

So... do you make Pancakes on pancake day?

Traditionally Shrove Tuesday is when households used up all the fats before the start of Lent when they were expected to fast. In other parts of the world that same Tuesday is known as Mardi Gras – ‘Fat Tuesday’ for the very same reason!

These days in the Christian communities of the western world, fasting is not something that’s routinely practised any more. The most people do during Lent, is choose one thing to give up during those 40 days that lead up to Easter.



For some that choice might mean ditching a favourite food for a while, or a television programme they love, or perhaps a drink or something sweet such as chocolate. Whatever is given up, it has to be something the person really enjoys because the point is to miss that ‘thing’ so that each time the pang of the loss is felt, the individual is prompted to remember all that **Jesus** gave up in order to face the cross for the sake of the whole of humanity.

The Church of Scotland is encouraging people to think about taking up the Church of England’s “Live Lent: Care for God’s Creation” challenge where people can sign up for daily reflections to be delivered to their mobile or via email or they can buy a booklet to use each day – one for families or for adults – that has readings and prayers and daily challenges around the creation story in Genesis.

Ours is not a tradition that has been particularly ‘big’ on Lent but it strikes me that Lent provides the perfect excuse (because let’s face it, most of us need an excuse to give us a bit of a kick start) for us to make time to think about what our faith means to us and what kind of impact it could and should have on the way we live our lives.

And it is ‘**only**’ 40 days!

But perhaps those 40 days, if we give them a chance, could begin to see our faith making a difference to the choices we make, day by day.

Fasting is beyond me.
Living Lent, isn’t.
Are you up for it too?

Blessings on you as you decide....

Susan

CATHEDRAL INFORMATION

DOOR DUTY ROTA

Leader: Mhairi Mackay. L.Thomas, I.Shearer, K.More, A.Chambers

EVACUATION ROTA

Nave: R.Cattanch, South: K.Black North: W.Thomson

READERS

1st S.Messem, 8th M.Macrae, 15th J.Gunn. 22nd M.Hope. 29th L.Manson

OVERSTEPS & MEADOWS. 15th March

Leader Donald Goskirk. Pianist Tony Rundle

REGISTERS:-

Funerals

Mr Gordon Campbell, 9 Poles Road, Dornoch

Memorial Service: Mr M.MacGillvray, Davochfin Farm, Dornoch.

Graveside Funeral (January): Sandra McDermid, Stafford Rd, Dornoch

MAGAZINE DEADLINE DATES BY 4.00PM

Magazine Issue

Deadline date

APRIL

22nd March

MAY

19th April

JUNE

24th May

JULY

21st June

AUGUST

19th July

SEPTEMBER

23rd August

KIRK SESSION PASTORAL TEAM

Children's Area in Cathedral.

The Children's Area in the north transept of the cathedral is now a comfortable place for parents or carers with young children, toddlers or babies in buggies to be part of the service while the children play with the toys, look at books or draw if they would care to. You can go to it any time during the service.

Hospital Visits

We invite anyone from the congregation who is to spend time in the Lawson or Migdale Hospitals and would like a visit from one of the elders during their stay to contact Mrs Morag Sutherland (01408 621270) Please do not hesitate to ask.

Church Transport Arrangements

We are offering to arrange lifts to the cathedral on Sunday mornings for any in the congregation, whether from Dornoch, Tain, Golspie, Rogart or any other outlying area, who would not otherwise be able to attend the service. We cannot guarantee that every request will be successful as much depends on the availability of volunteers coming into Dornoch and the number of seats in cars but we will always try. In the first instance contact Miss Margaret MacRae (01408 641776)

Pastoral Visits

If you are part of the congregation but not a member or adherent and you would like a friendly pastoral visit at any time just contact Rev. Margaret McKay on 01862 811859 and she will arrange for one of our volunteers to visit you.

