

Buccleuch & Greyfriars FREE CHURCH OF SCOTLAND

Newsletter

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May 2007

Minister's Update

We all know what it is to be harassed. Sometimes we get so harassed, we don't know what to do. There seems to be so many things clamouring for our attention, we don't know where to start. We need help but we don't know where to find it or how to ask for it.

There were people in Jesus' day like that. We read about them in Matthew 9:35-37: 'Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."'

Why were the people 'harassed and helpless, like sheep without a shepherd'? The word translated 'harassed' comes from the idea of being flayed or skinned, or being torn or mangled, and the word translated 'helpless' means

thrown down or knocked down. The explanation of these terms lies in the phrase 'like sheep without a shepherd'. The background to this is in Ezekiel 34 where Israel's rulers are called shepherds. They were neglecting the welfare of the people. They were not helping the weak, the sick and the injured. They were not searching for the lost. So God himself said he would be the Shepherd of the people: 'I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak' (Ezekiel 34:16). This was true of the Exile and the Return around Ezekiel's time, but it was supremely fulfilled by Jesus.

The people of Jesus' day were neglected and oppressed by their spiritual and political leaders, so they ended up 'harassed and helpless, like sheep without a shepherd'. But Jesus has compassion on them. The word translated 'compassion' is a strong word; it means that he was deeply moved. The nearest colloquial equivalent is to say it was gut-wrenching compassion he felt.

Jesus feels the same compassion today. He feels the

same compassion for our communities today which have been sadly neglected and misled and oppressed spiritually. And he feels the same compassion for you as you may feel harassed and without human help in any situation. He is ready to help. Call on him.

But Jesus also tells his disciples to pray that God would send out workers into this harvest field, and then he sent out the disciples as the answer to their own prayers (10:1ff)! As Christians we may feel harassed by a thousand and one things, but we know the Shepherd's tender care. We are called to reach out to those who don't know the Shepherd's compassion and make that our priority.

Remember too that Jesus was harassed by all the crowds that pestered him, and he asked his disciples to share the load. Don't be afraid to ask for help!

Alex MacDonald

Assistant Minister's Update

I'm back from Peru. I had hoped to see monkeys or other exotic animals while I was away but all I managed to see were dogs and cats. I didn't eat anything particularly unusual,

like guinea pig either. What I did do was to join with a team of three others to visit, observe and assess some of our International Mission work in Peru.

Our team consisted of two ministers and two teachers. We spent the majority of our time in Lima at the Colegio San Andres where we observed a school of 485 pupils from age 3 to 5th year secondary. The size of the school was quite a limitation, but nonetheless the teachers and the students have a school of which they can be very proud.

The School's motto is "The Fear of the Lord is the Beginning of Wisdom", and it is a Christian school in its core being and work. From the morning secondary and primary assemblies to the gift of an inscribed Bible upon graduation, the word of God and the principles of the Bible are preached, taught and exemplified. Please pray for the headmaster Donnie MacAulay and his wife Marcela along with Tim and Marjorie Donachie, our missionaries at the school. Remember too all the teachers, students and parents who are connected to this school. Much wisdom is

needed for the future. As the Colegio celebrates its 90th birthday this year, we are confident that God can continue to use this school for his glory and the Christian good of Peru.

We also had the privilege of spending a weekend with David and Martha MacPherson and their sons John, Samuel and Joseph in the high jungle of Moyobamba. There we saw the work of the Annie Soper School, the medical missionary work of the St Luke Association, and the Presbyterian Church in Moyobamba. Iain MacAskill and I each preached to congregations of over three hundred people a fortnight ago. There is church planting work and practical outreach to the poor and deprived in the community.

In short, the trip was exhilarating, exhausting and encouraging. We have the great responsibility of praying for our brothers and sisters in Christ and encouraging our fellow labourers in the Gospel.

Pray for the work of Christian education, pray for the preaching and teaching of God's word and pray for the practical witness of the love of

Christ by the people of God. May God continue to grow his church in Peru! I hope this is not my last trip!

