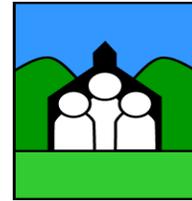


BALLANTRAE PARISH CHURCH
 linked with
ST COLMON (Arnshean Barrhill & Colmonell)
PARISH CHURCH



APRIL 2020

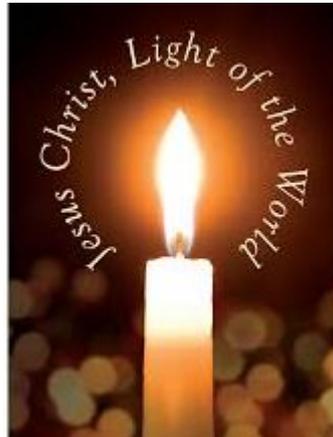
*If a tiny virus can do
 this much damage,
 imagine what mustard
 seed size faith can do.*



Matthew 13 : 32

Pray at 7pm

Remember to light a
 candle in
 your window
 at 7pm on Sundays.



Join people around the
 country in praying for the
 healing hand of God
 to be on our world,
 your community and you
 at this difficult time

Minister: Rev Theo Corney
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Scottish Charity No. SC008536	Scottish Charity No. SC014381

From our Minister:

Dear All,

I hope that as you receive this you are not feeling too overwhelmed. Change can bring stress with it and facing social isolation can make us feel lonely and worried. I am heartened in these days to see the help that neighbours are giving to one another. Even if we can't be in physical contact, it is important to telephone people and to message them in other ways.

We are all trying to do things differently and I know that a lot of people have great concern for loved ones at this trying time. Please be assured that God does hear our prayers. If anyone would like to speak with me, please do phone in the coming days. We are also regularly putting devotional items on the website and Facebook, so please do check these out when you have a free moment. It has been a very different Easter this year, but it is good to remember that Christ is risen and is with us despite the fact that we cannot meet in the church at this time.

One thing we can all be thankful for is the good weather we have had during this time of lockdown. As a family we have been able to enjoy the manse garden and are managing to adapt well to the situation. Reuben has been able to extend his creativity by unlocking the chickens and imprisoning himself in the rabbit run. He was excellent at locating the chocolate eggs hidden in the garden on Easter morning. Eryn had to work hard to keep up with him! He is particularly enjoying riding on his tractor and collecting sticks for the fire.

Simeon is coming along well. He is much more alert, smiling and starting to roll over. Next month he will start weaning and in preparation he has started teething! Like Reuben he particularly enjoys going for a walk with me along the river. Eryn was particularly upset when her school closed and is missing her friends. Rachel has been helping her with her studies and has tried to organise opportunities for her to interact with people online. This week she is very excited to be starting an online drama class with her old theatre group in St Andrews. She has also been working hard learning some new pieces on her french horn. South Ayrshire Schools are organising a musical tribute of "Somewhere Over the Rainbow," for the NHS and Eryn will be taking part on the 30th of April at 8pm.

The community is very much in my prayers at this time, as is our country and world. The apostle Paul urges us to "Pray without ceasing". We may feel unable to do very much in these days, but we can always pray in hope to our Lord. May we know His comfort and strength.

1 Thessalonians 4: 16 - 18 *"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus".*

Rev Theo Corney

The Manse Family



How the Virus Stole Easter
By Kristi Bothur with a nod to Dr. Seuss

'Twas late in '19 when the virus began
Bringing chaos and fear to all people, each land.

People were sick, hospitals full,
Doctors overwhelmed, no one in school.

As winter gave way to the promise of spring,
The virus raged on, touching peasant and king.

People hid in their homes from the enemy unseen.
They YouTubed and Zoomed, social-distanced,
and cleaned.

April approached and churches were closed.
"There won't be an Easter," the world supposed.

"There won't be church services, and egg hunts are
out.
No reason for new dresses when we can't go
about."

Holy Week started, as bleak as the rest.
The world was focused on masks and on tests.

"Easter can't happen this year," it proclaimed.
"Online and at home, it just won't be the same."

Maundy Thursday, Good Friday, the days came
and went.

The virus pressed on; it just would not relent.

The world woke Sunday, and nothing had changed.
The virus still menaced, the people, estranged.

"Pooh pooh to the saints," the world was grumbling.
"They're finding out now that no Easter is coming."

"They're just waking up! We know just what they'll
do!

Their mouths will hang open a minute or two,
And then all the saints will all cry boo-hoo!"

"That noise," said the world, "will be something to
hear."

