

# 5 Things I Learned About Faith From Daniel's Bike

BY REV ALASTAIR BRUCE

I managed to take some time off after the excitement and emotions of Holy Week and Easter to spend with Nicola, James and Daniel. With the way the school holidays worked it meant I had a week where the kids were off school and then a week when they were back into school and nursery (most of which I spent with a paintbrush in my hand!). However, over that first week of the holidays when the weather was great Nicola and I thought it would be a really good opportunity to get out on our bikes and hopefully for Daniel, our 4 ½ year old, to really learn how to ride a proper bike with pedals and without stabilisers.

So, Tuesday came and Nicola and I got the bikes out. The kids hung around while I pumped up the tyres of my bike, James' bright red mountain bike and Daniel's pedal bike with a pole on the back that Nicola holds to keep it upright as he learns to pedal and balance, all in anticipation of the great trip. Off we set up through McDonald woods and then over the zebra crossing at the Golf Course, up "Daddy's Hill" (the ramp up to the railway line) and then off up the railway, past Sandra's house and Neil and Elaine's house, who weren't in to give us a cup of tea (just saying...) and then up to the bridge and a Haribo stop before heading back down again. It took Daniel a wee while to build up his confidence but by the time we were on the way home he was having a great time and Nicola was running a fair bit to keep hold of the pole at the back to keep him upright. An hour or so later we got home after a great cycle, confident that if we went out again tomorrow then we'd be sure Daniel would manage to learn to go himself.









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So, the next day arrived and the weather was great. Again, we got the bikes out, checked the tyres, assured Daniel that no one would let go of the pole, and then off through the woods across the crossing, up the hill and on to the bridge. Once we'd explored a bit up and down and round about the bridge we headed back, only this time, as we passed Neil and Elaine's house (still no tea...) Nicola called back to James and I to see Daniel cycling himself! Cue great delight and congratulating from James and I.

Once we were home, Nicola and I were determined to make sure he consolidated his achievement, so the next day before we got the bikes out I removed the stabilisers from Daniel's bigger bike, pumped up the tyres and we all set off. Daniel had remembered everything from the day before and was immediately cycling off up and past and around James and I and Nicola on her "dirt scooter". This time we met Elaine out with her lovely wee dog Tiree who both got the good news about Daniel's achievement.

But it wasn't just Daniel who learnt something over those few days. His experience taught me five things about our faith.

#### <u>One</u>

The Pole at the Back (Support and Confidence): to build up the confidence and to be able to ride his bike, Daniel needed to know that Nicola or I were there holding him and supporting him. Initially this was with the pole attached to the back of the bike and then with Nicola and James and I around him.

In our life of faith when we are young or new Christians we need people around us who will help support our faith, who will hold us up when we are likely to fall off. As we get older and more experienced, the support we need changes - it becomes less about physically holding up and more about giving confidence and encouragement.

#### <u>TWO</u>

The Balance Bike (Being Familiar): Daniel's first bike was a 'balance bike' which is basically a normal bike without stabilisers or pedals. This means that he was able to sit on the bike and run his feet along the ground and learn how to 'glide'. The theory goes that if a child first learns to balance on a balance bike then they develop the skills of stability and equilibrium without having to think about the pedals and other parts. We found this to be true with Daniel: once he had confidence, his memory of being able to balance on his balance bike came back really quickly and he could then focus on getting his feet on the pedals without also trying to balance.

In our life of faith, as a young person, we experience church and become familiar with the church and the community, without all the other trappings of church, then when it comes to developing the more tricky parts of faith and what the Bible teaches, we'll have a much stronger bedrock of familiarity to lean on. What's more, if we are familiar with a loving, supportive community of Christians in the church then, even if we drift away temporarily, we are much more likely to feel confident to come back to church or to be part of that community.





#### **THREE**

Cycle Yourself (Being an Example): Daniel wanted to ride his bike with pedals because he saw James and I riding our bikes.

In our life of faith we need people to look up to who show us how to be people of faith. Then we, in turn , need to be people of mature faith who others can look up to.

