



DORNOCH PARISH MAGAZINE

June 2018

Scottish Charity No. SC000315 Cathedral

- Minister The Rt Rev. Susan Brown B.D Dip.Min Chaplain in Ordinary,
**If anyone needs the services of a minister during the
absence of the Rt Rev Susan Brown**
Please contact Revd Mary Stobo
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Election of the Moderator
during an address by
Very Rev Dr Derek Browning.

First Minister, Nicola Sturgeon,
The Rt Rev. Susan Brown
His Grace, the Duke of Buccleuch &
Queensberry



As most people will be aware, Susan was installed as the Moderator for the Church of Scotland on Saturday 19th May. For those who couldn't get there, the following photos, will I hope, make up for it. (All Assembly photos by Andrew O'Brien)



Dornoch Cathedral Women's Group

SUMMER CATHEDRAL CONCERT



Saturday 23rd June 2018

7 - 8pm

Donations in aid of Cathedral Funds &
Children's Hospices Across Scotland

Followed by Dornoch Pipe Band &
Strawberry Cream Scones for sale on the Green.

Photos taken at a celebration tea at Oversteps Care Home on May 11th 2018 to honour the awarding of the Legion d'honneur to Andrew MacLeod(96) and Andrew Mackenzie (94)



Andrew MacLeod &
Andrew Mackenzie

Vice Lord Lieutenant
Lt Col Colin Gilmour &
Andrew MacLeod



Fergus Robertson, Andrew
MacLeod, Andrew Mackenzie
& Vice Lord Lieutenant
Lt Col Colin Gilmour



LIFE AND WORK

JUNE 2018

Abstinence and Addiction

Jackie Macadam charts the history of abstinence in the Church of Scotland and examines the continuing work with addicts at home and overseas.

'I Love What I Do'

Interview with Ann Lyall DCS, a deacon who works with the homeless and people dealing with addiction.

Somebody's Child

Stewart Lowe describes his encounters with homelessness on the streets of Edinburgh.

General Assembly

Summaries of reports to this year's Assembly.

Teachers Who Inspire

Ron Ferguson reflects on inspiring teachers and celebrates the 90th birthday of Professor Bill Shaw.

A Change of Mindset

The Very Rev Albert Bogle urges congregations to give permission to change.

The Medicine of Meditation

The Rev Scott McKenna examines the miracle of Moses and the burning bush.

True Holiness

The Very Rev Dr John Chalmers explains why holiness is about who we are.

Plus news, reviews, letters, registers and crosswords

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

Subscribe online from £12, or download a digital copy for £1.99; or speak to your church's Life and Work coordinator.

SUNDAY AT 7

Sunday at 7 starts on June 3rd and will be on each Sunday through

JUNE, JULY & AUGUST

A short and informal service for a summer evening.
Do come and join in this good way to end a Sunday Summer Evening.

Rota for Door & Evacuation Duty JUNE 2018

Door Duty S Boyce, K Malone, Robin Cattanach, S Anderson

Doorkeepers.

(Nave)M.Macrae, (South) M.Macaskill, (North) E.Calder

DEACONS COURT FOLLOWED BY THE KIRK SESSION MEETING

27th June at 7.00pm in West Church Hall.

Duty Rota for Both Oversteps and Meadows 17th June 2018

Leader: The Rev Lady M.McKay

Pianist: Evelyn Calder

Cathedral Register

Funeral

Mr James (Ge Ge) Manson
7 Bishopfield Road, Dornoch

Mr Charles "Charlie" Winning
11 Roderick Court, Dornoch

NATTER & NOSH

Final Natter and Nosh will be Monday 11th June.

KNIT & NATTER

TUESDAYS

5th, 12th & 19th June

10.00am - 1.00pm

FAIR TRADE COFFEE MORNING

Friday 22nd June

10.30am - 12.00noon.

DORNOCH CATHEDRAL GOLF EVENT Sunday 7th and Monday 8th October 2018

The Rt Rev. Susan Brown, Moderator of the General Assembly of Church of Scotland, invites Ladies and Gentlemen of all abilities to play in the above event in support of Dornoch Cathedral. On Sunday there will be a team Stableford competition on the Struie Course, followed by a dinner. On Monday there will be an individual Stableford competition on the Championship Course.

If you are interested in participating, entry forms can be found in the South Porch, or near the West Door.

or contact Roger by e-mail rogerboyce26@gmail.com

SWI Dornoch Branch.

