



**Come along
All welcome**



**Abbey Church
and
Dirleton Kirk News
August/September 2024**

**Minister:
Rev. Dr David J Graham,
BSc, BD**

**Sunday Morning Worship
at**

**9.30 am (until 10.20)
Dirleton Kirk**

**10.30am (Until 11.30)
Abbey Church**

**Dirleton
Wednesdays 10am Half
Hour Prayer Service**

Dear Friends,

Someone once said that if you don't want anyone to know about something, put it on a notice-board! The reason for saying that, of course, is that we often ignore them, although they're meant to advertise things and inform us.

I hope that's not true of our church notice boards, especially the new one in front of our building, made by the skilled craftsmanship of Dr John Guy. This summer, thanks to Colin Ley's artistic skill, it has a message about ruin and repair. Go and look at it, don't just 'pass by on the other side'!

I recently watched an episode of the TV series 'The Repair Shop'. It's a much loved programme, which combines the skills of the craftsmen and women with the restoration and renewal of items which have a lot of emotional value to their owners.

As a church, we're also in the business of repairing and restoring, but our artefacts are real lives. The Bible reminds us that we are being built by God.

Peter writes that 'as living stones, you are being built up as a spiritual house' (1 Peter 2:5). Paul says we're 'you are being built together into a dwelling of God in the Spirit' (Ephesians 2:20-22).

In the words of the hymn by Marty Haugen, let us build a house where love can dwell.

I hope you're enjoying a happy summertime.

Your minister,

David

Future Church Services

Our Summer service theme is 'Sinning like a Christian, a look at the 'seven deadly sins'. So if you hear that the Minister is working on the seven deadly sins, you'll understand why! The topics for the rest of the summer will be

August 11 th	Anger
August 18 th	Laziness
August 25 th	Greed
September 1 st	Gluttony
September 8 th	Desire

Our Harvest Service is on 29th September, with a Harvest Supper in Abbey the previous evening.

Blythswood Shoebox Appeal



A timely reminder to save any shoeboxes for this years appeal please.

Writer's Group

In November last year, I gave a talk at TAG (The Tuesday Afternoon Group) on writing fiction. Thanks to TAG organiser, Sheila Burgon, the meeting was well attended and several people approached me afterwards to express an interest in writing.

At a recent meeting of Abbey Church Worship Committee, I was given the okay to set up a Church Writers' Group, open to both Abbey and Dirleton Church members. You don't need to have written a bestseller to join! In fact, complete writing novices, as well as more experienced writers, and anyone in between, would be extremely welcome.

Our aim will be to write material that can be incorporated into worship services. This might take the form of prose or poetry reflections, short drama pieces, or anything else that fires your imagination and fits with our church service themes.

If you're interested in joining the group, please email me: 'jackieley@aol.com' or speak to me after an Abbey morning service. Registering interest doesn't commit you to joining the group. I anticipate an initial meeting in September when we can discuss the practicalities.

Jackie Ley



Abbey Kirk Session

Robert Burgon

The Kirk Session has acknowledged, with gratitude, the work of Dr John Guy, who has skilfully created the new noticeboard which is now situated in the grounds at the front of the church. The previous noticeboard, which had served us well over many years, had fallen victim to stormy weather some time ago and it is so good once again to have something in our grounds which promotes what we do as a church family. Those passing the church in mid-July may have noticed the powerful display in the new noticeboard which links the recent hole in our harbour wall (the result of another storm) and its repair with qualities of the Christian church. The artwork was created by Colin Ley, an elder on the Kirk Session, and Colin plans to follow this display with others from time to time.



Our Little Nippers group usually only meets during school term time. However, this year, following requests from a number of the parents, it continued for an additional three weeks into July. We are grateful to the leaders of the group, Karen and Iain Murray, for being willing to hold these additional meetings.

Still on the subject of the church grounds, we appreciate the ongoing work carried out by volunteers of North Berwick in Bloom who do so much to make our grounds an attractive spot in the town. We are so fortunate to have this team of hard workers in North Berwick who help to make the place so beautiful and attractive.

Thanks are also due to the church volunteers who open and close our doors during the summer months. Comments in the visitors' book (from people whose home can be in many different countries) demonstrate how valuable an open church is to them.

As I write this in mid-July, we still seem to be waiting for summer to arrive. The odd days of sunshine are welcome, but they seem to be outnumbered by cloudy and rainy days. It has sometimes been so cold that we have had to turn the church heating back on. While there is still time for us to enjoy consistently good weather, our thoughts are turning already to the season of harvest when we have the opportunity to give thanks for the harvest, which we hope will have been safely gathered in by the time of our Harvest Thanksgiving service on Sunday 29 September 2024. This year, as you will read in a separate article in this Newsletter, we will be making our harvest offerings to support the work of Ripple Effect in Kenya.

