



GARRABOST

FREE CHURCH

*Therefore welcome one another as Christ has welcomed you,
for the glory of God*

Weekly Bulletin
19th January 2020

Garrabost Free Church welcomes you to our services today.

We use the **English Standard Version** of the Bible in our services.
Psalm books (Sing Psalms with Scottish Psalter) and Bibles
are available in the entrance hall.

Website - www.garrabostfree.church
Facebook - [@GarrabostFreeChurch](https://www.facebook.com/GarrabostFreeChurch)
Twitter - [@GarrabostFree](https://twitter.com/GarrabostFree)
Email - garrabostfree@gmail.com

Free Church Youth Camps

FCYC 2020 brochures are available at the doors. Bookings can be made on the **new** FCYC website (freechurchoyouthcamps.org) for anyone in **P5 – S6**. Everyone is welcome to take extra copies for friends and neighbours, and if you have questions please get in touch with **Kirsten** on camps@freechurch.org. Please also look out for various updates on **FCYC Instagram** and **Facebook** pages. **As in previous years, the Deacons' Court will assist any families in meeting the cost of sending their children to camp. Please speak in confidence to Rev Andrew Coghill or any member of the Deacons' Court.** Remember the sooner you apply, the better the chance you have of getting a space at your preferred camp.

Both services today will be taken by **Mr Donnie Macleod**.

We thank **Mr Macleod** for taking the services today.

Main Road Church
12 noon

Psalms 98:1-5 (Scottish Psalter, p360) **CM**

Psalms 23 (Sing Psalms, p28) **11 11 11**

Psalms 51:1-7 (Scottish Psalter, p280) **CM**

Psalms 130 (Sing Psalms, p173) **CM**

Reading

Colossians 1

School Road Church
6.00pm

Psalms 29:1-5 (Scottish Psalter, p238) **CM**

Psalms 96a:1-8 (Sing Psalms, p126) **CM**

Psalms 138:1-5 (Scottish Psalter, p431) **CM**

Psalms 24:7-10 (Scottish Psalter, 230) **CM**

Reading

Isaiah 6

Sunday School will meet during the 12noon service. The children will go to the front for the children's address and go to their classes at the start of the second singing.

The creche will be supervised by **Kirst Macleod** and **Catriona Dunn**.

There will be a fellowship in **Main Road** church hall after the evening service.

Donnie will speak about Tent Missions and the possibility, depending on the Lord's leading, of having one in Point this year.

The **Garrabost** and **Shader** group will arrange the catering.

Congregational services and events this week

Tuesday 21st

6.30 - ABC will meet in Sgoil An Rubha.

Wednesday 22nd

7.30 pm – Prayer meeting in **Main Road Church hall** to be taken by the elders.

Friday 24th

1.00pm – Parent and toddler group will meet in **Main Road Church hall**.

Saturday 25th

7.30pm – Prayer Meeting in **Main Road Church Hall**.

Services next Sunday 26th January

Both services will be taken by **Rev Alasdair Macleod, Smithton Culloden**

12noon

Main Road Church

6.00pm

School Road Church

Sunday School will meet during the 12noon service.

The **creche** will be supervised by **Mairi Munro** and **Wendy Macmillan**.

POINT2LIFE will meet at Andy & Christine's house next Sunday between **8.15** and **9.30pm**. As well as secondary age young people, **P7s** are also invited to come along.

Walk With Me – Daily Devotional

Walk With Me is an excellent daily devotional written by **St Columba's Free Church elder, Rev Billy Graham**. It is intended to encourage every Christian in their walk with God and to encourage those who aren't yet Christians to seek the Lord and find Him as their Saviour.

To subscribe and to receive daily updates to your inbox please use the following link:

<https://walkwithme.generation-mission.org/>

There is also an audio option where you can listen to it instead of reading. As Billy Graham himself says - "You will not find 'heavy' theology here, but I hope you will always find God's truth!"

Sympathy

On the passing of her sister, we extend sympathy to Mrs Norma Nicolson, Flesherin, and to her late sister's nieces and nephews and to the wider family circle.

On the passing of Mrs Christine Macmillan, Garrabost, we extend sympathy to her son, daughters and their families, and to the wider family circle.

Western Isles Free Church Mission Support Group

The group will be hosting a supper evening on Friday 31st January at 7.00pm in the Rev MA Macleod Memorial Hall. Speaker to be confirmed. Donations will go to Muriel Macleod (Cambodia) and Catriona Macdonald (Peru). To book a place or a table please contact Duncan Maclean on d.maclean145@btinternet.com, or by telephone on 01851 702618 or 07733 077972. All welcome.