Dornoch Institute recently held its AGM and final meeting for the current session in the West Church Hall. President Phyll Thompson welcomed members, one visitor and tellers Kenlyn McBean and Mary Littlejohn, before dealing swiftly with all business matters. The members taking part in the Federation play-off for the National Golf Finals, Margaret Seatter and Catriona Wood, Mora Douglas with Helen Ewan (Golspie) and Isabella Wright with Jeani Hunter (Rosehall), were all wished every success. The winning pair will play in the final at Duff House Royal at the end of August.

The Agnes Livingstone trophy was won once again by Catriona Wood with Stella Pettit in second place and Mora Douglas third. Winner of the Stewart Fitzroy Rosebowl was Stella Pettit, second Phyll Thompson and third Joyce Macdonald.

The President thanked the committee for all their help and support over the past session, and gave a special mention to Linda Thomas retiring from committee after 3 years as competition secretary. Margaret Seatter was elected to take over from Linda. The tellers were also thanked for coming along to do the count.

There being no other business, the President organised the raffle whilst the tables were set up for the Paté, Poetry and Plonk. Most of the members had brought along a favourite poem or two and took turns to read them out whilst everyone enjoyed crackers and pate or cheese and a glass of wine or juice. Many of the poems were humorous, suggesting that most of us are getting older!!! Kathleen Munro explained that when she first joined the Institute over 60 years ago, she and other young women who had joined around the same time had been asked to entertain the older members, so the poem that Kath brought for us was the one she had recited all those years ago. Mary Gall read two poems in the Doric, helpfully translating the odd word or two for those of us less familiar with the lingo. Hazel Cameron had brought along a very moving piece that is written on the Cairn of Tears, in Winnipeg, a memorial to those who settled there from the Highland Clearances, the cairn built with stones mainly from Sutherland. The fun evening was brought to a close with the singing of a very funny song, believed to have been written by the late Margaret Anderson to the tune of 'Count Your Blessings'.

The President thanked Maureen MacKay and Isabelle Calderwood for providing the refreshments, and wished everyone an enjoyable summer, before bringing the session to a close.

Dornoch Cathedral Boys' Brigade Annual Report for Annual Stated Meeting 2018

This year has seen a big change in the running of the Boys' Brigade. After many years of running the Anchor Boys Jackie Mackenzie decided that this was the year to hang up her whistle! Her two helpers Gill Hammond and Wilma Mackay also decided that it was time for them to go too.

After a lot of thought, and purely as a stop-gap, Isabel and myself decided to take over the running of both the Anchor Boys and the Junior Section. In order for us to do this we moved the Anchor Boys to early on a Tuesday evening and we run the Junior Section immediately afterwards. We appreciate, and apologise for the fact, that this may not have suited all the boys and their parents but it was the most straightforward way for us to do this.

We are now in the middle of our summer programme when each group meets on alternate weeks and we enjoy getting out and about. Next week the Anchor Boys are going to the fit trail at Camore Wood and the following week the Junior Section are going swimming to Invergordon Leisure Centre.

There is a loyal group of boys who attend both groups and Isabel and I have great fun with both groups. However, as neither Isabel or I are getting any younger(!) ***we would love to hear from anyone who would be interested in helping out with either group as from next August. Please get in touch with either of us anytime to have a chat.***

Morag Macaskill and Isabel Gillespie, Boy's Brigade

Dornoch Cathedral Women's Group 2017-2018

The past 12 months have been a time of fundraising for our group. We take our turn, every 3 months, to serve tea and coffee after the Sunday service, offering a mouth-watering (although we say so ourselves!) array of home baking. On occasions, when a number of our group are away or unable to attend, we rely on help from members of the congregation but always make sure we reward their labours with some sweet treats. Last June we hosted a remarkable summer concert in the Cathedral showcasing a host of local musical talent, in aid of Cathedral running costs with the grand finale being a performance by the Dornoch Pipe Band. Being almost mid-summer in Sutherland, we were not surprised when the rain fell in monsoon quantities but decided to throw the doors open wide to the elements and were rewarded by a steady stream of visitors, drawn by the music, looking in and joining us as the evening went on. As our concert drew to a close, the pipe band could be heard approaching, Continued on 9

they marched into the Cathedral through the North door, paused in the crossing to deliver a spine-tingling rendition of Highland Cathedral, before marching out through the South door and continuing to the Square where they performed their usual summer Saturday night set. Members of our group then went into full catering mode and served a mountain of freshly baked scones topped with jam and cream to our rather soggy, but musically and spiritually uplifted guests and performers.