The harvest service will be preceded by our Harvest Supper in the Abbey Hall on Saturday 28 September. Details of that event will appear in the Newsletter nearer the time.

We pray for all of our family who will have the opportunity to go on holiday in the coming weeks and also pray that many visitors to the town will be encouraged to attend one of our services or to visit the sanctuary for a time of reflection and prayer.

The Kirk Session next meets on Mon, 2 September 2024.

Abbey Church Posters

The restoration of North Berwick's harbour wall following last year's storm damage was the inspiration behind a new poster presentation which is displayed in front of the church. The two poster images, shown under the headings RUIN and REPAIR, depict the original damage to the wall and its subsequent rebuilding. In our version, however, the words on the bricks used to restore the wall reflect values we stand for as a church, such as love, joy, peace and patience. In addition, just as North Berwick needs a solid wall to protect its harbour, so we need a solid wall of spiritual and moral values to protect us. The two posters also carry the following words:

RUIN

A fierce Autumn tide
Ravaged the harbour wall
Smashed a gap 5 metres wide
When ancient stones began to fall

REPAIR

If your life needs repair
Like the old harbour wall
Heed the words on these bricks
And treasure them all





TAG

Tuesday Afternoon Group usually meets on alternate Tuesdays from 2-3pm in Abbey large hall and our new syllabus starts on the 24th September.

24th September - 12:30 - Harvest Lunch

Baked potatoes, fillings and salad with apple desserts will be on offer.

This is an opportunity to get together again to share news and fellowship.

8th October - Fresh Start - Sylvia McFarlane

Fresh Start is an Edinburgh charity whose aim is to help people who have experienced homelessness set up their new home through the provision of goods and services.

This meeting was scheduled for last year but had to be cancelled due to adverse weather conditions.

22nd October - Visit to North Berwick Museum

Please meet inside the front door of North Berwick Library/Museum entrance no later than 1:55pm.

This year we will take an offering at each meeting. If a charity is being represented then the offering will go directly to it at the end of the meeting and we will not wait until the end of the year to distribute funds.

Both men and women are warmly invited to all our meetings.

Pineapples Matter More Than You Think

Do you like pineapples? You can have them fresh, tinned, dried or juiced, or maybe even on your pizza!

How about poverty-busting pineapples? It's a genuine question and one which is of great importance to Kenyan farmer, Fatuma, her husband Omar and their two young children.

They live in Kwale county on the coast of Kenya and, like many other local families, are going hungry as the global climate crisis worsens, bringing long periods of drought and unpredictable heavy rainfall to their region.



Fatuma and her family are living on the front line of the climate crisis where crops are often destroyed due to erratic weather conditions. Serious damage to crops in Kenya is causing a loss of income for many families and a lack of nutritious food for people to eat.

Fatuma worries a lot about providing her family with a healthy, balanced diet, every time her crops are carried away by the heavy rains.

As a church family here in Dirleton and North Berwick we are planning to do as much as possible to help make life better for Fatuma and her family, alongside many others in Kenya. During our harvest service on Sunday 29 September 2024 a special collection will be taken to support the charity Ripple Effect, previously known as Send-a-Cow. The charity works with farmers such as Fatuma, teaching them how to grow climate-resilient

fruit and vegetables, including poverty-busting pineapples. Collection envelopes will be available in church from the beginning of September.

Ripple Effect provides training in sustainable farming skills to help Kenyan farmers cope better with the effects of the climate crisis, improve the quality of their land and develop alternative income streams so they can become increasingly resilient to future episodes of flooding and drought.



Our Harvest donations could help families living in rural Africa to break their cycle of poverty. Through our support for Ripple Effect, we can help more crisis-hit families start their own kitchen gardens, plant poverty-busting pineapples, and begin to grow enough to eat.

Sea Sunday 7th July

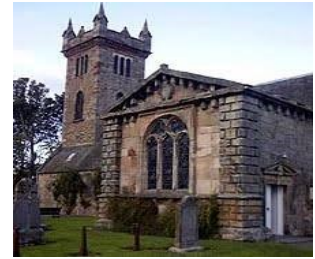
extract from letter from RNLI

"Thank you so much for being part of our lifesaving crew. Your donations keep our volunteers going through the tough times. Your generosity means that we're still ready to save lives in your name. We're here for you, just as you're here for us. You power our lifesaving - thank you."