Yours faithfully
Bob Akroyd

Welcome

It is always a pleasure to see new people in the congregation whether they are students, new residents in Edinburgh or visitors passing through Edinburgh on holiday. We hope you feel welcome and that you enjoy your time with us at Buccleuch.

DATES FOR YOUR DIARY

Summer Student Placement

From May 28th – July 8th, John Johnstone, a first year student at the Free Church College will be on placement with us. Please make every effort to make John and his wife Sarah and their children Rachel and Samuel feel welcome in Buccleuch and pray that this experience would be a blessing to him and to our own congregation.

Prayer Breakfasts

We continue to meet weekly at 9am on Saturday mornings for

prayer, food and fellowship. Thanks to all who have made these breakfasts possible and thanks to all who attend. If you haven't been able come, please stop by one Saturday morning to enjoy this special time of fellowship and prayer together.

Home Bible Study

The next home Bible study will be on Wednesday, May 9th. We will continue our studies in the New Testament book of Ephesians using a Bible study book prepared by John Stott.

The Hosts and Venues for the next Bible study are:

North West

Neil & Mary Campbell, 54 Strachan Road, EH4 3RG (343 6067)

East

Bob & Heather Akroyd, 275 Guardwell Crescent, EH17 7SL (664 6306)

South East

Fergus & Dolina Macdonald, 113 St Albans Road, EH9 2PQ (667 1546)

South

Donald & Mairi Forsyth, 24 Blantyre Terrace, EH10 5AE (447 6908)

South West

Donald & Joan MacDonald, 6 Craiglockhart Grove EH14

(455 8777)

Buccleuch Church Hall

Prayer meeting

On the first Wednesday of each month (May 2nd), at the usual time of 7.30pm, we are encouraging the entire congregation to join together in prayer in the hall. If you can attend only one prayer meeting in the month, please make every effort to attend this meeting. If you don't usually attend the midweek meeting, please attend this meeting. The focus will be on prayer with a reading and a short Bible message. The meeting will finish promptly at 8.30pm. We as a session realise that there are legitimate pressures on many in the congregation. We do not wish to add to these burdens but rather to find a way to encourage regular and concerted prayer in the congregation.

Of course we will continue to have our regular Prayer Meeting and Bible studies and Home Bible Studies on the other Wednesday evenings and each Saturday morning at 9am we will have our prayer breakfast where all are welcome to share food

fellowship and prayer.

Bob Akroyd

Joint Service at Leith - 13th May

On Sunday 13th May at 6.30pm, the three Edinburgh Congregations will meet together at Leith Free Church, Casselbank Street for a joint Evening Service. **Please note on this date, there will be no evening service at Buccleuch**

Guest Service

The next in our series of guest services will be on Sunday, May 27th at 6.30pm when Douglas Campbell will preach. Please take this opportunity to invite your friends to church to hear the Good News about Jesus Christ and pray that God would use these occasions to convert those who attend.

Adult Sunday School

The final adult Sunday school of this series has been rescheduled for the 13th May. Thank you to John Tweeddale for leading this series.

Meetings of Kirk Session and Deacons' Court

The Kirk Session Meetings will

meet on the following Tuesdays at 7:30pm in the manse (except at Communion, where they will be held in the vestry).

May 25th-27th Communion

June 19th

July No meeting

August 25th/26th Communion

September 18th

October 7th Communion

October 23rd

November 23rd-25th Comm.

December No meeting

The Deacons' Court will meet on the following Tuesdays at 7:30pm in the hall.

May 15th

August 21st

December 4th

International Students' Meal

International Meal: Free Food & Fellowship!

Attention all internationals: Our next International Meal is on Saturday 12th May at the home of Neil and Mary Campbell, 54 Strachan Road. It will be a BBQ whatever the weather! Meet at the church at 6:30pm. For more information, please contact John & Angela Tweeddale (xxxxxxxxxxxxxxxx) We look forward to seeing you!

