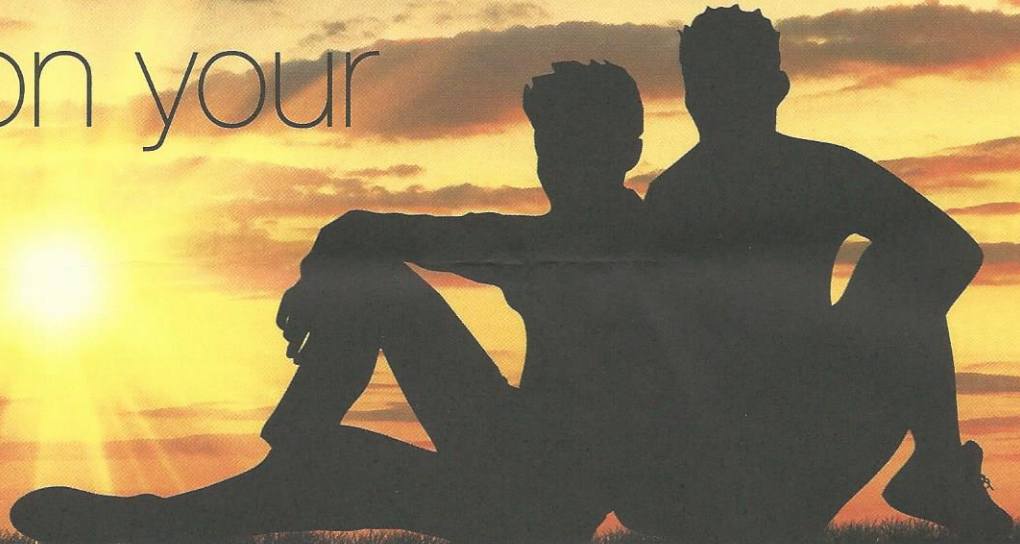


“Do not let the sun go  
down on your  
anger”



Heather Cooke *reflects on* Ephesians 4:25 – 5:2 and John 6:35. 41-51

**D**o you ever get angry? We all do. It's only human. So it's reassuring to read those two words near the beginning of today's epistle: "Be angry..." But it doesn't end there. "Be angry but do not sin." The difference is explained in the wise advice not to let the sun go down on our anger. Don't let it last too long, don't let it fester. Put it away from us, later verses advise,

and build loving relationships. Sometimes, of course, we're right to get angry – if we can turn that anger into healing action. Even Jesus did, in righteous anger cleansing the Temple of greedy money-lenders.

People seemed angry with Jesus in today's Gospel. How could he "have come down from heaven", they grumbled, when they knew he was a human being, with a father

**Loving God, you came down from heaven in Jesus, that he might lead us home. In our journey, may we see him in all of humanity, share his anger at injustice and follow his example of service and sacrifice. Amen.**


## Walking with Poppy

joy


by Gillian Cooper

For Poppy, the holiday season means a beach. Something about the softness of the sand, the open space and the unusual smells turns this sedate eight-year-old back into a puppy. She bounds down the steps,

and races around at what we call her "warp speed", arriving back at my feet with a look on her face that says, "See what I can do."

Poppy is teaching me a lesson I have trouble learning. In that moment on the beach she is full of joy. She's not fretting about the past or the future. She is revelling in the sand and the space. I, on the other hand, find it hard to live in the moment, to set aside negative thoughts and anxieties and just enjoy myself. Perhaps that is inevitable. But I know that even for me there will come a time when cares will disappear, and all will be pure joy. 

and mother like everyone else? What they didn't yet appreciate was that his dual lineage, human and heavenly, was not only possible but crucial – in the strictest sense of the word. The miracle of the cross, giving life to the world, reconciling heaven and earth, could work only because

Jesus was both human and divine, son of Joseph but also Son of God. His humanity manifested itself in many ways – weeping at the tomb of Lazarus, using humour in his teaching and even getting angry. It's only human. Fortunately for us, Jesus wasn't "only" human. 


## A foray into foraging blackberries

by Caroline Hodgson

Are there blackberries in the hedgerows near you yet? Your answer will depend largely on which part of the country you live in and what the summer has been like. But in most places, even for city dwellers, there will be some sign of blackberries, either in the form of the ripe deep purple fruit, or the smaller unripe red berry.

It's around this time of year that I start to anticipate the end of

summer with a pang of regret. Did I take full advantage of the longer days and warmer weather? Could I have done more walking / gardening / cycling / outdoor swimming? But when I see the first signs of autumn abundance I'm reminded that each season has its gifts and I say a short prayer of thanksgiving. I know that I'll soon be enjoying jams, crumbles and pies, and that a few berries chucked into my breakfast muesli will turn the milk a lovely velvety rich purple – that cheers me up on the bleakest autumn morning!

*Always forage safely and sustainably. For more information go to [www.nationaltrust.org](http://www.nationaltrust.org) and [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)* 

“The most eloquent prayer is the prayer through hands that heal and bless.

Billy Graham



# 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 26<sup>th</sup>:** Communion

**Kirk website:** Would you like to publicise a group or event on the website? Chat to Susan or email: [susan.coulter@yahoo.co.uk](mailto:susan.coulter@yahoo.co.uk) or call 811447.

**Wanted - Bakers and servers:** Could you bake for the cafe or spare a couple of hours on a Thursday morning to serve and chat to folk? It would be gratefully appreciated. The same few folk always have to bake and serve. Help would be fantastic. Liz

**Café Transport:** If you, or anyone you know would like to come to the Community Café on a Thursday morning but don't have transport, please get in touch with Anne Groundwater on 811394 to arrange a lift.

**Readings:** Psalm 130                  Ephesians 4:25 – 5:2                  John 6: 35: 41-51

**Hymns:** 445 Alleluia! Sing to Jesus (omit v.4)  
197 As we are gathered (sung twice)  
486 Forgive our sins as we forgive (*tune Dunfermline, 70*)  
527 Lord make us servants of your peace  
167 Guide me O thou great Jehovah

### **Prayers of Intercession**

**L:** Lord our God,

**All: hear our prayers**

### **Doxology**

May the God of peace go with us as we travel from this place;  
May the love of Jesus keep us firm in hope and full of grace.