Abbey and Dirleton churches raised £389.60

Dirleton Kirk Session

Keith Stewart



David Kirkpatrick

After many years' service, David Kirkpatrick has stepped back from the post of Treasurer to the Dirleton Kirk Session. At the meeting of the Kirk Session on 12th June, his resignation was accepted and a vote of thanks for his service was proposed and carried. David brought to the post of Treasurer all the experience of a career in insurance and financial services. He shouldered the burden of working with the Church of Scotland's rules and its IT system to bring the maximum benefit to our financial position. His patience and good humour withstood those challenges, to the very point of his standing down from office. He always presented his financial reports to KS in accessible and comprehensible terms, and answered all our queries and questions with patience and friendliness. On behalf of the whole congregation, I thank David once again for his selfless service- and on behalf of the whole congregation, I welcome Ian Lennock into the post of Treasurer, as David's successor. It is heartening that members are willing to give freely of their time and experience in the service of the Kirk Session.

Safeguarding training

Thanks are also due to those who gave up a Saturday morning on 8th June to undertake "Safeguarding" training- another example of sacrifice, for the better running of the church and its mission. We are familiar with the ways in which vulnerable people can be

abused, by those who are charged in whatever capacity with responsibility for their care and nurture: perhaps we are more familiar with this than we were in the past. People who would abuse others- for financial gain, or for sexual gratification- are drawn to places where they can bring themselves into contact with the vulnerable. Naturally, churches and faith communities are prominent among such places. It is the case that churches and church members have been defrauded, and the vulnerable in our communities have been abused- because they are places where the vulnerable are to be found.

Safeguarding training is intended to alert us to the risks to vulnerable people, and how to protect them from harm, and ourselves from the consequences of the criminal activities of others. I found a lot of interest in the ground covered in our discussions.

Among many other topics, we discussed the response which should be made where an individual wishes to start coming to church- and that individual has a criminal record which would give rise to concern for the safety or well-being of others in the congregation. We have to protect ourselves and our members- but how is that consistent with the teachings of the Gospel, where such weight is laid on the idea of repentance from sins, and their forgiveness?

My experience with the criminal justice system has given me close experience of the power of the Gospel to effect change for the better in people, change going to the very root of their character- how would this sit alongside behaviour towards someone which would even

tend to suggest suspicion, or even a cautious welcome? It was good to learn of the consideration which the Church of Scotland has given to the matter, and the useful, practical approaches which they have put forward for use by congregations.

It was also good to sit in a busy hall with others, from churches all over Presbytery, a reminder of the scale and reach of the Kirk in our society. Our thanks are due to those who led the work over the morning, and to our friends at Chalmers Memorial Church, Cockenzie, for hosting us.

Church fabric

Those who have joined us for worship over the past couple of weeks, or who have dropped in on the Kirk at other times, will have seen that the main door is taped off, and notices directing that access is to be by way of the door at the Archerfield Aisle. This is a precautionary measure after stones were discovered at the base of the tower, by the main door, which might have come from the fabric of the tower itself. Whilst we consider the matter, and as a precautionary measure only, we shall not be using the main door of the Kirk as an entrance and exit at Sunday worship. Access for Sunday worship will be by means of the Archerfield Aisle, which is of course the door by which the Kirk is entered at other times, when it is open to visitors and for private prayer and reflection.



Abbey Church (All Funds)

Six Months to 30th June 2024

General

Payments exceeded receipts by £6,902. This is better than budget.

Income

Offering support means was slightly less than budget. This has a consequential effect on Gift-aid recoveries. (Note - If you are a tax payer and wish the Abbey to recover the tax paid by yourself please would you ask for a gift-aid form by phoning the office or ask Phil for one. Alternatively, both the gift-aid and the standing order form are available from the Abbey Church website).

Expenditure

Church of Scotland payments are less than budget due to the budget being overstated.

The savings on premises costs reflect the problems we have had with our energy supplier. After months of discussion/complaint we appear to be reaching a satisfactory conclusion. Hopefully the effect of this will be seen over the next few months.

If you have any questions please ask.

