

## Health and hope

Gillian Cooper *reflects on*  
Mark 5:21-43

Even today, with all our medical and scientific advancements, it still happens: the problem for which there is no diagnosis. The tests come back negative. The drug regimes have side effects, and anyway do not work. Even the most expensive private specialists are baffled. Is it psychological? As the symptoms continue, we ask ourselves whether we are imagining things, whether it is our fault somehow. We become increasingly miserable. We lose interest in life.

So even today we can empathise with the woman in our Gospel reading. Jesus is her last resort. There is no human cure for her. She has no more faith in doctors, but she does still have a little bit of faith in goodness, and in the possibility of something, perhaps a miracle. And that faith is rewarded.

**Healing God, when our hands are tentative and our hearts afraid, help us to reach out to you, and to be bold in the asking, that by the power of your love we and all your children may be made whole. Amen.**

Rest and relaxation –  
a series for  
summer

Continual rest – a gift from  
God, *by* Heather Smith

How many different meanings of “rest” can you think of? Dictionaries list quite a few and the Bible is full of references. This single English word is translated from several in Greek and Hebrew, each with their own nuances of meaning and used in different



One touch is all it takes, one touch that contains all her despair and longing, and that is met with an answering reassurance. It is not her fault. She is valuable and loved. She can be whole again.

Health and wholeness are mysterious. We know so much, and can cure so much, but human beings are complex. We need more than medicine for our ills. There is still

the prospect of death, in the end, to contend with, and for that we need hope, and faith, and the knowledge that we are loved. For these, Jesus is still available. ☺

### The joy of vocation

A life worth living,  
*by* John Witcombe

A wise man once said to me, “Always remember that what God wants to do *in* you is more significant than what God wants to do *through* you.” This little sentence continues to serve me well, as each day I seek to be open to what God is doing in me, before wondering what God wants to do through me. Rowan Williams,

whose little book *Silence and Honey Cakes* remains my favourite on vocation, imagines meeting Jesus in heaven and being asked not, “Why weren’t you Martin Luther King or Mother Teresa?” but, “Why weren’t you Rowan Williams?”

The joy of vocation is the possibility to be yourself, to play your part, and to see God glorified and God’s kingdom extended, in the Church and in the world. That makes life worth living.

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“Let God’s promises shine on your problems.”  
Corrie Ten Boom



# Church of Scotland: Orphir and Stenness Parish

**Interim Moderator:** Rev June Freeth 721449

**Locum Minister** Rev Martin Prentice    **Session Clerk:** Nicol 811242

## Kirk Information

There is a loop system. Adjust hearing aids to benefit. Switch off phones. They cause interference with the organ. Thank you

**A warm invitation is extended to everyone to meet in the hall at the back of the church, after the service, for a cup of tea.**

## Intimations

**Thursday - 10 -12** Community Café in the kirk hall

**Sunday 8<sup>th</sup> July:** There will be a joint service with Flotta and Hoy & Walls at **11.45am**. Please note the change of time to suit the boats. There will be a lunch served after the service.

**Readings:** Numbers 6 v 22-27    Luke 6 v 20 – 23    Romans 8 v 31 – 39

**Hymns**                      Hymn 561 Blessed Assurance  
                                    Hymn 441 Blessing and Honour and Glory and Power  
                                    Hymn 470 – Jesus shall reign

## **Count Your Blessings**

1. When upon life's billows you are tempest  
tossed

When you are discouraged thinking all is lost  
Count your many blessings name them one by  
one

And it will surprise you what the Lord has  
done

*Count your blessings name them one by one*

*Count your blessings see what God has done*

*Count your blessings, name them one by one*

*And it will surprise you what the Lord has  
done*

2. Are you ever burdened with a load of care?  
Does the cross seem heavy you are called to  
bear?

Count your many blessings every doubt will fly  
And you will be singing as the day goes by

3. When you look at others with their lands  
and gold

Think that Christ has promised you His wealth  
untold

Count your many blessings money cannot buy  
Your reward in Heaven nor your home on high

4. So amid the conflict whether great or small  
Do not be discouraged God is over all  
Count your many blessings angels will attend  
Help and comfort give you to your journey's  
end

### **Doxology**

May God's blessing surround *you*  
each day

As you trust Him and walk in His  
way

May His presence within, guard and  
keep you from harm

Go in peace, go in joy, go in love