Informal English Classes

The informal English classes meet in the church hall on Tuesdays from 2:00pm-3:30pm. Please speak to Ena Mackay for more details.

The Klub

For S1-S3 7-9pm in Buccleuch Church Hall (unless otherwise stated)

4th May : Mayhem V
18th May: Oscar Night
1st June : Meadows Malarky (meet 7pm, Buccleuch Church)
15th June: BBQ (meet 7pm at Esther's house, 2/2 New Orchardfield, off Leith Walk)
 If you need more information phone Mairi Forsyth on 447 6908

Discipleship Explored 2007 (Thursday Evenings 6.30 - 8.30)

Discipleship Explored is a journey into the book of Philippians. Philippians is a letter written to young Christians, encouraging them to stand firm and live for Christ. It is compelling, challenging and inspiring - particularly to those beginning the Christian life, because they are on exactly the same journey as the

Philippians! As they discover Paul's extraordinary letter, participants explore for themselves the meaning of Paul's words: "For me, to live is Christ and to die is gain." Also built into the course is a Bible reading plan to help every participant explore each theme further - to develop the habit of reading the Bible daily.

May 3 Confident In Christ (Phil 1:1-11)
May 10 Living In Christ (Phil 1:12-26)
May 17 Standing Together In Christ (Phil 1:27 - 2:11)
MAY 24 BREAK
May 31 Transformed By Christ (Phil 2:12-30)
June 7 Righteous In Christ (Phil 3:1-9)
June 14 Knowing Christ (Phil 3:10 - 4:1)
June 21 Rejoicing In Christ
June 28 Content In Christ (Phil 4:10-23)

Catering For Discipleship Explored Course

Discipleship Explored begins on Thursday 3rd May and volunteers are needed to cook. The meal is one course followed by tea and biscuits. The course runs until the end of

June and if you can cook or are willing to help please see Sarah Lytle or Bob Akroyd.

Sarah Lytle

The Weekend Away

The Weekend Away is on the 4th - 6th May 2007. It will be the same place as last year, the Acarsaid Hotel, Pitlochry. See Roddy MacLeod, Jeff Brannon or Norma MacLean for more information

Care Van

Chris Somerville will be co-ordinating the Buccleuch Care Van Team. The next date for the Care Van will be Sunday 29th April.

Run for the World (R4TW)

Now that spring is here why not take up a new challenge and help change the world? Run for The World is an event organised by Operation Mobilisation involving people running (and walking) from Auckland to Guatemala. This event will take place in 11 countries, 17 cities and across 11 time zones. The purpose is to raise money for 3 projects – a children's orphanage in Kazakhstan, relief work in Central America and

development work in Moldova.

This all takes place from 11.00-12.00 on SATURDAY 26 MAY at Bellahouston Park, Glasgow.

The course will be a 2km lap where you can walk or run the distance of your choice.

If you are not able to participate why not sponsor someone who is or give them a donation and help change the world. Register with Frans on 0141 552 8029/ 07875 563 318 or Sharon on 07801 088 768 More information can be obtained from www.r4tw.org

Joan Macdonald

Christian Life and Work

The next meeting of this group takes place on Friday the 18th of May when we will be looking at "Spirituality in the fast lane". How we can prepare spiritually for work and better support those who are working will be some of the things for discussion. So why not come along and join us at 7.30pm in the church hall

Joan Macdonald

Camps Training Day

Saturday 12th May 2007 10am-3pm at Perth Free Church. Lunch will be provided

Mhairi Mackintosh
Camps Administrator
Free Church Youth Camps

Congregational Outing

The congregational outing will take place on Saturday 2nd June. Currenly the venue has still to be decided, but put the date in your colander.

Edinburgh Southern Mission Support Group

The Edinburgh Southern Mission Support Group will be a holding a curry evening in St Columba's on Saturday may 19th from 6pm onwards to raise funds for computers for Chhapara school and repairs for the Chhapara manse. As well as a delicious meal, Ernest Brown will give a presentation about his visit to the schools in Chhapara and Lakhnadon in 2006 on behalf of the international mission board, and there will be other items with an Indian theme. For more information or if you would like to help in the catering for the evening please contact Christine Campbell (on 077347 13020, or cxxxxxxxxxxxxxxxxxxxxx).