Stuart Ainslie

Your Finance Team

Income - Gift-aid

Phil Spencer

Income - Hall Rentals

Paola Burrows

Payment of bills

Janice Cobb

Payroll

David Aston

Accounting - OSCR, periodic accounts and Church of Scotland

Stuart Ainslie

Abbey Church—North Berwick
Budget V Actual 30 June 2024 - All Funds

Income (All Funds)	Annual Budget	Budget to 30 June	Actual to 30 June	Variance
Offerings	67,600	33,799	31,339	(2,460)
Tax reclaim	16,000	8,000	7,560	(440)
Miscellaneous	3,000	400	935	535
Premises income	20,000	10,000	8,853	(1,147)
Investment income	5,200	3,300	3,621	321
Legacies	-	-	-	-
Sale of Investments	-	-	-	-
Dirleton	6,000	3,000	3,000	-
Total Income	117,800	58,499	55,308	(3,191)

Expenditure (All Funds)	Annual Budget	Budget to 30 June	Actual to 30 June	Variance
Church of Scotland pay-ments	50,698	25,985	24,166	1,819
Pastoral Expenses	12,800	5,899	5,397	502
Other Salaries	34,623	16,977	16,677	300
Premises costs	29,393	14,365	12,211	2,154
Church Office Expenses	4,300	2,200	2,506	(306)
Investments	-	-	-	-
Miscellaneous	5,000	1,902	1,253	649
Total Expenditure	136,814	67,328	62,210	5,118

Budget for year 2024 (19,014)

Budget for 6 months to 30 June 2024 (8,829)

Expenditure in excess of income (6,902)

Positive Variance 1,927

Abbey Church Flower Rota

DATE	DONOR	ARRANGER
4 August	Jennifer Gilchrist	Katrina Hendry
11 August	Kate Campbell	Kate Campbell
18 August	Dorothy Danks	Susan Ainslie Kate Campbell
25 August	Linda Scott	Susan Ainslie Kate Campbell
1 September	Anne Bell	Anne Bell
8 September	Sheila McCubbing	Sheila McCubbing
15 September	Maureen Griffiths Chris Manning	Sheila McCubbing
22 September	Morna McClure	Morna McClure
29 September	Yolanda Strachan	Anne Bell



Abbey Church Sunday Tea Rota

DATE	
4 August	Katrina Hendry & Irene Nichol
11 August	Fiona Gibson & A N Other
18 August	Mary Graham & Rose Leslie
25 August	Ann Bell & A N Other
1 September	Linda McLean & Bel Hardie
8 September	Susan Ainslie & A N Other
15 September	Isobel Smith & Florence Buchan
22 September	Katrina Hendry & Irene Nichol
29 September	Fiona Gibson & A N Other



Please have a look at our website

<https://www.abbeychurch.org.uk/>

To get information of all the events organised by
Abbey Church and Dirleton Kirk.

Sunday Services, prayer meetings, bible classes, TAG
REGAL, WALT, Alpha, Little Nippers,
to mention but a few.

We have many other groups using our church halls,
Pilates classes, Jo Jingles, Conexus Tuition, The Drama
Mill, The Brownies, Dunedin Dance, Freedom and Form,
Interoception Yoga, JKA Bass Rock Karate, Kundalini
Yoga, Dirleton Playgroup, Wild Tide Yoga, The Scone
Café.

If you are interested in hiring our halls on a regular
basis or for a 'one off' event please get in touch with
Abbey Church office on 01620 892800 or
abbeychurch@abbeychurch.co.uk



Interoception Yoga and Qigong -- Laura Cram

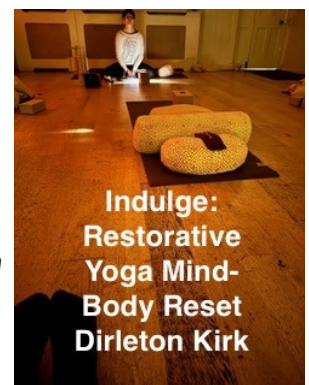
I am qualified as a yoga teacher (with specialist training in 5 filaments spiral movement and anatomy, hands-on adjustments, yin and restorative yoga) and am a certified and authorized Zhineng Qigong teacher. In my day job, I am an academic who specializes in studying the way that our brains, minds and bodies interact to shape our behaviours. You won't be surprised then that all my classes focus on nourishing your energies, learning to re-attune your thoughts and actions through somatic awareness. I use a careful combination of somatic movement, stillness, meditative reflection, breath-work, sound, smell and therapeutic touch - as appropriate and as you desire - in a nurturing process of supported mind-body re-attunement. All classes are open to all - no experience required. All classes offer concession rates. My current offerings include:

Indulge: a monthly restorative mind-body reset - Dirleton Kirk - next 90-minute monthly offering 6 Sep 2024. This, always popular class, fills up quickly, all equipment provided - mats, bolsters, props, eye masks and oils - fairy-lit, beautiful music, chanting and chimes.

Radiant Health with Zhineng Qigong (FREE CLASS) - Abbey Church - next 30-minute weekly block starts Weds 14 Aug, 6.50 - 7.20pm.

