know how little we deserve to be lifted from the cloudy darkness of our faults and failures and our imperfections, that we can rejoice all the more in the hope and promise of Easter.

It is worth pointing out, that neither the days growing lighter nor the promise of God's loving generosity are things that we, of ourselves, can do anything about.

They 'happen' not because of us, but despite us. The cycle of the seasons and of day and night, have been set in motion by the Creator of the universe. The same Creator who sent his Son to set the whole of humanity free.

It is hard to walk through holy week and to hear again, the story of what Jesus faced in order that people, you and I, might have life in all its fullness. But unless we do that and listen to the story of all Jesus endured, through his arrest and trial and death and on to the shock of the empty tomb, we cannot fully appreciate what Easter cost God in Christ - a cost that is a reflection of just how much the Almighty chooses to care about you. And me. And the folk next door. And down the street. Those we like and those we don't. Here and in every corner of the world.

Then having walked through the hard stuff, on to the joy of that first Easter day, we need to do what we do when the days lengthen. We need to get out more. Live the fullness of life that's been won for us. Talk about it. Encourage others to discover it. We need to grow in it.

If the brighter days tend to make people feel brighter, imagine how the good news of God's love could lift people's spirits.

Let's not keep this story to ourselves...

Please note that each Sunday's sermon is now available on the website - www.dornoch-cathedral.com and navigate to bottom of worship page.

Cathedral Register

Baptisms

Lucia Mae Gruber, infant daughter of Gary and Carol.
Callan William Mackay, infant son of Michael and Nicola.



Weddings

Gavin Mackenzie and Kimberly Kelman



Funerals

Mr Gordon Davidson,, 5 Elizabeth Gardens, Dornoch
Mrs Hilda McCall, Culmally Farm, Golspie
Mrs Patricia Reed, Meadows Nursing Home, Dornoch
(late of Gate Street, Embo)
Anne McGregor, Wester Lonemore, Dornoch.

Sympathy

ROTA OF ELDERS AND DEACONS FOR DOOR DUTY AND COLLECTION

APRIL

Door Duty: L. Manson Fay Wilkinson K. McCarthy I. Shearer

Doorkeepers: North: M. Wight South: K. Black West: J.Muir

MAY

Door Duty: D. Goskirk Robin Cattenach K. Mackenzie S. Boyce

Doorkeepers: North: R. Begg South: Maureen Mackay West: New Elder

Duty Roster for Homes

Oversteps

Meadows

April 16th Sheila Duncan

April 16th Sheila Duncan

May 21st Kisha Black

May 21st Kisha Black

READERS FOR APRIL

2nd Morag Sutherland
9th Susan Messem
16th Fergus Robertson
23rd Ian Shearer
30th Tony Rundle



READERS FOR MAY

7th Jonathan Creed
14th Morag Macaskill
21st Anne Chambers
28th John Calder

**CHURCH OF SCOTLAND
DORNOCH CATHEDRAL**

You are invited to

Our New - Monthly Buggy Service - all Welcome

Starting Thursday, 30th March at 10.00 am

at The West Church Hall

We are writing to parents of all the babies baptised in the Cathedral since 2013. Our new Buggy Service is planned to offer an informal, fun-through-play/music time as away of introducing young children to the faith, and to help parents keep their own vows, made at their child's baptism. You and your pre-school children can be assured of a warm welcome, as well as a cup of tea/coffee/squash and a biscuit, and we look forward to getting to know you better in the relaxed atmosphere of a baby child friendly environment. The light-hearted service will be held in the upstairs room of the West Church Hall on the following dates, at 10.00 am.

Thursday, 30th March 2017

Thursday, 27th April 2017

Thursday, 11th May 2017

Thursday, 29th June 2017

Thursday, 28th September 2017

Thursday, 26th October 2017

Thursday, 30th November 2017

Sunday, 24th December 2017 at 11.00 am in The Cathedral

If you know of any other Mums or Dads and babies who would like to come along as well,

please bring them with you. All are welcome!

We look forward to seeing you on the 30th March.

Rev Susan Brown
And "Buggy Team"

ALL ARTICLES FOR THE SUMMER EDITION OF THE PARISH NEWS SHOULD BE IN THE HANDS OF THE EDITOR NO LATER THAN SUNDAY 21st MAY 2017

God gave me eyes so I could see

The wonders of his world

Without my eyes I could not see

The other boys and girls.

