

Connecting faith and daily life

A mustard seed of faith

Gillian Cooper *reflects on*
Luke 17:5-10

Faith should be easy shouldn't it? We make our commitment to God and to Christ, and that should be it. We believe the story of salvation. We put our trust in the God who loves us. If only it were that simple. Sadly, there is always real life to contend with, distracting us, filling our heads with anxieties and our hearts with doubts. Who can look at what happens in the world and not have a moment's doubt about God being in charge?

So it is encouraging to find Jesus' first disciples asking him for more faith. They have heard Jesus' teaching, they have seen miracles, they have shared the mission, but still they are unsure. They have just been told that the forgiveness they offer to others must be limitless. Will they have enough faith to maintain that attitude? Or will they slip into the old human tendency towards condemnation and vengeance?

Faith and disability

Mental health
by Heather Smith

It is unlikely that your congregation has no members who suffer from mental illness. Around ten million people are diagnosed with a mental illness in the UK every year and one in four British adults will be diagnosed during their lifetime. Mental health problems are often hidden. Depression, anxiety, obsessive-compulsive disorder



God of our salvation, increase our faith and give us hope, that we may continue as your disciples, and play our part in revealing your love to the world through our words and our deeds. Amen.

Is their faith strong enough for what is to come?

A grain of faith, Jesus says, is enough to move a tree. But faith is not a conjuring trick. Nor is it something to be proud of. It is a habit of mind and heart that we are called to nurture, a little grain that will grow in us if we let it. 🌱

(OCD), and self-harm are just a few that may go unnoticed by friends and family. Some mental health issues may prevent people from getting to church at all. Anxiety may be about social situations, or simply so overwhelming that attending to anything apart from the feeling is impossible.

It is vital that someone suffering from mental illness has support. The Christian think tank Theos has reported a strong correlation between good mental health and participation in group religious activities. The church family can be a part of this, making God's caring heart present for those who suffer and those who care for them. 🌱

Grandparents' Day

by Caroline Hodgson

Happy Grandparents' Day! Grandparents' Day is promoted by Age UK and aims to encourage people to celebrate grandparents. It's also an opportunity to highlight the needs of older people, who may be affected by loneliness, the crisis in care and a whole range of other issues.

But for all the problems that grandparents and older people face, there is plenty to celebrate. Grandparents come in all shapes

and sizes – young and old, those we may not have had a chance to meet, those we are related to, and older people who just inspire and encourage us.

Everyone is a grandchild in one way or another, and you can get involved no matter what your own circumstances. So why not celebrate Grandparents' Day by giving a bit of thought, reflection and prayer to the generations that have gone before you? And there's no better way to celebrate Grandparents' Day than by committing to do one thing this coming week, no matter how small, to improve the life of a grandparent or older person. 🌱

“ Understanding is the reward of faith. Therefore, seek not to understand that thou mayest believe, but believe that thou mayest understand.

St Augustine of Hippo (354-430 AD)

Church of Scotland: Orphir and Stenness Parish

Interim Moderator: Rev June Freeth 721449

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

There is a loop system. Adjust hearing aids to benefit.

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

~~Monday 7th Oct – 7pm Session meeting in the kirk hall~~

Tuesday 8th Oct 7pm - 8pm - Fellowship in the Vestry. Please come along and enjoy some Fellowship - An informal discussion group . Bring along ideas of topics you wish to explore or bible studies you wish to discuss . A warm welcome is extended to everyone . For more information contact Carol Mainland tel: 873596 or email : vmainland@btinternet.com

Tuesday - 8pm – Choir in the kirk hall

Thursday 10th Oct – 10am – 12noon Community Café in the kirk hall

Sunday 20th Oct – Harvest Thanksgiving

Readings: Psalm 89 v 1 to 15 (NIV) Colossians 3 v 23 and 24

Hymn 270 Put all your trust in God

Hymn 502 Take my life

JP42 Father I place into your hands

Hymn 566 When I receive the peace of Christ

Hymn 523 Hands to work

Hymn 164 God gave me eyes

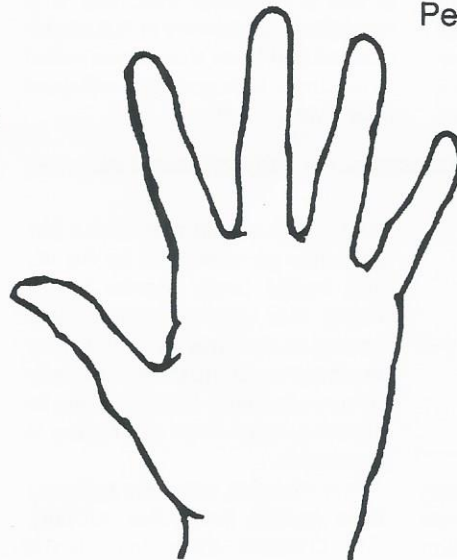
Leaders and those making
decisions

People who are ill

Teachers, Sunday school, others

Yourself

Family, parents, brothers, sisters,
friends



Doxology Hymn 786

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.