So, it paused, and the world put a hand to its ear.

And it did hear a sound coming through all the
skies.

It started down low, then it started to rise.

But the sound wasn't depressed.
Why, this sound was triumphant!
It couldn't be so!
But it grew with abundance!

The world stared around, popping its eyes.
Then it shook! What it saw was a shocking
surprise!

Every saint in every nation, the tall and the small,
Was celebrating Jesus in spite of it all!

It hadn't stopped Easter from coming! It came!
Somehow or other, it came just the same!

And the world with its life quite stuck in quarantine
Stood puzzling and puzzling.
"Just how can it be?"

"It came without bonnets, it came without bunnies,
It came without egg hunts, cantatas, or money."

Then the world thought of something it hadn't
before.

"Maybe Easter," it thought, "doesn't come from a
store.

Maybe Easter, perhaps, means a little bit more."

And what happened then?

Well...the story's not done.

What will YOU do?

Will you share with that one

or two or more people needing hope in this night?

Will you share the source of your life in this fight?

The churches are empty - but so is the tomb,
and Jesus is the victor over death, doom, and
gloom.

So, this year at Easter, let this be our prayer,
As the virus still rages all around, everywhere.

May the world see hope when it looks at God's
people.

May the world see the church is not a building or
steeple.

May the world find Faith in Jesus' death and
resurrection.

May the world find Joy in a time of dejection.

May 2020 be known as the year of survival,
but not only that -

Let it start a revival.

The Church of Scotland follows the ***Revised Common Lectionary***, which assigns particular readings to each Sunday in the Christian calendar and someone asked for the readings so they can follow them, so here are the next few Sundays.

4th Sunday of Easter: Acts 2:42-47, Psalm 23 1, Peter 2:19-25, John 10:1-10.

5th Sunday of Easter: Acts 7:55-60, Psalm 31:1-5 & 15-16, 1 Peter 2:2-10, John 14:1-14.

6th Sunday of Easter: Acts 17:22-31, Psalm 66:8-20, 1 Peter 3:13-22, John 14:15-21.

7th Sunday of Easter: Acts 1:1-11, Psalm 47, Psalm 93, Ephesians 1:15-23, Luke 24:44-53.

OR Acts 1:6-14, Psalm 68:1-10 & 32-35, 1 Peter 4:12-14 & 5:6-11, John 17:1-11.

Day of Pentecost: If Numbers is chosen as the first reading, Acts is used as the second.

Acts 2:1-21 or Numbers 11:24-30, Psalm 104:24-34 & 35b,

1 Corinthians 12:3b-13 or Acts 2:1-21, John 20:19-23 or John 7:37-39.

Why didn't they play cards on the Ark?

Because Noah was always standing on the deck!!

STAY SAFE AND -

- Stay prayerful – fix your eyes on Jesus.
- Stay wise – believe in prayer but also believe in soap.
- Stay kind – do not stockpile. Help each other.
- Stay united – including in reconciliation and forgiveness.
- Stay connected – share the Good News.
- Stay confident – Jesus is in the boat with us.

Did you know? Instead of singing Happy Birthday twice saying The Lord's Prayer will give you the correct time that it should take to wash your hands thoroughly.

Ayr Presbytery Prayer Promoters' Group has a representative from each Church (Pat Guthrie for St Colmon) and the group produces a weekly booklet of daily prayers. The daily prayers are on St Colmon's face book page. Contact Pat Guthrie or Claire Pirrie if you would like to receive the booklet and here is one of the prayers:

As for me, I will always have hope; I will praise you more and more (Psalm 71:14)

In this time of anxiety and uncertainty, let us remember there is always someone we can rely on. May we start each day thanking Him for all He has done for us and holding this gratitude before us as a beacon of hope.

Prayer

Father, we thank You for Your promise to always be with us no matter our circumstances and we hold on to that promise now, as we feel anxious and uncertain as each day goes by. May we remember that through You all things were created, that You have supremacy over everything, and nothing is impossible for You. You are our hope and we praise You. Amen

Prayer points are all about praising God:

- Praise Him for the little things, we previously took for granted
- Praise Him for nature that continues to flourish
- Praise Him for more time to spend in His Word
- Praise Him that whatever happens He is our hope.

