

FROM THE RECTOR



If you're anything like me, you'll be experiencing all sorts of emotions during lockdown. On some days when you wake up, it won't seem too bad. The sun is shining, the children are happy and it feels great not to be going in to work. But on other days, it will be terrible; boredom and frustration will set in and we will just wish that lockdown won't go on for much longer!

It might be good for us to remind ourselves that God is constant and unchanging, and we can trust Him because He is in control. But how do we find clarity in all the confusion? How can we stay rooted and connected to God in difficult times like these?

If you've got access to the Internet, keep an eye on our website; it will help with daily prayer and Sunday worship, and some of the articles in this emergency edition of the Herald might help you learn about gaining some spiritual balance in these strange times of complexity.

Sit down with your Bible and study it deeper than ever before. Decide to offer help to others by shopping for them, or picking up a prescription, or just by chatting with them on the phone.

Please remember that St Bride's is here to help and support you. Pick up the phone and talk to me; I'll be delighted to speak with you about anything you want! I certainly won't have all the answers, but talking to each other as two Christian people will probably help us both!

Kilbride

HERALD

Emergency Edition [3]

Amid the current coronavirus pandemic, we all live with fear and uncertainty. How do we deal with fear?

***'I sought the Lord, and He answered me; He delivered me from all my fears.'* (Ps 34:4).** In this psalm, David

expresses real fears. He was on the run from Saul, who was trying to murder him! Yet David points to three simple habits that help overcome fear.



Praising God always: 'I will extol the Lord at all times; His praise will always be on my lips. (1). It was David's pattern of life to praise God daily, whatever his circumstances. He was acknowledging God's lordship over his life. Praise affirms that my circumstances are in His hands and He is with me in all that I am going through.

Seeking God continually: 'This poor man called, and the Lord heard him; He saved him out of all his troubles.' (6). David looked to God, who released him from all his fears. It's easy for our fears to overwhelm us and rob us of the assurance that God loves us and wants the best for us. When we seek God, He hears us and responds, as He is not powerless to act.

Finding refuge in God: 'Taste and see that the Lord is good; blessed is the one who takes refuge in Him.' (8). David's personal invitation is to taste and see that God is good. Our fears often tell us that the opposite is true for us. Fear tells us that God cannot be trusted and that He will abandon us. We can make God our secure refuge and not be afraid.

This psalm helps us to see fear from a totally different perspective: ***'Fear the Lord, you His holy people, for those who fear Him lack nothing.'* (9).**

CHRISTIAN BURIAL

17 April

Rachel (Rita) Cruickshank
Clareview Nursing Home, Ballyclare



Good Books to Read



WHERE IS GOD IN A CORONAVIRUS WORLD?

by John Lennox.

Published by The Good Book Company.

We are living through a unique, era-defining period. Many of our old certainties have gone, whatever our view of the world and whatever our beliefs.

The coronavirus pandemic and its effects are perplexing and unsettling for all of us. How do we begin to think it through and cope with it?

In this short yet profound book, Oxford mathematics professor John Lennox examines the coronavirus in light of various belief systems and shows how the Christian worldview not only helps us to make sense of it, but also offers us a sure and certain hope to cling to.

John Lennox explains: "This book consists of my reflections on what we are experiencing right now...I would invite you, the reader, to view the book like this: we are sitting in a coffee shop (if only we could!) and you have asked me the question on the book cover. I put down my coffee cup and attempt to give you an honest answer. What follows is what I would try to say in order to convey some comfort, support and hope."

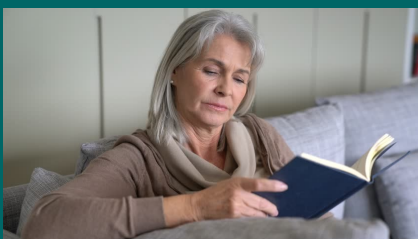
WHAT TO DO WHEN YOU'RE SCARED TO DEATH

by Pat Palau and Peggy Sue Wells.

Published by Lion.

What scares you to death? Probably coronavirus, just now. For everyone whose life has been crippled by anxiety, here is a book about finding freedom.

Pat Palau provides practical, tangible ways to make progress. Fear incapacitates; it strangles the life out of us. Her book guides the reader to those passages in the Bible that comfort, strengthen, and encourage. She provides trustworthy steps to get you moving again - despite and through your fear.



NEW ADVANCES IN RESEARCH OF PARISH HISTORY

Many years have passed since the Revd R R Cox researched his history of our parish and published his excellent book.

He made the book an interesting and addictive read, and influenced many people to become more fully aware of the development of Christianity in this area, and the life and work of individuals who were born and reared in and around Kilbride.