We spent the autumn months knitting and crocheting hats and scarves – well those who could, knitted and crocheted and those of us who didn't have the skill or co-ordination supplied tea, coffee and encouragement. These hats and scarves we then delivered to the Seafarers Mission in Invergordon who gift them to crew members off visiting cruise and cargo ships, many of whom come from warmer climates and find the north of Scotland decidedly chilly.

We held our annual Carol service early in December and the Cathedral was once again infused with the scent of the mulled punch that we serve as well as decorated by a display of no-tree Christmas trees created by the resourceful and artistic people of Dornoch. The evening eases us into the festive season with a fine assortment of music, carols and readings and the funds we raised on the night were split equally between Christian Aid and the Highland Food Bank.

For a small group, who only meet once a month, we feel we have achieved a great deal in the past 12 months and, thanks to the generosity and support of the congregation and wider community, hope we have helped those in a less fortunate position than us.

As well as our fundraising we have also found time to meet to walk, chat, make gifts for the ladies in the congregation, enjoy an evening of golf coaching and no one will be surprised to read that we also fitted in the odd evening of eating and drinking. Our group is, after all, focussed on friendship and support which is often best accompanied by a plate of good food and a glass of something tasty!

Caroline Gilchrist
April 2018

Dornoch Firth Group

Annual update for ASM of Dornoch Cathedral

Over the past year we have enjoyed many successes with our existing projects, we have some new ones and have successfully completed an old one.

The **Natter and Nosh Lunch club** is supported by many volunteers who provide our diners with enjoyable and tasty lunches. We have an increase in the number of diners attending over the year and the word out there is that it provides the best lunch in the area. A tremendous success story.

Our **Common Ground Project** offers fun and games for local people who have Additional Support Needs. It is held in the West Church Hall each Wednesday evening with people brought in by minibus from Golspie, some by Volunteers and Carers from Tain, Fearn, Ardgay and around the Dornoch Firth. Yvonne Brown organises and delivers the many events throughout the year from Ceilidhs and BBQs to the Christmas Panto. We have lots of volunteers and several younger volunteers from Dornoch Academy who bring a great boost to the proceedings. Our summer boat trip on Loch Ness was great fun for all and was paid for from money raised by and donated from Dornoch Academy's Braw Chocolate Social Enterprise. Additionally, Braw chocolate have just recently donated another £600 for the next fun outing to be arranged for this year.

Rona Gordon delivered our successful **Bonar Bridge Youth Club** that was finally handed over to the new Kyle of Sutherland Hub in Bonar Bridge last autumn. The new Hub is an excellent resource for the young people in the area and we are proud to have played our part in helping the continuation of Youth work in the area in the interim.

The Bakery is a friendship project for people with Additional Support Needs. It operates from the West Church Hall and the membership has changed and grown, around 6 'students' attend each week, they prepare and cook their lunch in our kitchen and invite friends and carers to come along to share their lunch with them. Everyone has a great time and can't wait for the next one. This is a well-deserved break for the carers too. Due to the project's success, we have continued to deliver it past the pilot stage and Yvonne has now linked with TAG Community Café in Invergordon whose workers come to share the lunch with us one day each month and we go to visit them in return. We also have links with 'Connecting Carers' and other groups in the community who also come along and share lunch with us.

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Bakery 2 is a spin-off from the original. We wanted to provide a project to help Young People with Additional Support Needs attending Dornoch Academy. We started it in January 2017 and had a number of pupils attending. Around 8 students arrive with their learning support worker and spend time preparing and cooking their lunch as well as learning about healthy eating. Afterwards they discuss what to make next time. We often invite friends and relatives of the pupils to share the lunch. On occasions, we have mixed the groups in both bakeries, the pupils show very mature behaviour when dealing with some of our most disadvantaged adults which makes us very proud of them. Every new term, we have a change of students, they all develop team-working, cooking and social skills and all say they really enjoy attending. In conversations with the school staff, we know this project has improved the student's wellbeing, life skills and behaviour at school.

