



NEWS Autumn 2020

Dear Friends,

The current pandemic has already caused a great deal of suffering and it continues to do so. It has forced most societies to change the way they function and has caused millions of people to change their daily routine and the way they interact with others. Many countries have observed, in varying degrees what has become known as ‘Lockdown.’ The words and terms, self-isolation, shielding, social distancing, face covering and hand sanitizer, have entered into every day conversations and we have all become more aware of our vulnerability (well, most people have, there are still some who are careless). Most people have had to make considerable sacrifices, especially those who have kept our Health Service and other essential services going. Others have had to endure long periods of isolation and for many, such times have been very lonely experiences. The separation from family and friends has been painful and any permitted trips out of the house have not been without some anxiety.

People have turned to the Internet to communicate with others and for many not used such methods of communication, the experience has been better than they imagined. (Depending on signal and etc.). But however useful the Internet might be, it does have serious limitations. On the 10 August BBC Scotland reported on a recent study undertaken by Glasgow University on the affects that ‘lockdown’ is having on young people (12 to 17yrs old). The young people in this age range are used to communicating with friends on social media and might be expected to cope better with the current lack of personal contact with others; but it seems that they are actually struggling as much, if not more than adults, with the lockdown and with feelings of loneliness. This shows us the importance of being in the ‘actual,’ rather than the ‘virtual’ company of others. As Christians, we believe that we are bound together spiritually by the Holy Spirit, but we still need and I hope desire, the actual company of our fellow believers. We are told in the Scriptures to meet together often, for in fellowship we are encouraged in our faith and helped in our lives. The Elders know that you are keen to get back into church, but for the safety of all who might attend Services, the Session took the decision not to reopen any of our buildings until Scotland is in Phase 4 of the Government Covid 19 Route Map, and only then after approval from Presbytery. Though not yet in Phase 4 (A term which now seems to have been dropped), The Session Clerk, Elders and our Office Bearers have done a great deal of work to ensure that our places of worship are safe to reopen this month (Nov) and approval from Presbytery has now been given. When Services do recommence they will, at least for the foreseeable future take place only in Dunning; Aberuthven will remain closed because it is too small to accommodate more than 10 people at the required 2m distance.

The current plan is to reopen for Services in Dunning, on the 2nd and 4th Sundays over the months of November 2020 to the end of January 2021, when this pattern will be reviewed. The Services will be at the usual time of 11:00am. Where there is a 5th Sunday there will be no service in any of the Sanctuaries but something will appear online. Our first Sunday Service is scheduled for Sunday 22 November at 11:00am. If you plan to book a place (limited to up to a maximum of 30) please ensure you follow the Government Instructions and the Kirk’s Guidelines [given in this newsletter and](#) which can be seen on the Church’s NEW Website. If we are to keep others and ourselves safe, it is vital that we all comply with these instructions and guidelines. If you are unsure about what to do when you come to a Service the volunteer Stewards will keep you right.

When we do reopen and when you feel safe to attend, please be aware that Services will not be exactly like they were before Lockdown. You will know by now that when in the Church building everyone will have to adhere to physical distancing, it is likely we will have to wear a facemask, there may be no singing, no social gathering after the Service, you may have to sit on a pew that you have never sat on before and it will be hard, not least because of the break with tradition, but because all the cushions have been removed. Services will be of a more contemplative style; there will be music but no singing, prayers, readings from the Holy Bible, and a Sermon (shorter than usual). God willing, what we will experience is being in the vital, energizing actual company of fellow believers, as we offer together our worship and praise to God. Let us pray, that despite face coverings, and having to sit on a different, distant and hard pew, we will be blessed with a deep appreciation of God’s presence, and being spiritually energized, we will come away saying, “It was good to be in the house of the Lord.”

I look forward to being in your company again soon,
God bless, James

Blessed

Lockdown has brought challenges to all of us – and like so many others I did what I could to support others and was also grateful for the texts, messages & zoom meetings from friends & family. Keeping in touch with Tuesday Club & Messy Church families was different but when we did connect, it was great.

A wee while ago however, I had another experience which brought faith & community even more to the fore. I fell up Dunning Den and lay for a couple of hours before help arrived. Initially I was numb, feeling helpless & tearful, but after about an hour & much prayer I decided that direct action might be necessary! It suddenly dawned on me that I had a voice – so I yelled at the top of my voice for a bit – to no avail. A force I can't explain (because I was also afraid movement might make things worse) took over & gave me the strength to drag myself down the path as far as I could to get closer to where I might be found or get a phone signal. Exhausted, I stopped for a breather.

I drifted into imagining whether a whistle or a flare would be the best thing to take on future walks & praying for someone (anyone!) to come along. If I could have chosen my rescuers, I don't think I could have chosen better than Archie & Harry who appeared just as I was giving up hope. What were the chances that two young men I knew from our Tuesday Club would be first on the scene. The boys worked out who should go for help & who should stay to look after me (not sure who drew the short straw!) & from that moment on I was able to relax & be confident that eventually all would be well. Although it took another three hours to reach the ambulance, I felt safe (in no small part thanks to the Entonox!)

The rest, as they say, is history & I'm recovering well – but I wanted to take this opportunity to say publicly how eternally grateful I am to everyone involved in my rescue & recovery – to Archie Dunbar & Harry Henderson for their quick action - to Jen & Scott, the paramedics whose humour as well as their skill & compassion was so comforting – to all the other medics & health professionals who've looked after me since - to the many friends who have (and still) visited, driven & shopped for me.

Before that day, I would have described myself as fortunate to have a loving family, great friends & fulfilling work. Now ... Fortunate doesn't quite cut it! I feel well & truly blessed to be well enough to enjoy life with my amazing family & to be part of this very special community.