Somatic Yoga & Deep Guided Relaxation - Abbey Church - next 60-minute weekly block starts Weds 14 Aug, 7.30-8.30pm.

More information and booking details www.interoceptionyoga.co.uk. Contact me on Info@interoceptionyoga.co.uk or on Instagram & facebook @interoceptionyogaandqigong



Conexus Tuition—Korin Lebov

Conexus Tuition East Lothian are delighted to offer teacher-led, bespoke, small-group tuition in maths, literacy and science subjects across primary and secondary levels on Wednesday afternoons at Abbey Church Halls. We meet children at their point of need, providing targeted support to enable them to close gaps in their knowledge and skills and develop greater confidence in their abilities.

During 5th-7th August, we are running a Brain Booster course for primary pupils, designed to help children get back into learning mode and start the new school year on the best possible footing. Sessions in writing and maths are designed specifically for the children attending and will be complimented by a fun arts and crafts session each day. **LIMITED SPACES AVAILABLE.**

For all enquiries please contact Korin on 07941355045 or at korin@conexustuition.co.uk



Conexus
T u i t i o n

Wild Tide Yoga—Aimee Horvath

Come along to celebrate the launch of our new class with a special Seasonal Yoga Taster evening on Thursday 15th August at 6pm. Our evening will include a seasonal yoga flow, soothing breathwork to calm the nervous system and a luscious guided yoga nidra relaxation. We use Do Terra essential oils and lavender-scented eye pillows for that extra special touch of relaxation. All participants will receive a special discount code for 50% off their first 8 week block of classes.

Our weekly classes will then commence from Thursday 22nd August.

Seasonal Flow Class Description:

A nourishing one hour seasonal flow class designed to leave you feeling aligned and restored. The beauty of seasonal yoga is that the pace, intention and intention of the class will be different at each time of year. Classes will always usually include breathwork to calm the nervous system, meditation to bring stillness to the mind and a yoga flow tailored to the current season. Classes suitable for all levels, including beginners.

Booking is through my booking page linked below and we are also on FB and Instagram as wildtideyoga123.

wildtideyoga@outlook.com

07910039802

<https://www.momoyoga.com/wild-tide-yoga/event/987643de-6ebb-410b-b750-6d3b1994c51b>



JKA Bass Rock Karate Club—Paola Burrows

JKA Karate is the largest Traditional Karate organisation in the world and we are delighted to bring our club, JKA Bass Rock, to Dirleton Kirk Hall.

The club follows the principles of JKA Karate, which ultimately returns to seeking perfection of character, in students from age 6 upwards. There is no age limit to JKA training, just a willingness to learn and to continually develop your body and mind.

We offer classes for all levels and ages, our Dirleton Kirk Hall class offers a mixed family class on a Wednesday evening, followed by a senior brown and black belt class.

Our club is non profit making with our instructors willingly giving their time and experience to the students.

As the main instructor I have over 30 years of training, 18 years of teaching and hold International 'C' licence Instructor and 'C' 'licence Referee qualifications.

For more information please email the club instructor Paola Burrows 4th Dan JKA at

paola.jkabassrockkarateclub@gmail.com



Church Register

Baptisms

30.6.24 Emily Grace Kerr

Weddings

14.6.24 Craig Simpson and Rachael Thomson

11.7.24 Alexander Dawson and Wendy Renton

Funerals

17.5.24 Ian Hancock

17.5.24 Richard Ruggeri

28.6.24 Alexander Balfour Blair

4.7.24 Jessica Riddle

24.7.24 Jan Holmbo

30.7.24 Marie Smith

Abbey New Members

Anne Tainsh

Doreen Paterson

Pastoral Visits

The Minister and Pastoral Assistant are happy to contact church members if requested. In the first instance, please contact the Minister (892410) or the Church Office (892800). For privacy reasons, any request for a pastoral visit should come from the individual or a family member.

It would also be helpful to have a mobile number, and the details of the person's next of kin.

Abbey Church,
116 High Street, (at Church Road)
North Berwick

Church Office: 01620 892800

abbeychurch@abbeychurch.co.uk

*Office Hours are Tuesday, Wednesday, Thursday and Friday
10am until 1pm*

Working remotely Wednesday and Thursday

Newsletters

The next newsletter will cover October and November 2024. The deadline for submitting articles is Tuesday 17th September 2024. Please send to Abbey Church Office.

Abbeychurch.org.uk

Like us on Facebook: Abbey Church, North Berwick & Dirleton Kirk



Abbey Church, North Berwick (Church of Scotland)

Scottish Charity No. SC0 04761—CCL51436