

# ISLA LINK



**December 2024**

Bendochy Parish  
*linked with*  
Coupar Angus Abbey  
Church



***Bendochy Church***

Sunday Service 10.00am

***Session Clerk:***

Mr Graeme McNeill  
01828 627751



***Abbey Church***

Sunday Service: 11.15am

***Session Clerk:***

Mrs Ellen McGibbon Tel:  
Tel: 07541009398

Website: [www.bandcachurch.org.uk](http://www.bandcachurch.org.uk)

***UPCOMING EVENTS***

***Abbey Church Friendly Fridays***

Fridays –1.30–3.00 pm  
6 December 7 February 7 March

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***Bendochy Community Café***

Wednesdays –10.30–12.00 noon  
11 December 8 January 12 February 12 March

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***Abbey Church Soup Lunches***

Wednesdays–12 noon–2.00 pm  
December 18–With Christmas Treats  
January 15 and 29 February 12 and 26 March 12 and 26



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***CHRISTMAS SERVICES***

***Joint Service***

***Bendochy Parish Church***

Lessons & Carols With The Choir  
11am on Sunday, 22 December 2024



***Joint Watchnight Service***

***Coupar Angus Abbey Church***

11.30pm, Tuesday, 24 December 2024

***Joint Christmas Day Service***

***Coupar Angus Abbey Church***

11am, Wednesday, 25 December 2024



## ***From the Interim Moderator, Donna...***



*“I am bringing you good news of great joy for all people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord.” Luke 2:10, 11*

We all know that the time leading up to Christmas can be so full and busy, leaving us with little time for ourselves. But I would like to make a suggestion which could make all the difference to you.



Find a candle and put it in the quietest room in the house. At some point each day, go to that room, light the candle, and make this a time that counts for you and Jesus. There may be little need for words, simply spending time in reflection will surely help to add to this already special time. And be thankful that there is a glorious meaning to Christmas which you have not entirely missed,

And when you return to the noise, to the hustle and bustle, listen for the words you'll hear played and sung around you:

*So here it is Merry Christmas, everybody's having fun!  
Feed the world! Let them know it's Christmas time  
Until then we'll have to muddle through somehow so  
have yourself a merry little Christmas now  
O come all ye faithful, joyful and triumphant!  
Let there be peace on Earth  
Joy to the world, the Lord has come*



Listen to the words as if you've never heard them before; reflect on them; and pray.

I pray that each of you will know the love, peace and joy of this Christmas Season.

May God's blessing be with you all.

***Donna Hays***

### ***Interim Moderator – The Rev Donna Hays***

If for any reason you need the services of a Minister, or if you just want to get in touch, my contact details are as follows:

Phone 07759470259

Email [DHays@churchofscotland.org.uk](mailto:DHays@churchofscotland.org.uk)



***Coffee is served in Bendochy  
Coach House  
at the end of the service  
on the first Sunday of each month.***

### ***Remembrance Sunday Services***

Services took place in both Churches on Remembrance Sunday, with James and Ewan piping the lament, "The Flowers Of The Forest" in Bendochy and The Abbey respectively. Wreaths were laid at the Bendochy Memorial by Dave Donaldson on behalf of the Bendochy Kirk Session, and by Peter Godfrey and Colin McNaughton at the Abbey on behalf of the Abbey Kirk Session and Perth & Kinross Council.

The Abbey Church wreath was then walked through the town from The Cross along to the Memorial at Coupar Angus Primary School where a short period of remembrance was led by Joyce Beattie, Elder and Worship Leader, with the wreath being laid by George Gray. Joyce thanked the members of the community, including three Fire Officers, for taking the time to join her.



***Rachel Ewins***

### ***Choir***

The Choir finished the session before the summer break by going for a curry at the Lime Tree with friends and family. The evening was a big success and will be repeated next year.

The augment singers joined us for the Harvest Festival which was a lovely occasion as there was also a Baptism.



The Choir is now working hard on items for the Carol Service, which will be a joint service at 11 o'clock on Sunday, 22 December at Bendochy Parish Church.

The Choir is a faithful group of lovely singers and new members are always welcome. Additional male voices would be especially appreciated.