Doreen Dunbar

"Do not be anxious about anything, but in every situation, by prayer & petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts & your minds in Christ Jesus." Philippians 4: 6-8

... The future is not so scary with God by your side ...



A Note from the Treasurer

We are now nearer to Church being open again for normal worship.

Regarding finance, for the 7 full months to the 31st July, our Expenditure exceeded our Income by the sum of £3965. We have been extremely fortunate that contributions received via direct debits & standing orders has remained basically the same month on month & for that I thank all those who have continued to do so. Unfortunately, the contributions made through the Plate & Free Will Offering envelopes has significantly dropped. There are some members who have been able to forward their Envelopes & contributions to me. I am very hopeful that outstanding envelopes will be received after the opening of the Church.

Unfortunately, our outgoings have remained quite constant hence we are showing a significant loss. This loss will only increase until we get back to some form of normality & will have to be funded from our reserve funds.

Unfortunately, due to the situation re Covid-19 we have also been unable to organise fundraising events to increase our income to make up the shortfall. Should any member wish to donate to the Church please feel free to forward their donation to me via the Church Office. If you wish to make a donation & contribute by Bank transfer, again please contact me or your Elder & full Bank details for Bank transfers can be advised to you.

Thank you to all for supporting Aberuthven & Dunning Parish Church & look forward to your continued support in the years to come

Bill Kettles (Treasurer) Tel 01764 684393

“Lockdown” Weekly Sermon & Prayers

As we have been in “lockdown” & unable to come together to worship in our Churches in Aberuthven & Dunning, our Minister, Rev. James Aitchison, has kindly provided us with a weekly Sermon & Prayers. We have tried to circulate these to as many of our congregation as possible via our website and Facebook pages & by electronic communication from our Elders (where email addresses are known).

We do, however, realise that we may not have managed to distribute the weekly Sermon & Prayers to as many as may have wished a copy. Having received this newsletter, if you are unable to access the Aberuthven & Dunning Parish Church website and would like to receive future communications by email, then please do phone or email your Elder (if you have their contact details) or contact me, the Session Clerk, with your email address.

Hazel Scott (Session Clerk)

Contacts

Parish Office—Dunning Church Vestry—01764 684732 (Answering Machine—Please leave a message)

Office Bearers: **Session Clerk:** Hazel Scott 01764 684578 **Depute Clerks:** Susan Gray (Aberuthven) 01764 664565; Betty Taylor (Dunning) 01764 684441; Rosemary Cameron (Dunning) 01764 684792

Beadle: Donald Mailer 01738 259178 **Treasurer:** Bill Kettles 01764 684393 **Safeguarding:** (Temporary Contact is Minister) Website: www.aberdun.org.uk

Minister: The Rev. James W. Aitchison, Aberdalgie Manse, Perth PH2 0QD 01738 446771

Guiding Units

Rainbows: Kate Leer 01764 684467 **Brownies:** Margaret Jarvis 07721 843786 **Guides:** Julia Sneddon 07809 679747

Guidelines for attendance at Church

As we begin to re-open our Churches for Sunday Services (initially only Dunning Parish Church) there are some new protocols that require to be followed and these are outlined below. One of these protocols involves a restriction on numbers attending to allow for social distancing. We are also required to keep a register for the purposes of Contact and Trace. In order to allow us to comply with these protocols we are introducing a booking system for Sunday Services. One of our Elders, Susan Gray, has very kindly offered to be the point of contact for those wishing to attend a Sunday Service. Details of how to book are outlined below.

Protocols

1. The Church of Scotland / Presbytery has provided all congregations with the attached Appendix 4 (see next page), which will give you an indication of your vulnerability and enable you to assess whether it is sensible for you to attend. **Please read this Appendix and calculate your score.** The current recommendation is that if your score is 6 or higher it might be wise to stay at home for the moment.
2. **If you have any Covid-19 symptoms, or feel unwell, please stay at home, for the safety of all.**
3. **Please book your place by contacting Susan Gray by telephone on 07764149651 after 6pm but before 9pm, preferably Monday to Thursday.** Please note that if, due to the restrictions on numbers, you are disappointed one week you will be given priority to attend the next Sunday Service of worship provided you advise Susan that you wish to attend the next available Sunday Service at the time of calling. **If having booked, you are unable to attend, it would be appreciated if you could let Susan know.**
4. **Please bring and wear a face mask.** Spare masks and disposable gloves are available on site.
5. On arrival **please join the 2m distanced queue outside the church and enter one at a time.** On entering the porch **please use the hand sanitiser;** thereafter please be prepared to sit where you are directed to minimise personal contact. **Please remember to keep the 2m distance rule.** The intention is that seats will be filled from the front to the back on entry. We would request that you remain where seated and do not seek to move to an alternative seat.
6. There will be an organist as usual (unless ill or on holiday) but there will, unfortunately, be **no singing** until allowed by the Scottish Government.
7. An Offering Plate will not be passed round during the act of worship. **There will be an Offering plate in the vestibule as you enter.**
8. By law **we must record the contact details of one person from each 'group'** who attends worship, and retain this information for three weeks. Susan will take this information from you when you book with her to attend.
9. After the service please remain seated until asked to leave. The intention is that those at the back will exit first to seek to avoid people passing each other. **Please remember to keep the 2m distance rule.**
10. Volunteers will be assisting on the day.
11. **Please use the hand sanitiser on exiting the Church.**
12. The Church will be cleaned professionally prior to the next act of worship and no entry should be taken to the Church at any time without first contacting our Fabric Convenor, Maarten Versteeg.

