



From the Manse

*You shall go out with joy  
And be let forth with peace,  
And the mountains and the hills  
Will break forth before you.  
There'll be shouts of joy  
And the trees of the fields  
Will clap, will clap their hands.*

André Kempen's joy-full song. It is true that there are times when we need to feel joy filled and convey that to God and the folk around us. And this song does it, for in it all Creation joins together to joyfully praise God.

We get very serious about things, things like Brexit and Trump, Boris and May; about Change in the Church! We get stuck in serious mode and forget that as well as the serious stuff, and especially in the middle of the serious stuff, the Bible tells us to enjoy life. Enjoy life. God did not make us to be serious all the time.

It is too easy to become weighed down by responsibility, and work, and even our faith.

I certainly have been drowning, slightly, under the weight of bureaucracy for some time now. That feeling of racing in ever decreasing circles, going faster with every turn... and I forgot to stop and step off... and just enjoy life.

What drew me into ministry was people not paperwork and in this week, two timely reminders of what is important came into my hands. Cards arrived from two families: one family walking through a time of great sadness; the other a time of great joy, and I was privileged to walk with both. If I was able to support those families by sharing God's love then I am deeply grateful for that privilege. But there is perhaps an unexpected blessing because each family offered ministry to me, when in each I could see the love of Christ and I felt blessed by being in their presence. I feel blessed and want to thank God for the gift of joy shared with me. Joy can come in the little things... a look, a word that fills your heart when you most need to be lifted up.

Let's all make a promise to ourselves and to each other to celebrate joy when we find it... the times and moments when with all creation we celebrate finding joy.

Isaiah 55:12 reminds us to rejoice in those moments: *"You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands."* (NIV)

with many thanks  
Wilma



## SPRING RALLY

The Rally took place on Sunday on May 22<sup>nd</sup> when several members joined with around seventy members from mainland Orkney and Westray. The day was damp and misty, however, this did not affect the

warm welcome that awaited us.

After lunch in the Community Centre we gathered in the main hall and Pauline Herickson from Sanday Guild welcomed everyone and conducted the meeting. There was bible reading, prayer and hymn singing and a message of encouragement from the Moderator of Orkney Presbytery, Rev. Fraser Macnaughton.

Guest speaker, Stella Reynolds delivered a presentation on one of the National Guild Projects, the "Free to Live Trust." This demonstrated the work being done in India by Seema Wagmode who has worked tirelessly over the years in the hope of setting up a home for children suffering under exploitation and violence. In two years with help from both local and national donations her goal has come to fruition and now boys and girls enjoy a new way of life away from the squalor and violence in the city.

Afterwards some members took a tour of the local district while others enjoyed fellowship. A delicious buffet was available then before being transported to the pier for the journey to Kirkwall. We will all remember the Sanday "Spring Rally" for the kindness and friendship shown there and to all who helped to make it a great example of "Companions on the Road."

*Maureen Tait – Leadership Team*

## June meeting

Margaret opened the meeting on 5<sup>th</sup> June and welcomed two visitors and our speaker for the evening, Anne Hill, from Orkney College.

Joyce played for the opening hymn 498 'Angel voices ever singing' and Nancy read the prayer. The reading was from Acts 2 v22-28.

With business items and reports relayed for the guild, Margaret then handed over to Anne Hill.

As well as the Curriculum leader for Hospitality it turns out that Anne is also the leader for Agriculture, Sport and Leisure at the College. Anne explained that her visit to the Falklands came about following contact with the Training Manager there who was visiting a relative in



Shapinsay.

After some time and organisation, and a lengthy journey she arrived for a hectic two weeks of work – and socialising, with very friendly and welcoming islanders.

Anne used a Power point presentation to show a wide and very interesting variety of people, places and wildlife. She gave a fascinating insight into island life, Falklands style, including major medical needs requiring travel to either Chile or the UK.

Her training schedule was intense, even though, sometimes, she had only a few students. She did manage a trip by an Islander aircraft to a smaller island and was amused when asked if she had ever seen that type of plane before.

After questions and comments, Maureen gave a very appreciative Vote of Thanks to one and all. Morag and Nancy then served teas.

The closing hymn was 124, “Praise to the Lord, the Almighty” followed by the Lord’s Prayer.

*Margaret Sparkes: Leadership Team member*

**July Meeting**

The Guild met on 3<sup>rd</sup> July when Trish Urquhart gave a talk and demonstration on Reflexology.