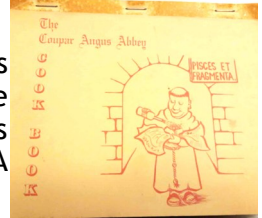
***Alison Malcolm***

## ***Abbey Church Fundraising***

During the course of 2024, a number of fundraising activities have been organised with over £3,000 being raised through your support for the Charity Shop, Coffee Morning and Blueberry Picking. These funds are used to maintain and heat The Abbey. In addition, by contributing to the Retiring Offerings, you have also helped support the Scottish Air Ambulance, Foodbank and the Earl Haig Fund.

In addition to all of this, an old fundraising idea is currently being resurrected. An Abbey Church Cook Book.

Back in the 1980s a cook book was created with recipes being supplied by members of the Abbey Church. These books have been well used over the years with requests for replacement copies being seen on social media. A term that had never been heard of 40 years ago.



I have volunteered to type up a new version of the cook book, including most of the recipes from the original and hopefully, with your support, some new submissions. Some recipes are timeless and are a lovely way to keep family and friends in our thoughts, and some may involve the use of modern cooking appliances.

I hope to have the new book typed up and ready for issue by the time the next Isla Link is distributed, so if you would like to contribute a favourite recipe to be included, please pass the details to me. I will need the name of the recipe, the ingredients (and measurements), preparation instructions and cooking time and temperature.

Your continuing support is very much appreciated.

***Rachel Ewins***

### ***Coupar Angus Abbey Church—Friendly Fridays***

Our Friendly Friday afternoons continue to be a great success with a real sense of fellowship being enjoyed in coming together for tea/coffee and tasty bites. The friendly chatter and laughter is wonderful to hear. Thank you to all who contribute to make this such a happy time and to all who support it.

**1.30–3.00 pm**

**Coupar Angus Abbey Church**

***Dates for your diary:***

|               |                   |
|---------------|-------------------|
| <b>Friday</b> | <b>6 December</b> |
| <b>Friday</b> | <b>7 February</b> |
| <b>Friday</b> | <b>7 March</b>    |



**Please note that there will be no Friendly Friday in January**

## ***Walking (And Talking) With God***

One of the things that I have so enjoyed since I moved back home to Scotland is becoming more acquainted with our beautiful countryside. Growing up in Argyllshire I was used to seeing beauty but, I don't think I appreciated it like I do now. I enjoy walking, even if it's just around Coupar Angus. However, the walks I enjoy more than any are when Sandra (Jack) and I go out walking. We walk locally and have ventured much further out. We have known exactly where we're going, and we have, once or twice, resorted to reading the map in order to get home. We talk, laugh, share our ups and downs, and Sandra has (patiently?) answered most of my many questions.

One of the things that I miss about living in Texas is Country and Western music. Now, I like it - but in small doses. So, once every 6 months or so I will listen to it for a wee while when I'm busy in the kitchen. A few months ago I heard a gospel country song being sung, "*Just a little talk with Jesus.*" I admit when I first heard that song many years ago I heard the words incorrectly and would sometimes sing to myself "*Have a little walk with Jesus.*"

That day when I heard the song I laughed to myself at my own past mistakes, but then I started thinking - thinking about my own walk, and talks, with Jesus, and thinking about my walks with Sandra. And I realised that the enjoyment I get from those walks is the enjoyment I should be getting from my daily walks with God. But, do I always remember to "enjoy" my walk with God, and to tell Him as I'm walking with Him?

The beauty around us never ceases to amaze me, and Sandra hears that - a lot! But God also appreciated His beauty. In Genesis 1:21 we read that after God completed His creation He saw "*that it was good.*" Do I thank Him often enough for the beauty that surrounds me?

Sandra and I do a lot of laughing, about all kinds of things. God gives us laughter: Job 8:21 reads "*He will yet fill your mouth with laughter and your lips with shouts of joy.*" Thank you God for the laughter that I enjoy in my life.

I have also shed tears on those walks and Sandra has helped me through that too. God is definitely there for me in those times. In Psalm 34:18 we read "*The Lord is close to the brokenhearted and saves those who are crushed in spirit.*" Thank you God for wiping away my tears.

It doesn't matter what situation I find myself in, God is by my side and I have a Bible full of verses, prayer, talking -and walking - with Him to get me through. My prayer is that when I'm out walking with Sandra I won't forget to thank God for that walk too, and that I will have Him walk with me all day, every day. I pray also that God will be with you on your daily walk through life, and that you will include Him in your "talks."