Such efforts are always welcome, and indeed in this diocese of Connor, several parish histories are produced or reproduced every year.

Since the time of the Revd Roy Cox there have been huge advances in modern technology, allowing the researchers access to material which investigators of the past never knew existed.

This is true of historical investigation just as much as exploration in science, geography, social studies, and almost any other vein of in-depth study.

During the lockdown, David Holmes has undertaken further study of our parish history, discovering some very detailed information on the erection of our church building, the work of several past incumbents, and many details of life for the people of this area, going back into the distant past.



In due course, David will find a way of revealing these annals in a technique which will further interest other people.

As to the details...ah! You'll have to be patient! All will be revealed in due course!

Getting the money in

The coronavirus has hit us in all sorts of ways, and it may be that some folk have lost a job or are having their pay cut until this crisis is over. This very difficult situation is causing worries in all sorts of ways.

Perhaps some people have wondered how the parish is faring, and how we are managing to pay the bills.



Well, our circumstances are certainly different from the norm. Yes, we can say that there is a reduction in energy use, considering that no one is using the church or the parish hall. On the other hand, we've recently paid out some large amounts of money, for example, our annual insurance bill, and an invoice for some maintenance that was carried out around the church just before the lockdown began. We're also paying for these emergency editions of the Herald, and the posting thereof, which we consider vital at this time to keep our people "in touch." So the bills are coming in all the time, and they have to be paid.

This means that we need the regular income to continue, which in turn means that we rely on Freewill Offering. Some people make their donation to the parish by regular standing order; others give by putting money in an envelope and setting it on the plate.

That latter way of contributing money is not possible at the moment, so another way of getting the envelopes must be found. People have already been very good over this: Some, who used to give through envelopes, have taken out a standing order; others have called in at the church and placed their envelope through the letter box in the Parish Room door, where it is collected almost immediately. Yet others have posted their envelopes to Lillian our Treasurer, and some have even deposited their envelope at the Rectory.

The assistance of these people is very much appreciated, and if other envelope holders are able to do the same, that would be great!

It should also be noted that at the moment we are NOT collecting envelopes from parishioners at their doors, simply because this scheme would be very difficult to organise.

However, some people (not our own parishioners) have fallen victim to a scam, and money has therefore been stolen. Please do not give envelopes to anyone who comes calling.



It won't last for ever!

MAKE PRAYER A HOUSEHOLD HABIT!



Time of distress

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord. Amen.

Give us strength

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake. Amen.

Be our hope

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through Him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. Amen.

Heal them

For those who are ill
Merciful God,
we entrust to your tender care
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord. Amen.

Caring for the sick

For hospital staff and medical researchers
Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord. Amen.

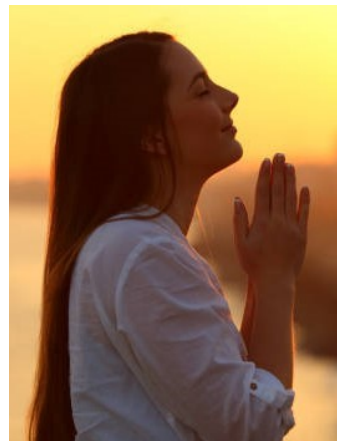
Loneliness

From one who is ill or isolated

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord. Amen.

We are your people

For the Christian community
We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God,
giving and loving,
wherever we are,
whatever it costs
For as long as it takes
wherever you call us. Amen.



In His shadow

(Based on Psalm 91)

As we dwell in the shadow of Mighty God
We will know all the blessings that He will bring,
His faithfulness will be our shield
Under the covering of His wings.

Protected by His sheltering love
Our refuge we take in Him each day,
If we call on His Name His answer will come
As angels will guard us in all our ways.

What comfort and peace we all can know

That God Himself will hold us fast,
And keep us safe engulfed in His love
Until these days of danger have passed.



Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

May our kindness be witnessed by all

When the things of the world seem so dark and so grim
When disease and despondency call,
Rejoice in the Lord and the nearness of Him -
May our kindness be witnessed by all!

When the pillars of life seem to crumble and creak
When our walls seem to tumble and fall.
In prayer and petitions our Father we seek –
May our kindness be witnessed by all!

The tempest may rage, but His wondrous peace
Stills the storms that may rage in our soul
In our hearts and our minds shall the turmoils cease
And our kindness is witnessed by all!



KEEP PRAYING!

Remember, our prayers have no expiry date; you never know how or where God will respond.

Are you still using Bro. David Jardine's prayer request sheet which we sent out with the last Emergency Herald? It would be good if you were, but even if you've disposed of it, you can still remember what was on it. Keep on praying, and never, ever give up!