Age Related Macular Degeneration



Even as I type this I wonder if the print the right size for people to read easily. Macular degeneration is something which has or will affect the eyesight of many of us. However thanks to the Macular Society no one need face it alone. The society is there to offer support. There are many types of macular disease. They all share the problem of loss of central vision. Macular disease makes eyesight blurred or distorted, eventually causing gaps in the centre of a person's vision. It is painless physically but not emotionally. There are two types of AMD, wet and dry but it gets more complicated dry can become wet. At present there is no treatment for dry AMD which slowly causes the loss of central vision over many years. Wet AMD is more aggressive and can be treated with a course of painless injections if it is caught early enough. The message is clear. If you are suspicious of having AMD go to your doctor immediately and ask to be referred to a specialist, preferably within 2 weeks.

Thanks to the Macular Society there are people out there who can give practical help. There is a Helpline. They supply Information. Confidential telephone counselling is available. There are support groups, including one in Inverness. If you can't get to a support group you can get Befriending phone calls.

You can also have training to make best use of your remaining sight.

A bit nervous about injections? Someone who has had the treatment can tell you what to expect.

Helpline Monday - Friday 9am - 5pm call 0300 3030 111
or email help@macularsociety.org

DORNOCH SWI - 21ST February 2017

Our President, Phyll Thomson, welcomed one of our members, Maureen Mackay, to our meeting and with Maureen's guidance the ladies made a lovely accordion photo album. Catriona Wood thanked Maureen for her patience and help and all were delighted with their finished albums.

Our Hostesses, Mary Gall and Jeanette Bremner were thanked for providing a lovely afternoon tea



A Huge **Thank You** to Betty Rutherford who displays a beautiful bowl of snowdrops each year in the Cathedral to remind us that Spring is just a round the corner.

Cathedral Welcome Group
H E L P WE NEED Y O U!

**Could you spare two hours once a fortnight,
to provide a rewarding and valuable service to the
Cathedral by manning our Welcome Table
and Sales Table?**

Each year there is a natural turn-over in our Rota of Volunteers, and this year we are urgently looking for at least another six to eight folk to join our ranks.

To those who are leaving the team we offer our heartfelt thanks for your generous support in the past - we had an excellent year last year. In 2017 we hope to exceed this success, but we can only do it if we have a total of approximately 30 pairs to cover three two-hour shifts each day over a fortnightly period, between May and September. The two hours passes quickly and it is enjoyable to spend a couple of hours with another member of the congregation - friend or family - and to meet the wide variety of folk who visit and admire our lovely Cathedral.

Please don't be shy - we really need you! Give one of us a call and come and join us

Sue Boyce (810415), Anne Chambers (811520), Lisa Dickenson (810973)

If we don't hear from current members of the Rota, we will - if we may - assume you are willing to continue.

LOCAL LIFEBOAT CREW CRISIS

Volunteers are urgently needed to maintain the East Sutherland Rescue Associations inshore lifeboat based in Dornoch.

The shortage of crew availability is approaching crisis point and new volunteers are needed to maintain the service. Recent changes in some crews working requirements have led to the current shortage being experienced.

Recent purchase of new equipment and upgrade in the radio equipment in the inshore lifeboat boat, the purchase of a purpose built launching vehicle and new protocols for inshore rescue boats need a ready pool of volunteers.

If you are willing and able to give your services we would like to hear from you. The requirement is to commit to being on call 24/7 and training twice monthly on a Wednesday evening or at the weekend. Previous boating experience is an advantage but not necessary as full training will be given. Being available for callout in the Dornoch area when required either daytime, evenings during the week or at weekends essential.

Please contact Gareth Dickson 07775641616 or Anthony Hope 07710301387

**WORLD MISSION
STAMP
2017
APPEAL**

The Griffen Institute of Theology (GIT) of the Presbyterian Church of South Sudan (PCOSS) needs books. Having recently relocated to Kakuma, a refugee camp in Kenya, GIT is looking to stock up its library for students. This year's stamp appeal will help do just that.

GIT was established in 1974 by the PCOSS. It plays a significant role in training people for ministry.

However, South Sudan has suffered terrible violence and war in recent years, and GIT has been forced to relocate twice. Resources, including books, were lost or destroyed during this tumultuous time.

The Institute not only provides valuable education for students, but supports those who have fled from war through providing training on concentration, and activities encouraging reconciliation between students of different tribes.

Help us to support our partner, the PCOSS, through collecting your used stamps which are sold to make money for much needed resources.