#### **FOUR**

Riding The Bike (Living The Faith): Eventually Daniel managed to connect the different elements of bike riding together to be able to do it himself. He was filled with joy at being able to do it. Even when he had a wee bit of a wobble, he was able to put his feet down, refocus and get going again. He also knew that Nicola, James and I were near and that gave him confidence.

In our life of faith we have to get to a point where we're able to do much of the work on our own. This means working out for ourselves some of the answers to our questions of faith and making faith part of our life. To be able to live a life of faith it's important that we move beyond the stabilisers of a Sunday school level faith and grow and develop a deeper understanding of our faith and who God is. This is how we'll be able to steady ourselves when we wobble. But even more than that, when we wobble or fall it's so important that we don't abandon our faith, but we get back on and continue to grow and develop. In the book of Hebrews is says:

"...it is hard to make it clear to you because you no longer try to understand. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil." (Hebrews 5:11-14)

Daniel knew that Nicola, James and I were around him, and so we still need the community to help encourage us. This is what coming to worship services regularly, being a volunteer, joining a Life Group or any of the other groups does. It helps encourage us and it helps us to grow.

Solid food is for the mature, who by constant use have trained themselves to distinguish good from evil

HEBREWS 5
THE BIBLE





Pass It On (Teach Someone Else): one day Daniel will be old enough to have children of his own and because he can ride a bike it means he will be able to show and teach his children how to ride a bike.

In our life of faith, if we've lived and grown and developed our faith, then we'll be able and confident to pass it on. When someone has a wobble in their faith, if we've wobbled and found away to deal with it, then this will help others. Equally, if we've found a way to live an integrated life of faith with a job and a family and within a community, then this is a powerful witness to another person.

And one more thing... less about Daniel's bike and more about the general experience...

• Spending Time: Nicola and I have probably been saying for about 6 months that we needed to take some time with Daniel to go out on our bikes so he could learn to ride his pedal bike. We knew from seeing him on his balance bike that he had pretty good balance. When we did manage to intentionally put the time aside, it was amazing how quickly Daniel managed to learn to ride. If we never put any time aside spend with God, if we only come to church once in a blue moon and if we never make ourselves part of the life and community of the church, then we're never going to develop our faith. If faith is something that is truly important, if it's something we truly want to be part of our lives, then we need to be intentional about it.

I firmly believe that giving our lives to Jesus through the church community can make a massive difference to how we feel about ourselves and how we feel about our world. The message of the Bible is that you are precious, wonderfully made, created for a purpose and deeply loved by the maker of the universe, who came as a person and gave His life for you. I think we could do with hearing that every week, in fact every day of our lives. And that's what the community we call the church is all about.

It's amazing what you learn when you don't notice it!





# **Ellon Parish Church**

Every Sunday | 10:30am | Family worship service featuring a blend of traditional and contemporary music (led by the organ or praise band), Bible story, a talk applying scripture to our lives, prayer, reflection and activities for young people. Fairly traded and (where possible) locally sourced refreshments afterwards.

Twinkle stars | (0-Nursery) | Star Squad Juniors (P1-P4) | Star Squad Seniors (P5-P7) | Illuminate (Academy)

# Ellon Parish Church | Slains

1st Sunday of the Month | 9:15am | Collieston Community Centre Reflective, liturgical service featuring liturgy from the 'Wild Goose Resource Group', reflection and hymns & songs.

# **Additional Services**

CONNECT | 28th May | 6:30pm - 8:00pm | Ellon Parish Church Contemporary Worship, Liturgy and Discussion, followed by fairly traded and (where possible) locally sourced refreshments.

CONNECT | 2nd July | 6:30pm - 8:00pm | Ellon Parish Church Contemporary Worship, Liturgy and Discussion, followed by fairly traded and (where possible) locally sourced refreshments.





# **Stuff From The Session**

BY MARY PATERSON (SESSION CLERK)

Tyou'll be aware, no doubt, that we have elders in the Church of Scotland. According to a little booklet in my possession ('The Elder – Character and Duties' by William Caldwell Macdonald), 'The eldership is the most ancient of all offices within the Church, going back to the Old Testament.'