Pregnancy Crisis Conference

This conference will take place

on Saturday 12th May from 10:00-4:00pm at Ruchill Church , Glasgow. The speaker will be Nola Leach, Chief Executive of CARE.

CONGREGATIONAL NEWS

Bereavements

Let us remember Katherine Preedy in our prayers following the death of her father last month.

WFM Project

Thank you to all those who gave to the WFM project. £600 was raised for camps in South Africa.

Iain Macleod

Let us continue to remember Iain in our prayers. He has now been transferred to Struan Nursing Home.

Prayer triplets

Interest has been expressed by some in the congregation in forming prayer triplets. If interested, please put your name on the list at the back of the hall, or speak to an elder.

Congratulations

Congratulations to Willie and Anne who announced their

engagement on March 23rd and are planning to get married in the autumn.

Congratulations to Rob and Anne who married on the 7th April in Inverness (photo on front cover).

Crèche Helpers

Due to the fact we have an increasing number of children in the crèche, we are having to increase the helpers from two to three each week to meet the ratio guidelines (1:3).

So we're looking for more helpers. If you have already been disclosed, that would be ideal. However, if you haven't yet been disclosed, we can look at getting the appropriate forms sorted out. Please speak to Norma MacLean.

Children's Safety

The crèche has now moved to the opposite side of the church (vestry side). The screens will remain up until the church is vacated, so that children can be collected from the crèche / preschool safely. Juice will be served to the children there. Due to Health and Safety children MUST NOT be at the kitchen side of the hall unsupervised. If children are in

the church, then they need to be supervised, and should not be eating, drinking or climbing over the pews.

Happy Birthday

Happy birthday to, Kirstie Ann who had a birthday on 16th April and Mairead who had a birthday on the 10th April, Janey and Mairi who have birthdays on the 1st May Ailis who has a birthday on 21st May and Euan who has a birthday on the 9th May.

Happy Birthday to Amy who was **18** on the 25th April.

Exams

Let us remember our young people who will be sitting Standard Grade exams and Highers this month and for those who will be making important decisions regarding their future.

Anyone for Tennis?

Come and keep fit on a Saturday morning and have a game of tennis. We are now playing at Craiglockhart due to the weather, and the time can vary. If you are interested speak to Evelyn, Heather, Mairi or Moira.

Greeting cards

Alison Fraser has a selection of greeting cards for sale price £1.25. They are hand crafted by the ladies at the Lima Evangelical Seminary. If you would like any more information or to see examples of the cards please speak to Alison Fraser.

Steven's Green Tips

Food

Where does your food come from? How far did it travel to get to you? How much energy was used to produce it? These are questions we rarely think about when we see the range of food on display in our corner shops. Our food, and how it is produced, stored, delivered to us and sold to us, contributes to environmental pollution. Of course we can't stop eating to save the environment. But what can we do? Think about the following issues:

Food miles - the distance travelled by your food from place of production to your kitchen. Try to reduce this by checking where food is made and packed and then buying less far-travelled food. Extreme examples include green beans

grown, prepared and packaged in Kenya and then delivered by air to Britain. And most tropical fruit comes from further away than Europe. Buy locally made produce to encourage a reduction in energy used to transport food. Buy from local shops (if you can find one) rather than driving out to a supermarket. "It's not supermarkets that cause small shops to close; it's the people who shop there."

Organic - most fruit and vegetables consumed in Britain are not organic. This requires pesticides and fertilisers made mainly from petroleum derivatives. Buying organic reduces the amount of harmful chemicals used to raise your food. Check where it's made though - buying organic food made on the other side of the world may decrease energy used in production, but will definitely increase energy use in transport.

