

Christmas Services

Sunday 3rd December - 1st Sunday in Advent

Monday 4th December 7pm

Light up the Highlands Service

ALL welcome

Sunday 10th December - 2nd Sunday in Advent

Our Gift Service - Please bring food that can be used in the Christmas Goodie Bags through our local Foodbank – refer to the Foodbank article

Sunday 17th December - 3rd Sunday in Advent

Insh Village Candlelight Service 6pm

Candles, Carols and Mulled Wine

Sunday 24th December - 4th Sunday in Advent with our

Christmas Pot Luck Lunch and
COME AND JOIN US AT 11am



Watchnight Service Christmas Eve at 11:30pm

Community carol singing from 11:15pm

Retiring collection to support people with poor Mental Health who seek help and support through the Church of Scotland's Crossreach

Christmas Day Celebrations at 10:30am

Please bring one of your presents – and not just the children!

Thank you to everyone who sponsored me to go Sober for October. I raised £227 for MacMillan Cancer Support and £155 for Crossreach. Alison

Kingussie Parish Church SC021546

Kirk Chat

Christmas 2017

Dear friends,

The build-up will soon be about to begin. Before long we will be making lists and scoring off. There is ALWAYS so much to do at this time of year. Christmas cards.... Presents... Decorations... Cakes.... Turkey.... More and more foodstuffs that we never usually buy but really (so we convince ourselves) really need... wrapping paper... Crackers!... and do we have enough to drink? Do we have enough to eat? Goodness, how on earth will we get it all ready. We are exhausted just thinking about it!

My problem is that I'm pleased with how prepared I am. However, all that means is that I have bought my turkey, cooked and carved it and now it is in the freezer. (It was a really good deal in the Co-op a few weeks ago.) Of course, knowing that I am SO organised means that I'll get complacent and will, as usual, be running around at the last minute.

The first Christmas appeared to be less than organised. Mary and Joseph had not come to that stage in life when they were happy to be parents; they had to go to Bethlehem – a journey that, at that stage in the pregnancy, they would have preferred not to make; they had made no accommodation arrangements; they had to be happy with the thought of bedding down with animals in a stable; the shepherds knew it made more sense to have stayed with their beasts – they had arranged to cover to allow them to go down into Bethlehem; the Wise Men – well, they were so wise they got it completely wrong. Yet, out of the apparent chaos of the first Christmas, God brought order – love – peace – sense!

Our Christmas will never be as disorganised as the one all those years ago in Bethlehem and yet we are in danger of missing out the most important of all: the true meaning of Christmas as experienced by Mary, Joseph, an innkeeper, some shepherds and three wise men.

Grasp it. Enjoy it. Experience it. See the baby in the manger: God's Son born for YOU..... God bless you all. Alison

Cookery Book

Cookery Book plans are being formulated. A quote for an initial supply of 250 has been received. Discussions as to how we meet the cost of this and the book's future launch have commenced..... Watch this space!

Monday Craft

Delighted to have some new members attending on our Monday evenings. If you are at a loose end on a Monday between 7pm and 9pm we would be delighted to see you.

Preparations for the stall at the Kincaig Village Christmas Fayre have kept everyone busy. Christmas tree decorations, wreaths, knitted items, sewn items, crocheted items all suitable as gifts. Also available is the best marmalade in the Highlands and right up there with the marmalade raspberry jam! A new product to the stall are the small pots of KPC sea salt and herb rubs! Great for chicken, fish, meats and roast potatoes. A great stocking filler for the foodies on your gift lists!

Also look out for us on the High Street on Sunday 3rd December – we have been given free use of one of the shops for Church funds.

In the 1990s, while working as a Staff Nurse on Lynwilg Ward in St Vincent's I read a book by Rev Robert Davis, a Pastor from Illinois. This was an account of his "journey into Alzheimer's Disease". The part which really stuck with me was when he spoke about going to sleep at night. In that space between being awake and going to sleep he used to remember and recite his favourite Bible passages.

As he disease progressed, in this space was just a black hole. He could not remember. This resonated with me as many patients could not lie down and settle in bed at night.

Could this be the reason?