## **Abbey Church Soup Lunches**

Thank you to everyone who has been attending our soup lunches, your support is really appreciated.

If you haven't joined us yet please don't be shy, just pop into the church and a warm welcome awaits you, (hot tasty soup too!!) There is no charge, however a small donation is appreciated. We have a super team of workers, all in receipt of hygiene certificates and we are looking forward to seeing you.

Soup is served 12-2pm. Bring a friend/friends!!

### ***Dates for your Diary***

December Wednesday 18th—With Xmas treats

January Wednesday 15th and 29th

February Wednesday 12th and 26th

March Wednesday 12th and 26th



## ***A Prayer for Strength***

Lord, the enemy would love to steal our joy and our hope.

He would love us to believe that You have forgotten us, and that You don't answer our prayers.

He loves when we think that we should give up, or when we think there is no need to pray.

Father, You tell us the victory is ours.

You tell us that we can do all things through You.

You tell us to hope in You, and we shall not be disappointed.... we just have to remember that Your timing is not our timing, and that You do not always give us what we seek, because You see the bigger picture, and have something better in mind that we cannot now see, and we must trust You..... and the only way we can trust You, is to know You well Lord.

Help us to know You better.

This we ask in Jesus' Name.

Amen

***Author known to God.***

I found this lovely prayer, I have always loved prayers that include words from Scripture.



## ***Bendochy Church—Community Cafe***

Our Community Cafe continues on the second Wednesday of each month. All are welcome. to join Ann & Paul Rice at Bendochy Coach House for tea/coffee, biscuits and a friendly chat. Bring a friend.

***10.30am —12 noon***

***Bendochy Coach House***

***Dates for your diary:***

|                  |                    |
|------------------|--------------------|
| <b>Wednesday</b> | <b>11 December</b> |
| <b>Wednesday</b> | <b>8 January</b>   |
| <b>Wednesday</b> | <b>12 February</b> |
| <b>Wednesday</b> | <b>12 March</b>    |



## ***PRECIOUS GIFTS***

We are coming up to Christmas when we celebrate God's precious gift of Jesus, our Saviour. But this is the gift that goes on giving for we can share it with others throughout the year. I recently came across this (anonymous) account that describes some additional, precious gifts that we can freely give at any time during the year:

**The Gift of Listening**, but without interrupting, just listening.

**The Gift of Affection**, being generous with appropriate hugs and handholds that show your love for family and friends.

**The Gift of a Written Note** to say "I love you" or "thanks for your help."

**The Gift of a Compliment**, to say, for example, "thanks, that was a great meal."

**The Gift of Favour**, whereby each day you go out of your way to do something kind.

**The Gift of Solitude**, acknowledging that sometimes a loved one just wants to be left alone to their own thoughts.

**The Gift of Good Cheer**, for which the best way to feel good is to make others also feel good.

These gifts are not seasonal, giving them will enrich our own lives as well as those of the recipients.

***David Chinn***

## ***Bridget Lithgow***

The congregation of Bendochy Parish Church would like to wish Bridget well in her recent move to Northland's Care Home. Her presence and support at Bendochy Church will be greatly missed.

***Bernice Mackenzie***



## ***Balhouses Care Home Church Services***

Our group of volunteers continue to visit Balhouses Care Home on a monthly basis to allow the residents an opportunity to participate in a short church service.

When these visits first started, I was preparing hymn sheets for the volunteers, but I now have to bring extra copies along as some of the residents are very keen to join in with the hymns. The hymns chosen each visit are usually old favourites which can stir up memories for those involved.

As I was doing a spot of family dog-sitting recently which co-incided with a Balhouses visit, I was told just to bring Hamish (the dog) along too as the residents would be delighted to see him. He was certainly a hit, especially with those who had previously been dog owners.

Friends and family members of residents are very welcome to join in these Services and should contact Balhouses Care Home for dates and times.

***Joyce Beattie***  
***Worship Leader***

## ***Church of Scotland Stamp Appeal***

I have recently posted off another batch of used stamps. Before sending them off I spent some time trimming them up and separating them into the different types of stamps. This might seem like a strange way to spend my time, but I like to think that it helps those dealing with them at the Stamp Appeal.