Morag, leading, introduced the first hymn “Glory be to God the Father” with Joyce playing keyboard. The reading was from Romans chapter 11, verses 9-21 followed by a prayer.

Trish then explained that reflexology was like massage on hands and feet. She asked us to work in pairs and using a small amount of oil, rub the hands to relax each other, with card guides to show areas of hands. One lady volunteered to have her feet done as well and was delighted as her feet felt as light as air.

Margaret gave the vote of thanks and a lovely cup of tea followed served by Julia and Netta. The meeting closed with hymn 351, “Jesus hands were kind hands” and the Lord’s Prayer.

*Morag Shearer: Leadership Team member*

**Katrina Tait**

Sunday School Prizegiving Day and a very special certificate was awarded, and this time the certificate was presented by a member of Sunday School to her teacher. Kaitlin Moar presented Katrina with a Church of Scotland long service certificate, which can only be presented to Sunday School Teachers after twenty one years service and in Katrina’s case, after teaching Sunday School for twenty five years.

Katrina has dedicated a great deal of her time and energies to youth ministry in the Church and East Mainland. It was a privilege to present the certificate to her, one of the first signed by our newly installed Moderator of the General Assembly the Right Rev Colin Sinclair.

She began her twenty five years’ service teaching Sunday School at St Andrews in The St Andrews Church before joining the combined Sunday Schools of St Andrews & Deerness and Holm which catered for children across the parishes in what became East Mainland Church.

It was a pleasure to work with Katrina she was dedicated, always organised and well prepared for her class on a Sunday morning, and provided a fine example of dedication for the bairns to see.

As other churches have found Sunday School has to stand in line with all the extra-curricular activities on offer for children and sadly numbers have declined over recent years. Youth Ministry will continue and Sunday School will give way to trial new ideas to fit in with bairns busy lives. So it was a perfect way to round off the year on a high point with Katrina’s presentation, when Katrina was assured of the gratitude and thanks of East Mainland Parish.

Rev. Wilma Johnston

**Church Fund Raising**

Savoury Teas in Deerness - £900.96

Christian Aid door to door collection in East Mainland - £2634.08

The Editorial Team apologises for omissions that occurred in the last issue during processing.

**Out of the Life**

Alison Shearer	15/5/2019
Maureen Johnston	27/6/2019

**Also Remembered**

Andrew Kirkness	8/3/2019
Debbie Spence	6/6/2019





Month	Date	Time	Event
September	1 <sup>st</sup>	11:00am	Worship with the Sacrament of Holy Communion + Tea in the East Mainland Church
	4 <sup>th</sup>	7:30pm	Guild with guest speaker Lynn Bartlett (Young Carers) in the Session Room
	8 <sup>th</sup>	11:00am	Worship (Stewardship Sunday) in the East Mainland Church
	15 <sup>th</sup>	11:00am	Worship in the East Mainland Church
	18 <sup>th</sup>	TBA	Guild Autumn Rally in the East Kirk
	22 <sup>nd</sup>	11:00am	Worship in the East Mainland Church
	29 <sup>th</sup>	11:00am	Worship (Back to Church Sunday) in the East Mainland Church
October	2 <sup>nd</sup>	07:30pm	Guild with guest speaker Laurence Tait (Dawn Star Boat Trips) in the Session Room
	6 <sup>th</sup>	11:00am	Worship + Tea in the East Mainland Church
	13 <sup>th</sup>	11:00am	Worship in the East Mainland Church
	20 <sup>th</sup>	11:00am	Worship in the East Mainland Church
	27 <sup>th</sup>	11:00am	Worship with Shoebox Appeal in the East Mainland Church
November	3 <sup>rd</sup>	11:00am	Worship + Tea in the East Mainland Church
	6 <sup>th</sup>	7:30pm	Guild with guests from the East Mainland Young Farmers Club in the Session Room
	10 <sup>th</sup>	10:45am	Wreath Laying Services will take place at Deerness and Holm War Memorials followed by the Remembrance Service in the East Mainland Church The Wreath Laying at St Andrews War Memorial will take place after the Church Service
	17 <sup>th</sup>	11:00am	Worship with the Harvest Thanksgiving in the East Mainland Church
	24 <sup>th</sup>	11:00am	Worship in the East Mainland Church
December	1 <sup>st</sup>	7:00pm	Guild Carol Service in the Deerness Community Centre

**Editorial Team:**

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Please email articles, preferably using **Times New Roman size 12**, for the next newsletter to

eastmainlandchurch@gmail.com by 8th November

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