In the book of Numbers, Moses told God in prayer that he felt burdened by the leadership of the people as they travelled from Egypt to the Promised Land. God, by way of response, told Moses to select seventy men to help him in the task. God visited the seventy to fill them with His Spirit and Moses was delighted, telling Joshua that he wished that all of the Lord's people felt His Spirit in this way.

In the time of Jesus, there were elders in the synagogues. Paul appointed elders in the churches which he and Barnabas founded. Elders appeared in Scotland in 1560 and were expected to be, 'of the best knowledge in God's word, of cleanest life, faithful and of most honest conversation that may be found in the Church.'

When this little booklet was written in 1958, apparently the average number of elders per parish was twenty. At a bare minimum, each parish must have two elders, as two elders and a minister are necessary before a meeting of a Kirk Session can be constituted. Elders are ordained and take on the role for life; they may resign from being an active elder and choose to no longer attend Session meetings, but the title will always be theirs.

So, why am I telling you all this?

Well, at the last couple of Session meetings, the role of elders in Ellon Parish Church and the qualities they should embody has been a topic of debate. According to my wee booklet, all an elder must do is attend meetings of the Session, look after their district and help with serving Communion – and attend church regularly as an example to others. But we all know – we all expect – that an elder should do and be a good deal more than that.

As a Session, we thought that elders should be people of faith, known in church, and willing to speak about their faith; they should be approachable, compassionate and good listeners; they should be team players, spiritually driven, and committed to the task. And I could go on, but if I do, you'd soon be of the opinion that we weren't discussing eldership but sainthood!

A willingness to take on a pastoral role is important – although we don't have districts any more in Ellon Parish – but so is the ability or willingness to help out with administrative tasks, to be actively involved in planning the next steps for our church and to play a leading role in some of those initiatives. In fact, those last two points are possibly the most important in all of the lists above.

When I was asked to consider being an elder, I didn't really understand what it involved, if I'm honest. Like most people do, I think (hope) that I've grown into the role. When I was typing up the minute of the Session meeting where the above was discussed, I'm not sure where I saw myself in that list of qualities and abilities, but I think that's the thing... Elders are just ordinary folk doing the best they can for the people around them. As it says in Philippians, 'I can do all things through Christ who strengthens me.'















# 1st Ellon Boys' Brigade & 1st Ellon Girls' Brigade

FROM CAPTAINS CRAIG WALKER, JEFF HAILEY & CALAIDH REID

As the BB & GB term draws to a close the annual celebrations of the BB & GB year are about to take place. The details of the Open Evenings are below. If you have a connection to Ellon Parish Church You are warmly invited to attend any of these and to hear about all the BB & GB have been doing over the year.

#### Boys' Brigade Open night Dates:

Anchor Boys - Wednesday, May 24, from 5.30pm Junior Section - Wednesday, May 17, from 6.30pm Company Section - Thursday, May 25, from 7.30pm

#### Girls' Brigade Open Night Dates:

All Sections - Friday 26th May, from 6:30pm



The following is a run down of the most recent property matters:

PAT testing has been undertaken and now complete. Almost 300 items (plugs, appliances etc. were tested).

Insurance Claim for (above stage) burst pipes was lodged and monies have been received in full.

#### Regarding this:

- The plumber has repaired, and replaced pipes and joints
- Site has been insulated
- Reframed the roof and all associated joinery work complete
- Electrician supplied and installed new lighting
- Hall Stage area has been redecorated
- A number of other (smaller) items remain outstanding/to be completed

Other regular maintenance and small repair items is ongoing.



We recently completed our final Alpha session at EPC. The course has been running for the last 3 months. Big thanks go out to all those who helped make it possible: for the cooks, the cleaners, the helpers and most importantly the attendees. It has been great to get to know each person coming along and see friendships grow and new ones kindled. The course itself was both challenging and fun. It really did provide an opportunity to explore the Christian faith and help deepen the faith of those who came along. I would encourage everyone who has the chance to at least give Alpha a go. I am sure those who attended would thoroughly recommend it. I know I would.