In this batch of over 3500 stamps there were over 1000 1<sup>st</sup> Class, 1700 2<sup>nd</sup> Class, 220 Priced and 560 from Overseas. At present the majority of the stamps being donated are still older stamps - pre barcode, but the barcoded ones are becoming more prevalent now. Strangely though, only 26 of the 600 newer stamps have King Charles on them.

The stamps from overseas are always interesting, coming from 29 different countries across the world.

***Rachel Ewins***

Many thanks for all submissions for this edition of the Isla Link.

***Deadline for the next issue: 16 February 2025.***

Please send articles to:-

Rachel Ewins - [rachel.ewins@btinternet.com](mailto:rachel.ewins@btinternet.com)

## ***Churches Together***

Christmas Hampers are being prepared for needy families identified by the Social Care Department in Blairgowrie. This year the Abbey Church are only being asked to provide one hamper for 2 adults and 2 children. There are no details of age of the children. We will also include a meat voucher for £20.



Thank you in advance for your help with this. Any extra donations will be taken as well because they often have emergencies at Christmas.

***Anne Richards***

## ***A Message From A Friend***

### ***Someone Does Care***

I found God in the morning,  
we just sat and talked.

I kept him near me,  
everywhere I walked.

I called on God at noontime,  
a heart filled with despair.

I felt his quiet presence,  
I knew 'He' was there.

We met again at sunset,  
the waning of the day.

I have made him happy,  
I have lived his way.

Then when at bedtime  
I knelt silently in prayer,  
again his gentle presence I felt:  
Someone does care.

***Helen Pithie***



**BLAIRGOWRIE FOODBANK  
OPENING TIMES:-**

**Tuesday 10:00 – 12 noon**

**Thursday 2:30 – 4:00 pm**

**St Catharine's Centre, George Street,  
Blairgowrie, PH10 6EY**

If you require referral for an emergency food parcel, please contact  
Perth Citizens Advice Bureau [Mon-Fri 10am-3.30pm] on  
Freephone **0800 1969440** or email [advice@perthcab.org.uk](mailto:advice@perthcab.org.uk)

If you would like to make a Crisis Grant Application, call  
**0345 30 111 00 Option 2** [Mon-Fri 9am-4pm] or email  
[welfarefund@pkc.gov.uk](mailto:welfarefund@pkc.gov.uk). They can make referral for a food parcel  
if you do not meet the criteria for a Crisis Grant

**For further information, please contact us at**  
[infoblairgowriefoodbank@perthkinross.foodbank.org.uk](mailto:infoblairgowriefoodbank@perthkinross.foodbank.org.uk)  
or [www.perthkinross.foodbank.org.uk](http://www.perthkinross.foodbank.org.uk)

## ***A Message of Thanks***

On behalf of our congregation, we would like to thank the lovely, kind, anonymous person/people who weeded the path up the side of the church, and did a good tidy up.

Your efforts were noticed and very much appreciated.  
God Bless you.

***Peter and Kathleen Godfrey***

## Welcoming You At The Abbey Church

**2024**

|                 |           |               |           |                  |
|-----------------|-----------|---------------|-----------|------------------|
| <b>December</b> | <b>1</b>  | Rachel Ewins  | <b>8</b>  | Isobel Jack      |
|                 | <b>15</b> | Peter Godfrey | <b>22</b> | Kathleen Godfrey |
|                 | <b>29</b> | Sandra Jack   |           |                  |

**2025**

|                 |           |                     |           |                |
|-----------------|-----------|---------------------|-----------|----------------|
| <b>January</b>  | <b>5</b>  | Anne Richards       | <b>12</b> | Ellen McGibbon |
|                 | <b>19</b> | Irene & Esme Rodger | <b>26</b> | Betty Crighton |
| <b>February</b> | <b>2</b>  | Barry Anderson      | <b>9</b>  | David Chinn    |
|                 | <b>16</b> | Joanne Chinn        | <b>23</b> | Jeff Brewer    |
| <b>March</b>    | <b>2</b>  | Esther Jack         | <b>9</b>  | John Easson    |
|                 | <b>16</b> | Anne Esson          | <b>23</b> | Rachel Ewins   |
|                 | <b>30</b> | Isobel Jack         |           |                |