Many nightshifts were spent holding and stroking patients' hands and gently humming tunes.

We now know that life stories and playlists are very important to dementia sufferers. However, I think, on that ward, we always knew, This is what made me write this short poem about a fictional lady, in her eighties, with dementia and living in a Care Home.

Kit Harling



CHRISTMAS GOODIE BAG APPEAL

The Badenoch & Strathspey Foodbank have decided to again provide Christmas Goodie Gift Bags to those people in our Community who do not qualify or want to accept a Food Voucher but whom local referrers identify as would benefit from a bit of Christmas cheer and support at what can be a difficult time for many. Bags will be packed to meet the requirements of those who are to receive them – single, couples, adults with children and pets (cats and dogs). The bags are a gift from the local community to those within our community. We hope to pack and distribute the bags week commencing 11th December and put out an appeal for the following items:-

Mince pies

Xmas pud (small)

Tins of custard

Tins of ham or salmon

Chocolate - selection boxes, tubes or small boxes/bars

Pringles or other tubes of crisps

Small bottles of Juice or coke etc.

Shortbread and other goodies?

Donations can be handed in on a Thursday, between 11.30am and 1.30pm, to St. Andrews Church Hall, Aviemore or the Aviemore Community Café, the Red Cross Shop in Aviemore or locally to **Caberfeidh Horizons in Kingussie prior to 11th December.**

Organ restoration project

Great news! The leaflets on the Cairngorms National Park Organ Trail and brochures on the history of Kingussie, the Church and the organ's restoration have now been delivered by Groverprint and are ready for distribution. Be sure to pick up your copies from the Church hall. These leaflets were produced by four students from Kingussie High School.

On the 25th of November representatives from the church will be at the Coop in Newtonmore for the distribution of their charity funds. We are going to receive £3659.79!! A great BIG thank you to all who supported us. We can now purchase an organetto kit. This wooden kit will then be constructed by the pupils of Kingussie Primary School into a small working organ. It will be housed in the Church, and on occasion be de-constructed and rebuilt by a new set of pupils as the year groups move on. This allows more pupils to see how an organ works, and fits well within the school curriculum. It allows us to maintain the connection with the School which took such an active interest in our restoration project. It gives the pupils an opportunity to play an organ albeit not the restored organ!

Heritage Lottery have also asked to use our Project as a case study on their web pages, so while we were assisted by St Ninian's Church in Nairn, we repay by helping others. Seems fair!

Thursday Nonsense

While the number of visitors coming to the open day have dropped off, the ones attending show a great interest in what we are doing. Many return as this is a favourite holiday spot and it has been rewarding to make connection with them. Several have been researching their family tree and were found wandering around the graveyard. Delighted to say we have been able to provide them with more information. A further development in this area will commence in the new year. Sandy and Helen Peebles will assist in putting the information gathered of who lies within the graveyard on our web pages. The Head Teacher of Kingussie High School, Mr Bray, has been approached and has agreed to provide some support too in this, by supplying some students from the Media Department, a teacher, and the school drone. This means we should be able to get aerial shots of sections of the graveyard, making the documentation more interesting to look at. Well that's the plan!

AS I LAY ME DOWN TO SLEEP

**AS I LAY ME DOWN TO SLEEP
I PRAY....I PRAY OH WHAT COMES NEXT?
I'LL GO AND ASK MY MUM AND DAD
BUT THEY ARE NOT HERE, IT MAKES ME SAD**

**THERE'S A SMILING LADY WHO TAKES MY ARM
I KNOW SHE WILL KEEP ME FROM HARM
SHE STROKES MY FACE, SHE HOLDS MY HAND
I KNOW SHE REALLY UNDERSTANDS.**

**HOW SCARED I AM, HOW I FORGET
SHE KNOWS THAT I AM SO UPSET
SHE SINGS TO ME, THE HYMNS I KNOW
ABOUT JESUS IN THE STABLE, THE SHEPHERDS IN THE
SNOW.**