Seasonality - does anyone know when British apples are in season? What about tomatoes? (Ask at a supermarket or fruit and veg shop and see if they know!) If you believe what you see in the supermarket, all fruit is in season all year round. Buy

seasonal fruit and veg instead. Find out what's in season each month and stick with that. You'll be surprised at the variety that we can grow here in the UK.

Vegetarian - meat takes more energy to feed, raise, process and distribute than fruit and veg. Reduce your meat intake to reduce the energy used to feed you.

There are justice issues in all of these areas. Should we reduce our intake of (Fair Trade, of course) bananas because they come from abroad? What will this do to farmer's lifestyles in Honduras? Think carefully and prayerfully about this. Remember that you are part of the system and what you do can make a difference to the environment and to other people's lives.

Best of all, grow your own food in your garden! Lettuces from our garden travel about 200 metres to reach us. Or get a veggie box delivered to your door. Try Damhead Organics or East Coast Organics (there may be others too). Try fresh local food at the Edinburgh Farmer's Market too, held every Saturday on Castle Terrace (near the car park).

Further reading? - Try "The Scandal of the Evangelical Conscience" and "Rich Christians in an Age of Hunger" by Ronald J. Sider for more about some of these issues.

Steven Hammer

WONDERFULLY MADE

Bone Adaptation: Blasts and Clasts

Bone is concealed and does not easily reveal the secret of its flow of life to bystanders. It requires the assistance of a powerful microscope with strong magnification to see even traces of what is happening there. There are two types of active cells in bone.

There are **osteoblasts**, repair cells that attach themselves to fracture sites and lay down bone crystal. These **blasts** are like road repair units that become involved where there is weakness or injury. They do not operate only where there is injury. Billions of them work steadily away, replacing older bone.

In the very young, 100% of bone is replaced every year throughout the whole body. The bones in the arm of a four-year old do not have any bone that

the child had as a three-year old. The structure of the arm remains the same, but it is larger.

In a person of mature years, only about 18% of bone is replaced each year, but older bone does not give up readily or yield its position. It is as if it had to be dynamited out and then drawn away from the site. The demolition team for this are **osteoclasts**.

Clasts are large with an average of between ten and thirty nuclei which receive instructions for their sensitive task. In a drystone dyke, it would be impossible to remove a whole series of stones along one level without running the likelihood of the collapse of the wall. However, it may be possible at different points on the wall to extract one stone and replace it with another until the whole wall is renewed with fresh stone. In a similar way, **Clasts** scavenge each bit of bone, one cell at a time, tunnelling through bone with remarkable ease. In the holes left, **Blasts** fill the spaces, depositing a new supply of healthy bone fibre.

A **Clast** cell has a short, but brilliant life, violent in its

penetration of hard bone, but burned out within forty-eight hours. It is then removed as waste.

The **Blasts** and **Clasts** compete throughout a person's life. **Blasts** tend to predominate in the first part, laying down new bone in an orderly design. Demolishing **Clasts** eventually overtake the weary **Blasts**. In old age teeth sockets decrease in size, the chin becomes more prominent and the elderly are left with more severe and pointed faces. In older people, fractures of the shoulder or of a leg take much longer to heal because the **Blasts** heal bones slowly, especially because they also have to take care of routine repair as well.

Where bones are subjected to exercise and stress, bone growth is stimulated. If in bed in hospital for a prolonged period, a patient may lose up to 50% of calcium in his bones. In outer space astronauts without the impact of the forces of gravity lost up to 20% of their calcium. Any activity like walking, cycling, lifting, sends electrical currents through bone to stimulate growth.