Biblical Lectures

Rev James Maciver will be delivering a series of 10 theological lectures on "being human", based on the Bible's teaching, with an application to current views and debate. Topics covered include human origin (creation); the "image of God"; gender; our relation to the environment; flawed humans; God becoming human; being human in a new creation, holy humans; and glorified humans. The course is suitable for all levels of biblical and theological knowledge and will be delivered at Lews Castle College on Tuesdays, 7-8pm, starting on Tuesday 25th February. The cost of the course will be £45. To reserve a place, please contact Lews Castle College on 770000 or adminle@uhi.ac.uk

Islands Study Conference

The **Islands Study Conference** will be held in the **Harris Hotel, Tarbert**, Isle of Harris from **7th – 9th February 2020**. The speakers will be **Rev Alasdair I Macleod**, Edinburgh on *The Praying of Christ* and **Rev Dr Robert Murdock**, Faith Mission College Principal on *The Body, The Love Story, The Athlete*. On Sunday afternoon, **Rev Kenny I Macleod**, Stornoway Free Church will speak on *My Years in Ministry*. The residential cost is £175.00.

Application in writing with £10.00 non-refundable booking fee per person to:
Booking Secretary (Hotel Residents & Day Visitors): Chrissie Macleod, 25A Upper Coll, Isle of Lewis, HS2 0LS. (Mobile: 07584 497567 Tel: 01851 820632; Email: chrissie.macleod@gmail.com).

Care for the Caregiver – Saturday 25th January

Do you feel exhausted? Overwhelmed? Do you care for traumatised people?

Care for the Caregiver is a stand-alone session from the Trauma Healing programme 'Healing the Wounds of Trauma: How the Church Can Help'. **Mairianne Campbell** (Stornoway Free Church) and **Joanna George** (St Peter's Episcopal Church) are trained facilitators for this course and would like to extend an invitation to anyone who has felt overwhelmed by their caring role or has a burden of care for traumatised people. Through confidential small-group conversation and consideration of Scripture, the group will learn about how God cares for us and how important self-care is in order to remain able to help others.

The session will take place in St Peter's Church, Francis St at **10am on Saturday 25th January**, finishing with lunch provided at 1pm. There is no cost but booking is essential. For more information or to book, please contact:

Mairianne on stornowayfreechurch@outlook.com
or Joanna George – TraumaHealingStPeters@gmail.com

Garrabost Free Church Website

To access the bulletin and sermons online, just log on to www.garrabostfree.church and click on 'Notices', where you will be able to view the bulletin and prayer notes. They can also be accessed on the **GFC Facebook** page. To listen to any sermon preached in Garrabost congregation, click on the 'Listen to Sermons' link. There is also a link on the home page of the website to a calendar for the congregation. **If you have any questions or suggestions or any other issues regarding the congregation's online activity (or anything else), please email garrabostfree@gmail.com or speak to one of the elders.**

Sermon CDs

If anyone would prefer CDs, these can be provided free of charge. Please ask any of the office bearers who will make the necessary arrangements.

Stornoway Street Pastors

Stornoway Street Pastors will be taking on new Street Pastors this year. If you are interested in becoming a Street Pastor or would like to know more information then please email the Coordinator, Isabel Macleod in order to obtain an application form: stornoway@streetpastors.org.uk. All application forms must be submitted by 28 February 2020. Training will begin in the Spring.

Items for uplifting today

The **January Record**.
DayOne Magazine, Breakthrough (Slavic Gospel Newsletter)
Barnabas Aid (Aid agency for the persecuted church)
Paracetamol is so underrated: The latest blog and update on Dominic Smart.

Supply

26 th January	Rev Alasdair Macleod (Smithton/Culloden)
2 nd February	Rev James Maciver, Stornoway
9 th February	Rev Paul Murray, Kinloch
16 th February	Rev Calum Macdonald, Callanish

Contacts

Interim Moderator	Rev Andrew Coghill - andcoghill@gmail.com
Church Caretaker	Donald J Macleod 01851870284/07553586195
Bulletin Coordinator	Catriona Dunn - catrionaportvoller@gmail.com

Prayer Notes

19th January 2020

Rejoice always, **pray without ceasing**, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. **1 Thess 5:16-18**

PRAYING FOR ONE ANOTHER

Merkinch Inverness

Minister: Chris Davidson

Merkinch is among the most deprived areas in Scotland despite being less than two miles away from one of the wealthiest areas of Inverness. This scheme is a close-knit community. However, Merkinch struggles with high crime rates, mental health problems (bottom 0.2% for overall health in Scotland), and poor education. The Free North partnered with 20 Schemes in planting the Merkinch Free Church. We desire to see "A local church for local people with local leadership".

Prayer Points:

1. Tragic deaths by accident, suicide and illness are frequent in the community. Pray that all who deal with these incidents will have compassion and be able to minister the gospel.
2. Pray for strength and wisdom for Chris and his wife Katherine as they work in this scheme. It would be good to add to the team in Merkinch so pray also that finance will be made available for this.