Now just talk to God about whatever is on your heart...He wants to bless you and give you peace as you trust in Him. Amen

Ayr Hospital Prayer Group

There is a now a prayer group in Ayr Hospital who will pray for staff, patients, families, managers, our nation, and many more. The group would be delighted to receive prayer requests from you here: <https://forms.gle/6AUUrqMUffypuzBa9>

All staff are welcome to join the group weekly in the hospital sanctuary and sessions on Zoom may also be considered. If you are interested in praying with the group please get in touch yetunde.shoruna@gmail.com



Watch and Listen

St Colmon Church & Ballantrae Church face book sites –
Sunday reflections by Rev Theo Corney

<https://www.luminatescotland.org/luminateathome> Activities for home

<https://www.youtube.com/watch?v=aaNO6SW8-uo> “Why does God allow suffering?” Nicky Gumbel

<https://youtu.be/j1QemxVqZ1U> “Choose faith not fear” Nicky Gumbel

<https://www.churchofscotland.org.uk/worship/services-online> All Churches putting services online

You Tube – Hamilton Old Parish Church, Rev Ross Blackman leads a daily Bible study

<https://www.bbc.co.uk/programmes/m000h441> Ecumenical Reflections at the Quay on BBC1

<https://www.bbc.co.uk/programmes/m000h05p> Sunday service of worship on BBC1

Sunday BBC1 Songs of Praise.

Let's Stay Connected

There are many ways we can stay in touch during this time.

We can telephone, write letters or emails.

We can keep up with Church news through this Newsletter.

You can find us on Facebook by searching for

ST COLMON CHURCH or BALLANTRAE CHURCH

You will find new things each day

Words of encouragement – Prayers – Music – Videos

Space for you to ask for prayer, add your comments, post a picture.

Go on try it!

Let's Keep in Touch

*“God is our refuge and strength, an ever-present help in trouble.
The Lord Almighty is with us!” Psalm 46:7*

Your Local Resilience Teams

Throughout our parishes wonderful volunteer efforts are ensuring everyone has access to help with shopping, prescriptions, hearing aid batteries etc. and village food banks for those in need.

Please think about who your neighbour is. Who do you know that might be in need of some assistance or welcome a phone call?

For information contact:

Ballantrae – Laura Cunningham 01465 831785, Mhairi McKenna 0790 150 6691

Colmonell & Lendalfoot – Mark Bradley 01465 881052, Claire Pirrie 841644

Pinwherry & Pinmore – Peter Walker 07801 070614, Claire Pirrie 01465 841644

Barrhill – Andy Clegg – 01465 821456

Eileen McCutcheon has produced an excellent spreadsheet of information for Colmonell & Lendalfoot which may be of help to others so I have attached it as a separate document. Contact Claire Pirrie if you don't receive it.

“When I am afraid, I will put my trust in you.” Psalm 56 : 3

SCRIPTURE CAKE INGREDIENTS

Let us know how this works out and we look forward to a tasting at Coffee Morning!

200g Judges 5:25...last clause

250g Jeremiah 6:20

3 tbsp 1 Samuel 14: 25

4 Jeremiah 17:11

170g 1 Samuel 30:12 (second food)

170g Nahum 3:12

100g Numbers 17:8

500g 1 Kings 4:22

1 tsp 2 Chronicles 9:9

1 tsp Leviticus 2:13

2 tsp Amos 4:5

5 tbsp Judges 4:19 (last clause)

FOOTPRINTS

I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you, You'd walk with me all the way.
But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.

I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you.
Never, ever, during your trials and testings.
When you saw only one set of footprints,
it was then that I carried you."

As we move forward day by day, the Lord will carry us all through to the other side of this terrible time and we will be stronger and more grateful for all the things we take for granted.

"When it rains look for rainbows, when it's dark look for stars."

Physios say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least twice a week!



- MAKE SURE THE CHAIR YOU USE IS STURDY
- WEAR SUPPORTIVE SHOES
- IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CALL YOUR GP OR CALL 111
- A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL



Heel Raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.



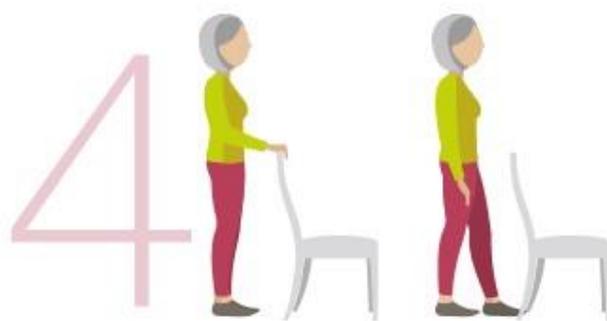
Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.



Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.



Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.



Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.



One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.



KEEP THESE EXERCISES SOMEWHERE HANDY LIKE ON THE FRONT OF THE FRIDGE