WMM

BUCCLEUCH & GREYFRIARS FREE CHURCH OF SCOTLAND Our identity, mission and vision	
Identity	Local congregation of the Free Church of Scotland which is a branch of the universal Church of Jesus Christ
Mission	To worship God together To spread the Gospel of Jesus Christ To care for and encourage one another To show practical compassion for those in need
Vision	<p>A church which is characterised by friendliness towards, and genuine interest in, all those who cross the door whether regularly or only once.</p> <p>Relevant-to-the-times, applied preaching and enjoyable worship.</p> <p>An increasing proportion of those attending committed to Buccleuch as central to their life and Christian witness.</p> <p>A congregation increasingly united as a “family” through fellowship and through working together in the “in-reach” and “outreach” work of the congregation.</p> <p>A church that values all of the people who are associated with it and in particular one that appreciates its full-time ministers.</p> <p>A church with strong and effective leadership whose leaders lead by example and which equips its members to fulfil their calling as witnesses and servants.</p> <p>A church where the members gladly serve one another in love.</p>

ROTAS**Crèche**

6 th May	Lisa Myers Mairi Forsyth Anne MacDonald.
13 th May	Norma Maclean Alison Wall Sarah Lytle.
20 th May	Kirsty Clunie Jonnie McCrea Jocelyn Hammer
27 th May	Jennifer Macleod Neil Campbell Flora MacPhail
3 rd June	Jen Brannon Anne MacRae Kenny Macleod.

Amplifier

6 th May	Johnnie C.
13 th May	Graham
20 th May	Shanana
27 th May	Ken

Cleaning

5 th May	Rob/Mary Bonne Michael Bennett
12 th May	Calum/Norma MacLean Karen Murray Rob MacD.
19 th May	Alisdair /Esther Black Heather Akroyd
26 th May	Kenny Macleod Johnnie Macleod Rebecca Copty
2 nd June	Lois Eddie Dolina Mac. Mairi Forsyth
9 th June	Rob/Mary Bonne Michael Bennett

Door Duty

6 th May	Roddy Macleod Ken MacKenzie	Neil Campbell Alison MacDonald
13 th May	Eric Mackay Esther Black	Alasdair Black Stephen Hammer
20 th May	Donald Forsyth Dolina Macdonald	Mairi Forsyth Willie Lytle
27 th May	Willie Mackay Rob MacDonald	Calum MacLean Kenneth Macleod
3 rd June	John MacRae Chris Somerville	Neil MacRae Jenny Somerville

ACTIVITIES (in church building unless marked by *)

Sunday	11:00am	6:30pm
6 th May	William Mackay	Bob Akroyd
13 th May	Bob Akroyd	Joint Service at Leith
20 th May	Alex MacDonald	Alex MacDonald
25 th May	To be confirmed Preparatory service at 7:30pm	
26 th May	Douglas Campbell Preparatory Service at 7:30pm	
27 th May	Douglas Campbell	Communion Douglas Campbell Guest Service

Crèche and Junior Sunday School during morning service.

Monday

BG's Youth Club	7-8pm – contact Alison MacDonald (664 9038) or Kenny MacLeod (555 1010)
*Bethany House Outreach	8-10pm – contact Bob Akroyd (664 6306)
*Deacons' Court	8pm monthly –

Tuesday

Informal English Class	2-3:30pm – contact Ena Mackay (447 5937)
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Wednesday

Prayer Meeting	7:30pm
*Home Bible Studies	7:30pm (2 nd Wednesday of the month)

Thursday

*Eight-a-side Football	9:30pm – contact William Lytle (477 1403)
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Friday

Mothers and Toddlers	10:00am-12 noon
Women's Fellowship	as announced

Saturday

Prayer Breakfast	9am
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CONTACTS

Minister	Alex MacDonald	(667 4651)	AlexJMacDonald@blueyonder.co.uk
Assistant Minister	Bob Akroyd	(664 6306)	bobandheather@talk21.com
Newsletter/sheet	Moira Mackay		moira.mackay@blueyonder.co.uk

Buccleuch and Greyfriars web page www.buccleuchfreechurch.co.uk

PROCEDURE FOR BOOKING THE CHURCH HALL

- 1) Check availability at www.buccleuchfreechurch.co.uk -> Newsletters -> Church Year Planner
- 2) Contact Alasdair Black (buccleuchyearplanner@hotmail.co.uk), who will check suitability with the ministers and respond to you