Arran

Minister: Vacant **Interim Moderator:** Rory Stott

Arran Free Church has a morning service in Shiskine and an evening service in Brodick. The church seeks to minister the Word and provide pastoral care for its members, but also to reach out to the wider community with the Gospel of Christ. Arran is also a lively tourist island and there are frequent visitors who can be blessed through this ministry.

Prayer Points:

1. The congregation is vacant after Benjamin van Rensburg was called to Mauritius to teach at Mauritius Bible Training Institute. Pray that the vacancy would be filled.
2. Give thanks for the excellent refurbished building at Brodick.

Congregation and Community

- Please pray for the **elders, deacons** and the **interim moderator**. Pray for wisdom and discernment for them to make the correct judgements in all future decisions.
- Pray for those who have recently lost loved ones and also those who still grieve for loved ones after many years.
- Please pray for our **young people** with all the pressures that modern life brings and for those who have left our community for college or university or to work.
- Pray for **those** in our community who currently **do not attend church**.
- Pray for those connected with the congregation who are **housebound, hospitalised** or in **nursing homes**.
- Pray for those receiving cancer treatment and any who are awaiting test results for themselves or for a loved one.
- Pray for any in our community who struggle with different forms of mental illness and pray for understanding and patience towards them.
- Pray for **Rev John Maclean**, who is currently unwell as he was very anaemic, and has recently had a blood transfusion which we pray will have given him some strength and energy. Please remember the family in your prayers as well.
- Please keep praying for **Rev Dominic Smart** and his family as he continues his fight against cancer, which as you can read in the latest update available at the door, is not as positive as it has been of late. It is amazing how God is giving them the strength to cope.
- **Schools** – Please continue to pray for the **children**. Remember also the **teachers** and **assistants** and that they would be able to cope with all that they have to contend with.

Activities

ABC – Please pray for all the children as ABC restarts this week, that they would remember the things they learn and that God would bless it to them and their families. Please also pray that some new volunteers would come forward.

Point2Life – Pray for all who attend and also that more would come along. Pray for guidance for the leaders as they seek to plan ahead.

Sunday School – Please pray for the teachers, **Christine Cumming, Janis Brand and Finlay MacLennan** and all those who help them each week as well as the children and parents. Pray that they would all know God's blessing.

Children's Church - Pray also for Children's Church as they meet during all school holidays. Give thanks for Anne Mackenzie who manages the programme and rota and for all those who volunteer to help out.

Creche – Pray for the children who attend creche each week and we thank God for young families who come along.

Scripture Union – Pray for **Christine Cumming** and **Elizabeth Ferguson** as they meet each Wednesday.

Parent and Toddler Group - pray for parents and the children and those from the congregation who help from week to week each term.

Free Church Youth Camps - As the brochures for next year's Camps are now available and the new website launched, pray that many young people would hear about **FCYC** and would be keen to attend a Camp next summer. Give thanks for the 200+ that have applied so far.

Pray for **Kirsten, Donald** and the **Camps Team Leaders** as they make preparations and recruit the leadership teams. Pray that the love of God would be taught faithfully and would be demonstrated through the work of **FCYC**.



Sunday 19th - Cambodia

Pray for the follow up to the Franklin Graham crusade held in Phnom Penh in December. More than 23,000 heard the Gospel and many made the decision to give their lives to Christ over the weekend.

Monday 20th - CWI

CWI's CEO Joseph Steinberg and Asia Coordinator Sarah Chan recently visited churches in Hong Kong, Malaysia, and Singapore. Please give thanks for the generous support received and pray that the words they spoke, coupled with the testimonies shared by missionary staff, will have a lasting effect on the audiences. Please also pray for the safety and security of their staff working in the CWI Hong Kong office at this politically turbulent time.

Tuesday 21st - SA

Pray for Principal Wilbert Chipenyu as he leads the orientation day for new and returning students at Dumisani at the end of January.

Wednesday 22nd - ERT: Poland

Pray for publisher and church planter Saszko Neznamutdinov who has recently started both ministries in Krakow. There are very few outward looking and lively reformed congregations in Poland so Saszko and his colleagues are pioneering a new start for Bible-based and theologically robust preaching and teaching. Pray that the Lord would bless His Word to many Poles.

Thursday 23rd - SFR

The owner of property adjacent to the nursing home in Cluj has objected to Diakonia's plans to extend the nursing home which presents problems for this work to go ahead. This property is now for sale and Diakonia would benefit by its purchase. The Reformed Church own the nursing home and the existing land and buildings, so please pray that they would consider purchasing the said property to enable the extension project to go ahead.

Friday 24th - Colombia

Continue to pray for Manuel and Patty as they have both had some health issues, as well as balancing work and caring for Patty's mum.

Saturday 25th - Peru

11 pupils head off to Cambridge today with San Andres teacher, Elizabeth, to join the three-week BE UK programme of English classes and excursions while living with local families. Pray for God's presence to surround the group, granting safety, new friendships, and an unforgettable experience.