THESE MIGHT HELP:

The Lord watches over the righteous and listens to their cries. [\[Ps.34:15\]](#)

Trust in God at all times, my people. Tell him all your troubles, for he is our refuge. [\[Ps.62:8\]](#)

Before they call, I will answer. While they are yet speaking, I will hear. [\[Isaiah 65:24\]](#)

And he told them a parable, to the effect that they are always to pray, and never lost heart. [\[St Luke 18:1\]](#)

Pray without ceasing. [\[1 Thessalonians 5:17\]](#)

The poor man cried, and the Lord heard him and saved him out of all his troubles. [\[Ps.34:6\]](#)

Let us then with confidence draw near to the throne of grace, that we may receive mercy, and find grace to help in time of need. [\[Hebrews 4:16\]](#)

christian aid

Christian Aid Week ran from Sunday 10 May, so it is now over. There was no collection this year, for obvious reasons, but we want to give you the opportunity to contribute, if you wish.

Christian Aid has been working with its partners in places like Africa, Asia, the Middle East, the Caribbean, and Latin America, where the Coronavirus has had very serious effects on the population. These people live in poverty and some of them are among the poorest communities in the world.

Last year we raised over £400 from the door-to-door collection, and a further £400 was raised in church. This means that Christian Aid will be down at least £800 if we can't get that money in.

Some folk have already contributed—many thanks indeed! If you want to donate to Christian Aid, you can do so by several means. You can place money in an ordinary envelope, mark it “Christian Aid” and put it through the Rectory letter box, Lillian's letter box, Barbara's letter box or the Parish Room letter box.



Or if you wish you can send a cheque, also in an envelope. Make it out to Kilbride Parish Church, writing “Christin Aid” on the back.

There are other ways in which you can send money. Just take a look at Barbara's letter on the next page.

It is so important that we do our best to get the money to Christian Aid; thank you very much!



A CHRISTIAN AID MESSAGE FROM BARBARA REA

Christian Aid, like all charities, is suffering greatly during these exceptionally challenging times.

Christian Aid Week, the charity's largest annual fundraiser, has been affected due to the closure

of churches and, as yet, the prevention of house-to-house collections.

The parishioners of Kilbride Parish have always been very supportive and generous in their giving during Christian Aid Week and, with your help, the Parish would like to continue supporting

this most worthy cause.

If you would like to make a donation, please place it in an envelope marked "Christian Aid Week"

(with the amount clearly written on the front.) Please make cheques payable to "Kilbride Parish

Church."

If you would like to Gift Aid your donation please place a note in the envelope with the following information.

I want to Gift Aid my donation of £..... My details are: Title..... First Name.....

Surname..... Full home address.....

Postcode..... Signature..... Date.....

Please post your completed envelope in the same place as your Freewill Offering envelope.

On behalf of Christian Aid and those who will be served in your name, a very big THANK YOU.

Barbara

Telephone Pastoral Care



Yes indeed, of course we have it! The Rector frequently speaks to folk at home by phone, and even in their beds at the request of nursing staff, with a phone line to the Hospital.

But you might need to phone him first, or get someone else to phone him, because he probably doesn't have your phone number.

Go on, he'll be happy to talk with you!

You'll probably have realised that most people have had the emergency editions of The Kilbride Herald posted to them.



That's because we didn't think it was fair to ask distributors to do that work at this time of lockdown. (Three distributors very kindly insisted that they would do their distribution work, no matter about the inconvenience).

Once we get back to a "normal" way of going, we will once again be relying on the good will of our distributors, who do an excellent job. You will also notice that the format of the magazine has changed. That's because it's easier for the Rector to produce it in this form under the emergency conditions, and also because there's less content in it during the emergency. Again, once lockdown conditions are lifted we'll consider what format is the best.



People used to say 'bless you' if you sneezed. Nowadays they might say something ruder! We live in troubled times.

Some say that the expression started in Rome, when plague broke out. Sneezing was one of the plague's main symptoms, and Pope Gregory I suggested that a tiny prayer in the form of saying, "God bless you" after a sneeze would protect the person from death.

Sadly, that does not always work, but we can still remind ourselves of Psalm 91: 4-6

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

[Psalm 91: 4-6]



JUST A FEW PHONE NUMBERS YOU MIGHT NEED IN THIS TIME OF CRISIS

The Rector: 028 9334 0225 or 028 9332 2979
 Clarence Gibson (Rector's Churchwarden): 028 9332 3761
 Hazel McDonald (People's Churchwarden): 028 9332 4208
 Lillian Lyttle (Treasurer): 028 9332 3311
 Ashley Hurst (FWO Secretary): 07890 583 962
 Ivan Topping (Hon. Secretary): 028 9334 1916