CHRISTIAN AID WEEK 14th - 20th May 2017

Last year during CA Week, you all managed to raise £1653.00 of this total £738.93 had been Gift Aided (This raised an additional £187.73 at no additional cost other than filling in the Gift Aid form!)

As decided last year, there is to be no door-to-door collection, instead there are a number of different ways of contributing:-

A quiz sheet will be placed in special boxes at the West and South Doors from April 1st to the 20th May. The minimum donation is £1.00. Copies will also be available in the Dornoch Bookshop during April. Correct entries can be placed in the boxes. There will be a prize.

(There will be an additional 3 quizzes during the year, that I produce, again with prizes.)

Two weeks before CA Week, envelopes will be placed in the pews, for individual donations. If you are a tax payer, please fill in the Gift Aid bit on the envelope.

Last year you may have picked up a small change box, please can you return this before the 20th May, as New £1.00 coins are being introduced from March 28th 2017 and the existing £1.00 coins are not going to be legal tender after Sunday 15th October 2017

Please do take a new box, as it is a very good way of raising money for Christian Aid.

Thank you.
Jonathan Creed
Dornoch Area CA Co-ordinator.

Clashmore SWI

After welcoming fourteen members to the meeting, the President reminded everyone that next year, 2018, would be the Institute's ninety fifth birthday and so it was time to start making plans about the best way to celebrate this event.

The speaker this month was Julie Brown, a Cardiac Rehabilitation Exercise Instructor and Postural Stability Exercise Specialist. She is fully qualified in adapting exercise to suit the needs of older adults and she demonstrated this to the members, teaching them how to rise safely from a chair and giving tips on taking care to avoid falls. Something as simple as well worn slippers is a common cause of adult falls in the home. If someone is unfortunate enough to have a fall, Julie gave some sound advice on what steps to take to try to get up, but if rising was impossible, how to summon help. Even if not fully mobile it is still possible to exercise while sitting in a chair. She also pointed out how important posture is for health and well-being. Following members' questions which Julie was happy to answer, a delicious afternoon tea was served by Marlene Egan and Ann Barnett.

The Flower of the month Competition was won by Helen Kruger with her beautiful miniature Daffodils.

Sutherland Federation SWI

Exhibition of Work

Rogart Hall

Saturday, 6th May,
Doors open 2pm

DOROCH CINEMA

8th April The Light between Oceans

13th May A United Kingdom

COFFEE/TEA MORNINGS

Come and join us for tea/coffee/juice in the Council Chambers (the room above the library) at 10.30 -12.30 every Wednesday. All are welcome especially children.

As a special treat there will be Tommy's pancakes. Not to be missed.

There is a Donation Box and proceeds of this will go to Persecuted Christians.

Christians Books and DVDs are available for loan, free of charge.

Looking forward to seeing you .

LIFE AND WORK

LIFE AND WORK:
APRIL 2017

EASTER

An Unexpected Easter Feast

Jolyon Mitchell considers the impact and influence of art in telling the story of Emmaus and opening eyes

Clearing the Way at Christ's Baptismal Site

Tim Porter highlights the work of the Halo Trust, a charity involved in a key project to improve access to the site of Jesus' baptism

Easter Prayer from the Moderator of the General Assembly

Bethlehem and Calvary

In his final reflection for Life and Work, the Very Rev Dr James Simpson highlights parallels between Bethlehem and Calvary

A Desire for Justice

Jackie Macadam interviews Val Brown, a Church of Scotland member who has opened her home to a Syrian refugee

From Reform to Renewal

The Very Rev Dr Finlay Macdonald introduces extracts from his new history of the Church

An Artistic Legacy

Alison Roberts pays tribute to the life of esteemed stained glass artist Crear McCartney

Christianity is Not Dead

Ron Ferguson argues that Christianity will not disappear in Scotland as humanity continues to seek meaning in life.

Plus news, reviews, letters, registers and crosswords - all for just £2.50

Online visit us at www.lifeandwork.org for regular news and exclusive features, find us on Facebook and follow us on Twitter @cofslifeandwork

Gaelic The Gaelic Supplement for April will be available as a free download from www.lifeandwork.org/about-us/gaelic-supplement from March 27. If you would like an email notification when it becomes available, please contact us on magazine@lifeandwork.org



**GAMES &
TECHNOLOGY**

Dornoch Cathedral

presents

all new

!!! FUN SUNDAY !!!

**Second Sunday of each month
2.30 - 4pm**

West Church Hall

**including snack
P1 -P7**

**Please note the next meeting is
Sunday 14th May**



MUSIC!