So what next? There are many opportunities for people to get involved in the life of Ellon Parish Church. To continue learning and growing, in addition to the regular church services, there are Life Groups where people meet together informally to discuss the Bible and to grow together.

The church is also going to be running a follow up "Explore" course for those who are interested. This will be a roughly 3-week course to explore more about church and church life and is open to everyone to attend, even if you haven't been on the Alpha Course.

There are also opportunities to get involved practically. One such way is the Kirk Centre Project which seeks to serve our community by providing essential items for those in need, reducing food waste as well as providing a space where the community can come together in warmth and welcome. Please speak to Nicola to find out what kind of help is most needed at the moment.

There are of course many different ways to join in with the life of the church. Please speak to Alastair if you would like to get involved but are just not quite sure how.





# **Notices & Bits and Pieces**



#### SIMPLY HOMEMADE

The Ellon Parish Church cookbook of tried and tested recipes is still available for purchase. If you or anyone you know would like a copy, you can either contact Edith at the Kirk Centre Office or go to https://ellonparishchurch.co.uk/store to buy online.

#### ELLON PARISH CHURCH CDs (SONGS OF HOPE /// SONGS OF COMFORT)

These two CDs were produced by Ellon Parish Church during lockdown and can be purchased for £6 each or £10 for both.

Just go to https://www.ellonparishchurch.co.uk/store to buy online.





#### **DVD MINISTRY**

As well as accessing the service on Facebook and YouTube, we're also very blessed that we are able to put it onto DVD, so you can just watch it at home in your own time. If that is something you'd like, then please contact Edith at the Kirk Centre and she will arrange this for you. There's no charge for this service.

#### **#EASY FUNDRAISING**

Ellon Parish Church has been paid just over £53.50 by #easyfundraising! Thanks to all those folk who have helped make a BIG difference during this difficult time by shopping online through #easyfundraising and raising donations for us. If you're not supporting us yet, please consider signing up now. It's a very simple process and only takes 2 minutes. There are 5,900+ shops to choose from and every time you shop with any of them, they will donate to us for free! Visit: easyfundraising.org.uk or download their app to sign up and choose Ellon Parish Church as your cause.





#### THE GUILD

The Guild meet on the second Friday of the month.



**CURRENT OPENING HOURS:** 

Thurs: 9:30am - 1:30pm | Sat: 9:30am - 12noon

Pay as you feel café, community larder and pre-loved boutique Ellon Parish Kirk Centre | The Square, Ellon www.ellonparishchurch.co.uk

# Easter 2023

Some photos of Easter Events and Services















Prayer is a funny thing, isn't it?

I've said before that I sometimes wonder why we pray; God, after all, is omnipotent – He knows our thoughts, feelings and hopes as well as we do, so why do we need to be telling Him what we think, feel and hope?

Well, the last time I said that in public, a few folk said that they understood exactly what I meant, somebody gave me a hug for daring to say what they felt, and another person asked why I bothered then?

I have a couple of responses to that. Firstly, because I believe that our prayers are heard – heard and properly listened to and, according to God's will, properly answered. Secondly, because I know that prayer works, especially when that prayer is collective. By 'collective,' I mean prayer that is prayed by a group of people. They can pray together – as we do in church – or they can be praying for the same thing at different times and in different places. Either way, that type of prayer is powerful.

There's a third reason, though, which was put to me by someone who heard my wondering about why we pray – and that is, that Jesus prayed. He prayed in public, before meals and before and after healing those who came to Him. He taught the importance of prayer, and He taught us the Lord's Prayer. And there were times when He went off to pray in private – and we've all experienced times when we need to do that.

There are also times, though, when we need to be prayed for. Sometimes, we just get ourselves so bogged down with a problem or a worry that we can't think clearly enough to put it into prayer. That's why the prayer station in the apse exists. You can go there to pray by yourself because sometimes the different space is helpful in clearing your head, and if that's what you need, then go for it. Or you can look for Gary Smith or Richie Burns to accompany you. They'll pray for you or with you, aloud or in silence, but always confidentially.

In the very near future, selections of prayer cards will be appearing there, too. These will change on a regular basis. Please have a browse. Take away any that you think will help you in your own prayer life or use some of them for a moment's contemplation while you're in the prayer station.

