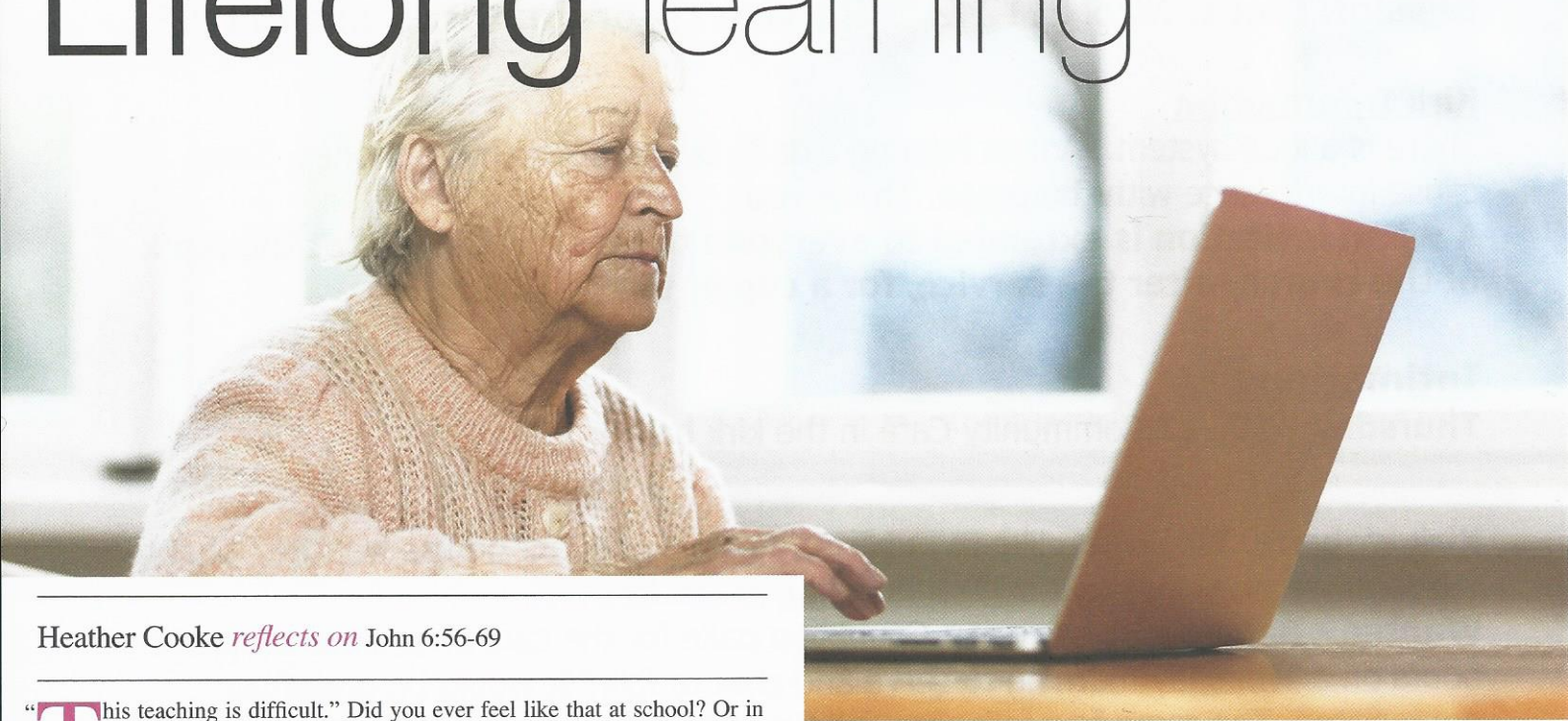


# Lifelong learning



Heather Cooke *reflects on* John 6:56-69

**T**his teaching is difficult.” Did you ever feel like that at school? Or in church, have you ever listened to a sermon and felt you didn’t really understand it? Perhaps you even disagreed with what was being said. Either way, you’re not alone. And even the great teacher, Jesus, didn’t always reach his listeners.

As the readings about the bread of life finally come to an end today, the grumbling we’ve heard all month also reaches its climax. Many people in the Capernaum synagogue found the teaching hard, even among the broader group of disciples. Since “disciple” means “student”, we can see that the lesson was a bit over their heads. Even with Jesus as a teacher!

But Peter, who often got things wrong, wasn’t the dunce today. He went to the top of the class. He trusted that if Jesus said it, then it must be true. Jesus had the words of eternal life. Peter might not have understood at that point quite how Jesus could offer eternal life, but he was willing to take it on trust that Jesus was the Holy One of God. We don’t always understand God’s ways, and much of the Bible’s teaching is difficult to fathom. Peter would carry on learning all his life, even as he taught others about Jesus. Are we prepared to do both? ☺

## The A-Z of healthy living Y is for yoke

by Sr Thérèse Garman

*“My yoke is easy, and my burden is light.” (Matthew 11:30)*

For those who experience life as a heavy burden Jesus offers rest and refreshment. However, this doesn’t mean freedom from responsibility. On the contrary, being a disciple means putting a yoke on our

shoulders and walking with it. But Jesus is a gentle master whose loving strength builds us up and strengthens us, with a clear direction that leads to happiness.

Jesus helps us carry our burdens and bears most of the weight if we let him. He gives us his Spirit (Romans 8:9-10), filling us with inner strength to bear our share of the burden. Easy yoke, light burden – it doesn’t always feel that way! Maybe we are carrying more than we need to? Let us allow Jesus to help us carry our burdens and find the rest for our souls he promised. ☺

**Teacher God, you guide us daily with your loving word. As we seek to learn more about your will, help us not just to listen with our ears, or to read with our eyes, but to open our hearts. Amen.**

## A foray into foraging the crab apple

by Caroline Hodgson

There are several theories about the origin of the name, one being that it derives from “crabbed”, referring to its bitter taste. The small apples ripen from late summer into autumn, turning orange-red or yellow-green. But even the green varieties make the most incredible, sunset-coloured jelly.

I’ve made plenty of crab apple jelly but I confess I’ve never tasted

the raw fruit. What a wonderful metaphor that is, though – that something so bitter-tasting is transformed into something so sweet. You’ve probably guessed where I’m going with this – but it’s not only a metaphor for the bitterness of crucifixion becoming the sweetness of resurrection. Every unpalatable moment in life, no matter how bad the taste, has within it the potential to transform into something delicious and sweet. Really understanding and living that is fundamental to faith.

For more information on safe and responsible foraging go to [www.nationaltrust.org](http://www.nationaltrust.org) and [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk) ☺

**“Forgiveness is not an occasional act, it is a permanent attitude.”**

Martin Luther King Jr



# Church of Scotland

## Orphir and Stenness Parish

**Interim Moderator:** Rev June Freeth 721449

**Locum Minister** Rev Martin Prentice

**Session Clerk:** Nicol 811242      **Service co-ordinator:** Elaine 811205

### 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

**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:**

Ephesians 6: 10-20: The Whole Armour of God

John 6: 56-69: The Body and Blood of Christ

### **Hymns**

510 Jesus calls us here to meet him

638 Lord we have come at your own invitation

566 When I receive the peace of Christ

654 Lift up your hearts (T. Lord of the Years 159)

661 Eat this bread ...]

436 Christ triumphant (Tune "Christ Triumphant", MP 77)

### **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.