FORTHCOMING EVENTS IN THE CATHEDRAL & WEST CHURCH HALL(WCH)

APRIL 13th	EASTER MONDAY	Concert featuring Duncan Chisolm's Band.
MAY 2nd	SATURDAY	Golspie Choral and Invergordon Singers
MAY 15th	FRIDAY	Voiceworks
JUNE 14th.	TUESDAY	Badenoch Choral
JUNE 15th	WEDNESDAY	Musick Fyne
SEPT 6th	SUNDAY	Highland Chamber Orchestra

WCH

March 9th	Monday	Natter/n/Nosh Lunch
March 20th	Friday	Coffee Morning
March 23rd	Monday	Natter/n/Nosh Lunch
March 27th	Friday	Quiz Night

Dornoch Cathedral Guild

On Tuesday 28th January 2020 **Annie Macdonald** took us on a **“Where it all Happened”** journey through her Church of Scotland study pilgrimage trip to **Palestine and Israel** with photos, videos and personal stories. Her travels took her to Tel Aviv, Nazareth where she visited an open air museum, then on to the Sea of Galilee— a very special moment, followed by a boat trip on the river Jordan. She met a group of inspirational women at Sindyanna of Galilee who produce and sell Fair Trade olive oil products. For Annie, the biggest impact was when she visited a Bedouin community in the South of Israel. They walked up a track to the village where the people exist on very little. There was a noticeable contrast once back in Jerusalem. One interesting discovery was seeing a bus stop full of books.

Thanks to Annie for an insightful journey and for sharing her experience with us. If you wish to know more Annie can recommend several books and websites to visit

On Tuesday 11th February 2020 Anne Chambers chaired **“Any Questions”** and introduced a panel of 4 distinguished local guests: **Caroline Gilchrist, Grant Shannon, Maggie Hope and Malcolm McCall.**

Question: “What do you think has been the most useful and useless invention in your lifetime?”

Answers: useful: ipac (can do interactive Spanish lessons), contact lenses, SatNav (helps with having no sense of direction) and mobile phone (but also useless if you can't find it).

Answers: useless: Compressed air bottle opener, scissors for eating herbs, and a wooden deckchair.

Question: “If you could invite any 3 people in the world to dinner who would they be and why?”

Answers include: Archbishop Desmond Tutu, Barack & Michelle Obama, Olivia Colman and Maggie Smith. Reasons given were for their stimulating & lively conversation and for their wisdom and humour.

Other questions: “If you were given a complete day off what would you do?”,

“What annoys you most in the 21st Century?”, “Who had a very strong influence on your life?”

We had a very highly entertaining and humorous afternoon with some wonderful anecdotes and a huge thanks go to everyone who kindly took part and made it so very memorable.

Dates for your Diary: Everyone Welcome

2020

25th Feb '20	“Leprosy Today”:	Anne Muirken
10th March '20 at 7.30pm	“Speak out; we're here”:	CASWA
24th March '20	AGM followed by “Surprise, Surprise	Local Entertainment

QUIZ NIGHT

FRIDAY 27th MARCH

WEST CHURCH HALL

7.30PM

BYOB

RAFFLE

JUST £5.00 per head

ALL WELCOME



LIFE AND WORK

MARCH 2020

Scotland 2000-2020

The first in a two-part series looking at how Scotland has changed since the millennium

Taking Steps of Faith

Michael Harvey, chief executive of National Weekend of Invitation, describes his journey from a difficult childhood to successful businessman to full-time Christian ministry

The 'Ideal Model of a Parish Minister'

As a new biography is published, a reflection on the life of the Very Rev Dr Nevile Davidson and his transforming work at Glasgow Cathedral

Changed by Africa

Reporting on a transforming trip to Zambia by a group from an Edinburgh social enterprise with a church connection

Stepping into the Unknown

In the first of a new six-part series, the Rev Martin Johnstone considers 'life at the edge'

Change Needs to Happen

Teenager Danielle Gray highlights some of the struggles facing young people inside and outside Church today

Being Different

Ron Ferguson explains why the Church has a vocation to be 'a holy community of resistance'

Get Ready

The Moderator of the General Assembly, the Rt Rev Colin Sinclair urges readers to use Lent to review commitment to Jesus and the Church.

Plus all the regular columnists, news, reviews, letters, registers and cross-words

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