## Readers in the Abbey



**2024**

|                 |           |             |           |               |
|-----------------|-----------|-------------|-----------|---------------|
| <b>December</b> | <b>1</b>  | David Chinn | <b>8</b>  | John Easson   |
|                 | <b>15</b> | Joan Joans  | <b>22</b> | Anne Richards |
|                 | <b>29</b> | Jeff Brewer |           |               |

**2025**

|                 |           |                |           |                |
|-----------------|-----------|----------------|-----------|----------------|
| <b>January</b>  | <b>5</b>  | Ellen McGibbon | <b>12</b> | Joanne Chinn   |
|                 | <b>19</b> | David Chinn    | <b>26</b> | John Easson    |
| <b>February</b> | <b>2</b>  | Joan Jones     | <b>9</b>  | Anne Richards  |
|                 | <b>16</b> | Jeff Brewer    | <b>23</b> | Ellen McGibbon |
| <b>March</b>    | <b>2</b>  | Joanne Chinn   | <b>9</b>  | David Chinn    |
|                 | <b>16</b> | John Easson    | <b>23</b> | Joan Jones     |
|                 | <b>30</b> | Anne Richards  |           |                |

## Abbey Church Beadle Duty Rota

**2024**

**December**

**Sunday Services**

Jeff Brewer

**Funeral / Wedding**

Jeff Brewer

**2025**

**January**

Joanne Chinn

B Anderson

**February**

David Chinn

David Chinn

**March**

Ellen McGibbon

Ellen McGibbon

## ***Safety Measures Currently In Place***

In accordance with guidance provided by the Church of Scotland, measures continue in both Churches to reduce health risks to our Congregations. Please make contact with a member of your Kirk Session to discuss any issues that may be impeding your return to Sunday Service.



### ***Who's who at the Abbey***

|                        |                |      |              |
|------------------------|----------------|------|--------------|
| <b>Treasurer:</b>      | Peter Godfrey  | Tel: | 01828 627028 |
| <b>Roll Keeper:</b>    | Ellen McGibbon | Tel: | 07541009398  |
| <b>Gift Aid:</b>       | Ellen McGibbon | Tel: | 07541009398  |
| <b>Fabric:</b>         | John Easson    | Tel: | 01828 628001 |
| <b>Life and Work/:</b> | Anne Richards  | Tel: | 01828 628138 |

#### **Churches Together**

|                                  |                  |      |              |
|----------------------------------|------------------|------|--------------|
| <b>Presbytery Elder:</b>         | Jeff Brewer      | Tel: | 01828 628126 |
| <b>Organist:</b>                 | Alison Malcolm   | Tel: | 01382 320287 |
| <b>Isla Link Editor:</b>         | Rachel Ewins     | Tel: | 01250 876638 |
| <b>Safeguarding Co-ordinator</b> | Mrs Joanne Chinn | Tel: | 01828 670234 |

### ***Who's who at Bendochy***

|                           |                 |      |              |
|---------------------------|-----------------|------|--------------|
| <b>Treasurer:</b>         | Jo Durran       | Tel: |              |
| <b>Session Clerk:</b>     | Graeme McNeill  | Tel: | 01828 627751 |
| <b>Fabric:</b>            | John Morison    | Tel: | 01828 627223 |
| <b>Presbytery Elder:</b>  | David Donaldson | Tel: | 01828 640017 |
| <b>Churches Together:</b> | Susan Meldrum   | Tel: | 01828 628209 |
| <b>Hall Convener:</b>     | Jean Laburn     | Tel: | 01250 872945 |
| <b>Organist:</b>          | Alison Malcolm  | Tel: | 01382 320287 |

### ***POP CHRISTMAS CARD DELIVERY***

Collection Boxes in The Abbey Church and The Strathmore Hub

**8-20th December 2024**

**Donation of 25p a card**



Please ensure all cards have the name, number or house name and street clearly written on the envelope to guarantee delivery. Only cards within Coupar Angus town can be delivered.



Bendochy Parish Church of Scotland ((SC004358) and Coupar Angus Abbey Church of Scotland (SC014438) are component elements of the Perth Presbytery (SC014528) which is itself a component element of the Church of Scotland (SC011353).