Dornoch Area Community Resilience Group. We were asked by the organisers of DACRG to help when their Management team needed to step down from their duties to make room in their lives for family and other work. We are now involved in the administration and continuation of the group but with the same steering group members as before. With DFG being a registered charity, it made sense to bring the group under our wing as well as look after the financial aspects of the group. A very successful and worthwhile project it is too with much support from all involved.

Transport Support: We were approached by Alzheimer's Scotland and others to see if we could help transport a few elderly folk who live in Dornoch to the Bradbury Centre for social activities. We have managed to find a couple of volunteers, so far, to take and collect our local people in their cars for one day each week. This will be starting this month and will hopefully grow into a useful venture.

Dornoch Firth Men's Sheds. Our Men's Shed project is taking longer to get off the ground than at first thought. We had a few false starts last year and finding a site that is easily accessible and with electricity (which is essential for making tea!) has been quite difficult, but we have, just this month, secured a space to build our Shed. We're building it in the grounds of Oversteps in Dornoch. Crossreach, who run Oversteps, have agreed to pay for the electricity that we will use and have also given us the site for free.

Men's Sheds are about tackling isolation, building communities, improving health and wellbeing and helping others in our community. We are targeting men who have time on their hands either through retirement, unemployment, underemployment, coming back from an illness, returning from the forces, those who are isolated, those caring for others or those who have cared for others.

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Our Shed, which is also open to Women, will certainly make a difference in the community and anyone who wants to help in the development of it are very welcome. Also, we have just received a £500 donation towards our Shed from Royal Dornoch Golf Club.

Thank you to all involved in our work, it can't be done without you and is very much appreciated by everyone.

Charles Minall
DFG Outreach Worker

charles@dfgcommunity.com 01408 641279

MALAWIFRUITS

Growing the future

FUTURE PUMP

When recently in Edinburgh visiting the 'Heart and Soul 2018' Exhibition held in Princes Street Gardens. I was attracted to a small solar panel attached to a working water pump...

"Our new Futurepump project is aimed at young people who aspire to be good farmers but feel that the economy and elements are against them. Malawi Fruits provide training and support to the young farmers, but irrigation is the key which transforms farming from a matter of survival to being a viable business.

We have teamed up with the innovative company Futurepump and we want to get these brilliantly simple solar pumps into the hands of young Malawian farmers - each pump can irrigate half an acre of ground, providing food security and a small cash crop for a family."

It costs just £500 to buy a Futurepump and get it in place in a field in Malawi. Rotary Clubs, Churches and Community groups and individuals are all getting involved in this project. (If you are a taxpayer, then a gift of just £400 will pay for a pump, as the remaining £100 comes from the UK Government.)

By providing a future pump, farmers grow a cash crop in the North of Malawi. This brings an income into households, often for the first time, then the farmers use that money to do great things:-

Their Children go to secondary school because there is now money for school fees.

They buy metal sheets and solar lamps for their houses which improves family life hugely.

They buy livestock and make other investments in their farm business.

If you want to donate, contact either the editor, or direct to:-

MALAWIFRUIT
3 Church Avenue,
Newmains,
Wishaw,
ML2 9BH

Registered Charity SC042777

Tel 07951 157113

Email: info@malawifruits.org.uk

RECIPE

RAISIN FUDGE

Ingredients

4 oz of butter
4 oz of cooking chocolate
4 oz of crushed digestives
4 oz of raisins
4 oz of condensed milk

Method

1. Mix together and pour into a greased baking tray.
2. Set in fridge, cut into bars and store in fridge
(if you can keep it that is!)

LAST DATES FOR ARTICLES IN MAGAZINE

Last date for July Edition is June 17th

Last date for August is July 22nd

Last date for September is August 19th

Last date for October is September 16th

Last date for November is October 21st

Last date for December is 11th November.



Taken from the air on April 19th 2018



OVERSTEPS CARE HOME SENSORY GARDEN

We are currently fundraising for a Sensory Garden to create a safe and peaceful space for our residents to spend time.

We have our design and are now looking for volunteers who may have the following skills:

Fencing
Planting
Paving
Joinery

Any other help would be greatly appreciated (both financial and hands on) in order that we can make a start as soon as possible

The residents are fully engaged with the project and have made some really good suggestions and requests.

Please help us to fulfil them - thank you.

Contact: Elaine Griffiths or Andy Jackson
01862 810393
oversteps@crossreach.org.uk