If you're unsure about any of this, or want to know more, then please come and ask. Reverend Alastair, Richie, Gary or I will all be pleased to talk to you about it all.



We are a small, but enthusiastic team who are involved in decorating the church for special events in the church calendar such as Easter, Harvest and Christmas.

We have a flower rota, where, for twelve months of the year church members donate flowers each week, sometimes for special occasions. There are normally two main arrangements of flowers each week. After the service, these are distributed to folk in our community - not just members - for various reasons: bereavements, ill health, new babies, or if we hear someone just needs "a wee pickup". It's amazing how such a small gesture can brighten someone's day.

We also have a rota through the year for flower distribution. Since the start of this year we have distributed 75 lots of flowers, including visits to care homes and sheltered housing. Everyone who received flowers from the church are always so grateful that someone is thinking about them. We are grateful to the Pastoral Care Team, and the Ministry Team for passing on names of those who they think might appreciate flowers.

If you would be interested in joining our team or just helping to distribute flowers, don't hesitate to get in touch. You don't need to be an expert, just have a love of flowers and people.

This is a simple but important "ministry" in our church: meeting with folk who might not have any other contact with the church.

#### Contact:

Ros Mackie: t: 01358 722 214 or m: 07519 352 456 or Edith Walker at the Kirk Centre Office

# Church Transport

Would you like to come to church, but don't have transport?

Is it a little too far to walk depending on the weather, or how you are feeling?

Or you have a young family and don't have access to a car?

Or you just want to have some company to come to church?

Well, support is at hand! Just leave your details with Edith at the office and Anne Milne, our organiser will get back to you for a chat about what you would like.

We'll pick you up, and after the service we'll take you home, once we had tea and coffee and something fine to eat.

Look forward to hearing from you!



Do you know the meaning of the word 'hemiola'?

Well, if you'd been at the Guild meeting in March, not only would you know the meaning of it, you'd have had it demonstrated!

March was our musical evening, which was led by Bebhionn Paterson and Ron Mackie. There were tunes played on the piano, some body percussion and, to round off the evening, boomwhackers.

Body percussion is creating a rhythm by clapping, stamping your feet, slapping various different parts of your body or making that popping sound by pulling a finger quickly out of the side of your mouth. (Bebhionn is willing to take on all-comers in any competition to find who can make the loudest 'pop'. Challenge her some Sunday – I dare you!)

Anyway, we tried some 'call and response' exercises first to get everyone into the way of it and then formed groups to create our own rhythms – to the tune of 'Loch Lomond'. And that's where the hemiola came in. Apparently, it's an Advanced Higher musical concept where a rhythm is played so that something in one time signature sounds as if it's in a different one. Impressive, eh? Ask me about it and I can probably just about remember it well enough to demonstrate.

The boomwhackers were something new to many of the folk there and were great fun. At least one person left determined to have a set of her own – purely for the grandchildren to play with, of course. They're tuned, and you play them by hitting them into your free hand – or against your thigh, your head, another person's head... We were challenged to play 'Twinkle, twinkle little star' on them, but if we'd known there was a prize involved (sweets) we might have taken it more seriously.

Our April meeting was brought forward by a week so that we could all attend the Good Friday service in the Kirk. It was a moving event; some of the readings were incredibly effective in bringing to our hearts the reality of Christ the man's death and how this affected his friends at the time.

In May, we went for a walk – the Aboot Ellon Walk, to be precise. We met in the Market Street car park, at the Moot Hill monument, and headed off from there along the river towards the glebe, up onto Castle Road, through the woods, onto the railway and then along the river again to finish back at the Kirk Centre for a cuppa and a claik. You can check out the photos and read the story about it in the next edition.