**I REMEMBER THESE SONGS
I SING THEM IN MY HEAD
SHE STAYS BY MY SIDE
AS I LIE IN MY BED.**

**AS I LAY ME DOWN TO SLEEP
I PRAY....I PRAY ..THE LORD MY SOUL TO KEEP
THE VOICE BESIDE ME, SO WARM AND KIND
I FALL ASLEEP WITH THE LORD IN MY MIND.**

Weekly Readings for Advent

Jeremiah 33 : 14 – 16

Malachi 3 : 1 – 4

Zephaniah 3 :14 – 20

Micah 5 : 2 – 5a

Christmas Day

St Luke 2 : 1 - 20



Dear friends in Scotland,

Thank you for continuing to support us in prayer, and special thanks to everyone who has been in touch by letter and email. Our top prayer requests this time:

1. For our physical health, especially Fiona's headaches.
2. For Nepal's recovery from a disastrous monsoon.
3. For Joel and the UMN team going through a season of change.
4. For continued safe and peaceful elections in Nepal.

To open with praise: last letter we asked you to pray for peaceful local elections. These have been conducted successfully all across the country, even in the face of regional conflict. Now we need to pray for the elected local officials, who have been given more authority than any local authorities in Nepali history. Also, in November and December, Nepalis will go to the polls again to elect provincial and national lawmakers. Please pray for these elections to be just as peaceable as the local ones.

Last letter we also mentioned that some visa privileges that UMN had enjoyed for 63 years had been withdrawn. But last month, these were amazingly restored in full—an outcome we had barely dared to hope for! In the ever-shifting Nepali government departments that oversee our work, the Lord brought sympathetic officials into just the right roles at just the right times. This will save us thousands of pounds every year. Hallelujah—and thank you so much to everyone who joined us in praying for this issue!

August saw another massive disaster in Nepal, this time mostly affecting the southern Terai plains. The heaviest rainfall in decades led to widespread landslides and floods; large areas of the Terai were submerged, displacing more than half a million people and leaving tens of thousands homeless. We're proud to say that UMN was one of the organisations that distributed the most rapid relief to the most people, reaching 5,984 households (or around 36,000 people) with two weeks' food supply, tarpaulins, mats, mosquito nets, and hygiene items.

Many of the worst-hit flood victims are landless labourers, who build in flood plains because they have nowhere else to go. In the coming months, UMN will be working to help these households recover and become more resilient to future floods. Please pray for flood survivors' recovery and for UMN to find the best ways to support them.

Sadly, UMN has finally accepted that despite all our prayers and work, we are not about to get permission to build houses in the quake-affected areas of Dhading. After asking you so many times to join us in prayer for this, it's heartbreaking to have to acknowledge that sometimes the answer to prayer is “No.” But we've concluded that the best way we can bless the quake survivors is by investing in reconstruction work for which we have got permission—the rebuilding of schools to a quake-resistant standard.

It was a mercy in April 2015 that the earthquake didn't happen on a school day. Tens of thousands of children were spared by this timing. UMN has already been rebuilding dozens of sturdy schools across Dhading district to make sure that in future earthquakes, schoolchildren will be protected and the community will have at least one large building for communal shelter post-disaster.

The money raised by Church of Scotland will allow us to build a number of additional schools in the remotest corner of Dhading. In speaking with churches who raised money for the “Let Us Build a House” campaign, we've been immensely grateful for their consistent willingness to let their donations be shifted to school-building, where the opportunity and need are both so great. Meanwhile, Joel and the UMN Leadership Team are leading some organisational changes in the mission's structure and ways of working. We want key decisions to be made as locally as possible—by the communities we serve, the local Nepali charities we partner with, and UMN's own local offices, rather than our headquarters. Changes like this are never easy and rarely smooth; please pray for team morale, and that the outcome of these changes will be a stronger mission.

Finally, we want to ask again for your prayers for our health—especially for Fiona's headaches. Over the last few months she has only had one headache free day, and her pain frequently reaches migraine intensity. Last week she spent a day in hospital after a sleepless night of vomiting. An MRI scan has ruled out some of the scarier possibilities; Fiona and a neurologist are working on preventative medication.

Thank you all so much for praying with us!
Joel and Fiona Caleb and Isaac