Friday Prayers
with Repulastair

Friday | 7:15am www.facebook.com/ellonparishchurch

# Giving

# To The Work Of Ellon Parish Church

If you'd like to donate to the Community Larder/Café/Shop at the Kirk Centre, our young people's work (Star Squad, Illuminate, Cardboard Café), the Neighbourhoods of Care, any refurbishment / upgrading of buildings or any other aspect of the life and ministry of Ellon Parish Church, then these are the ways you can do that:

- 1. **Text EPC + amount to 70085** (e.g. EPC5 to donate £5, EPC20 to donate £20 etc.)
- 2. **Standing Order** phone or email Andy on 07753 829199 to set this up.
- 3. **Neighbourhoods of Care** speak to your Neighbourhood of Care contact person and they can arrange to pick up any donations.
- 4. **Kirk Centre Office** any donations can be left in the post box at the Kirk Centre, which is checked regularly.





God's BIG plan for the world

Monday 10 - Friday 14 July 2023 Ellon Parish Kirk Centre | P1 - P7 | 10am - 12:30pm

Register by Mon 23 June 2023 www.ellonparishchurch.co.uk/young-people or 01358 725690







# The Kirk Centre: Community Larder | Shop | Café | Spaces

#### **New Season in the Shop**

After a busy end-of-season half-price sale, the Shop has had a freshen up and spring and summer stock are now available...in hopes that the finer weather will arrive!

#### **Sales Events**

We have planned some special sales events over the summer months:

1st & 3rd June: kids' games & kids' clothes event

6th & 8th July: school uniform event

3rd & 5th August: shoes event

10th & 12th August: school uniform event

#### Ellon Gala

On Sunday 4th June we will be at Ellon Gala in Gordon Park with our Community Café as a tea tent and our Community Shop in an adjacent gazebo. Our lovely Girls' Brigade Officers will be face-painting and we'll have some kids' games and bubbles out on the grass in front of our area. Pop along and see us, it's always a great community event and a highlight in our calendar!

#### **Larder Shopping List**

If you'd like to donate to the Community Larder, here are the items we are always short of:

UHT milk

Coffee

Diluting juice

Biscuits

Sauces (jars or packets)

Tinned fruit, veg, meat, fish, dinners...anything in a tin really!

Toiletries

Baby wipes



#### **Summer Closure Dates**

We'll have a rest for two weeks during the summer holidays (well....most of us help at the Questers Holiday Club the first week so not really a rest!!):

13th & 15th July - closed 20th & 22nd July - closed



#### Choose us as your Co-op Local Cause!



Do you shop at the Co-op? If you are a member, did you know you can select us as your "local cause"? Ask in store or download the Co-op app and under "community" select us as your community project this year! This means that for qualifying purchases a donation is made into their fundraising pot for us this year! So far there's around £200 in the pot!

#### **Community Spaces**

It's been great to see bookings for parties, meetings, groups and events increasing in the Kirk Centre. For more information on booking spaces in the Kirk Centre, please go to www.ellonparishchurch.co.uk/kirk-centre or pop in past to see Edith or Nicola who would be happy to show you around.

For more info on all things Kirk Centre, contact Edith at info@ellonparishchurch.co.uk or 01358 725690



1 Your feet, O Lord, have walked this earth, your knees have knelt among its shade, teach us to tread your path of love, and kneel where broken words are made.

3 Your breast was steeped in pain of love when Judas thought to still your heart; who dare betray the Son of God? Who tear such love and life apart?

2 Your hands have held the hand of death, your side, the spear with evil bright; take hold, and raise us from the wrong that with such ease may seem the right.

4 Your face looked down from that high cross, and we, O Lord, were there in kind; shine on us now from your bright throne, and light our hands and hearts and mind.

5 So may our life of faith be lit with gleams from your celestial grace till faith no longer lends its light and we adore you face to face.



# The Bridge Team

The contributors from Ellon Parish Church and community producing this issue included:

Janet Adie Tunde Gourlay Gary Smith First Ellon Boys' Brigade
Rev Alastair Bruce Ros Mackie April Walker First Ellon Girls' Brigade

Nicola Bruce Mary Paterson Edith Walker



# **Baptisms, Blessings & Dedications**

Mohammadmehdi Esfandyari Bayat Thorstein Gamble

# Ellon Parish Church Members' Funerals

James Sinclair Robert Irvine Lorna Donald Anne Lowe



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